

Daniel Fast Meal Plan

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------------------|--|---|---|--|--|---|--|
| BREAKFAST |  Meal Replacement Smoothie |  Best Green Smoothie |  Kale Smoothie |  Meal Replacement Smoothie |  Best Green Smoothie |  Kale Smoothie |  Meal Replacement Smoothie |
| LUNCH |  Green Goddess Salad |  Creamy Vegetable Soup |  Green Goddess Salad |  Creamy Vegetable Soup |  Green Goddess Salad |  Creamy Vegetable Soup |  Green Goddess Salad |
| SNACK |  Easy Edamame |  Blueberry Granola |  Chocolate Covered Dates |  Easy Edamame |  Blueberry Granola |  Chocolate Covered Dates |  Easy Edamame |
| DINNER |  Vegetarian Shepherd's Pie |  Roasted Mediterranean Squash |  Asparagus Stir Fry |  Vegetarian Shepherd's Pie |  Roasted Mediterranean Squash |  Asparagus Stir Fry |  Vegetarian Shepherd's Pie |



WANT PLANT-BASED MEAL PLANS EACH WEEK?

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Grocery List

This grocery list is calculated based on the default serving sizes on the blog post recipes for this specific meal plan. Upgrade to [Rawk the Year](#) to be able to adjust servings and swap out recipes in the weekly meal plan.

FRESH PRODUCE

- asparagus: 12
- avocado: 1/2
- baby bella mushrooms: 3 3/4 cups
- baby red potatoes: 16 oz
- banana: 5
- basil leaves: 2 cups
- carrots: 3/4
- celery rib: 1 cup + 3/4
- cucumber: 4
- fennel bulb: 1
- fresh parsley: 1/4 cup
- fresh tarragon: 1/4 cup
- garlic clove: 6 3/4
- ginger root: 1/3 inch
- gold potato: 1 1/2 lbs
- green onion: 4
- kale: 7 cups
- leek: 3/4
- lemon: 5
- napa cabbage: 8 cups
- orange: 2
- shredded carrots: 1/2 cup
- snow peas: 1/2 cup
- spaghetti squash: 1
- spinach: 4 cups
- yellow onion: 1 3/4

FROZEN FOOD

- blueberries: 3 cups
- edamame: 1 1/2 cups
- mango: 2 cups
- mixed vegetables: 3 cups
- peas: 3/4 cup
- pineapple: 2 cups

CANNED + JARRED GOODS

- almond butter: 1/2 cup
- cannellini beans: 15 oz
- coconut milk: 2 tbsp
- lentils: 2 cups
- marinated artichoke hearts: 1/2 cup
- pitted Kalamata olives: 1/4 cup
- sun-dried tomatoes in oil: 1/4 cup
- tomato paste: 1 1/2 tbsp

SEASONINGS + BAKING

- bay leaves: 3/4
- black pepper, ground
- crushed red pepper
- dark chocolate chips: 1/3 cup
- garlic powder
- Italian seasoning
- nutritional yeast: 2 tbsp
- sea salt
- vanilla extract

DRIED GOODS

- chia seeds: 1/4 cup
- dried blueberries: 1/4 cup
- Medjool dates: 12
- raw almonds: 2 tbsp
- raw cashews: 1 3/4 cups
- raw pepitas: 1 cup
- raw walnuts: 1/4 cup
- sliced almonds: 1/4 cup

CONDIMENTS + OILS

- avocado oil: 1 3/4 tbsp
- coconut oil: 1 1/2 tsp
- Dijon mustard
- maple syrup: 1 1/3 tbsp
- olive oil: 1/2 cup
- tamari: 1 tbsp

PANTRY ITEMS

- brown rice, uncooked: 1/2 cup
- rolled oats: 1 cup
- vegetable stock: 8 1/2 cups
- water

REFRIDGERATED GOODS

- almond milk, unsweetened: 3 cups
- cashew milk, unsweetened: 1/3 cup
- vegan butter: 3 tbsp



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Asparagus Stir Fry

Servings: 2

Time: 35 minutes

Rating: 4.9 stars

Cal: 394 Carbs: 52g Fat: 18g Protein: 11g



INGREDIENTS

- 1/2 cup brown rice, uncooked
- 1 tbsp avocado oil
- 12 asparagus, trimmed and cut into 1" pieces
- 1/2 cup shredded carrots
- 1/2 cup snow peas

SAVORY ALMOND SAUCE

- 2 tbsp coconut milk
- 2 tbsp almond butter
- 1 tbsp tamari
- 1 tsp maple syrup
- 1 tsp ginger root, minced
- 1 tsp garlic clove, minced
- dash of crushed red pepper

DIRECTIONS

1. Prepare rice according to package instructions.
2. While rice is cooking, heat avocado oil in a large skillet over medium-high heat. Add the vegetables and stir-fry for 8 minutes, or until veggies are tender.
3. Prepare the sauce by mixing coconut milk, almond butter, tamari, maple syrup, ginger, garlic and crushed red pepper together. If sauce is too thick to drizzle, add a little water to thin it out.
4. Scoop brown rice onto plates. Top with veggies and drizzle sauce on top.



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Best Green Smoothie

Servings: 2

Time: 5 minutes

Rating: 4.8 stars

Cal: 203 Carbs: 51g Fat: 1g Protein: 3g



INGREDIENTS

2 cups spinach, fresh
2 cups water
1 cup mango, frozen
1 cup pineapple, frozen
2 banana

DIRECTIONS

1. Blend the spinach and water until smooth.
2. Add remaining ingredients and blend again.



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Blueberry Granola

Servings: 2

Time: 20 minutes

Rating: 0 stars

Cal: 310 Carbs: 40g Fat: 14g Protein: 7g



INGREDIENTS

1/2 cup rolled oats
1/4 cup sliced almonds
dash of sea salt
2 tsp coconut oil
1 tbsp maple syrup
1 tsp vanilla extract
1/4 cup dried blueberries

DIRECTIONS

1. Combine all ingredients in a bowl and stir well.
2. Pour out mixture onto parchment lined baking sheet and spread out evenly.
3. Bake 300° F for 15-20 minutes, stirring occasionally.
4. Let cool completely.



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Chocolate Covered Dates

Servings: 4

Time: 45 minutes

Rating: 5 stars

Cal: 242 Carbs: 25g Fat: 4g Protein: 15g



INGREDIENTS

12 Medjool dates, pitted
1/4 cup almond butter
1/3 cup dark chocolate chips,
chopped
dash of sea salt, coarsely ground

DIRECTIONS

1. Line a baking sheet with parchment paper (or any shallow dish that you can fit in your freezer or fridge)
2. Cut a slit in each date, lengthwise. Spoon almond butter into date, then place on plate. Repeat for each date.
3. Melt chocolate in the microwave (start with 30 seconds, stir, then heat in 15 second intervals and stir until fully melted).
4. Dip dates halfway in the melted chocolate, then place back on plate and sprinkle with sea salt. Repeat for each date.
5. Place in freezer or fridge until chocolate is set (about 15-45 min).



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Creamy Vegetable Soup

Servings: 4

Time: 40 minutes

Rating: 5 stars

Cal: 477 Carbs: 60g Fat: 22g Protein: 16g



INGREDIENTS

- 1 cup raw cashews
- 2 tbsp avocado oil
- 1 cup yellow onion, diced
- 1 cup celery rib, diced
- 16 oz baby red potatoes, quartered
- 1 tsp garlic powder
- 1 tbsp Italian seasoning
- 1 tsp black pepper, ground
- 3 cups mixed vegetables, frozen
- 1 can cannellini beans, drained
- 8 cups vegetable stock, divided

DIRECTIONS

1. Place cashews in a bowl and cover with hot water. Set aside to soften while you prepare the rest of the recipe.
2. Heat the oil in a large soup pot over medium heat. Add the onion and celery and cook for 5 minutes, stirring occasionally, until softened.
3. Stir in the potatoes, garlic powder, Italian seasoning, frozen vegetables, beans, and black pepper.
4. Add vegetable broth (set aside 2 cups to use in step 5) and bring to a boil. Reduce heat to medium-low, cover, and simmer for 20 minutes, or until the potatoes are tender.
5. Drain the cashews and transfer to a blender with the remaining 2 cups of vegetable broth. Blend on high until completely smooth.
6. Pour the cashew cream into the pot and simmer, uncovered, for 5 minutes, stirring occasionally, until the soup thickens slightly.
7. Adjust seasonings as needed. Ladle into bowls and serve warm.



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Easy Edamame

Servings: 3

Time: 10 minutes

Rating: 4.8 stars

Cal: 90 Carbs: 10g Fat: 2g Protein: 7g



INGREDIENTS

1 1/2 cups edamame, frozen

4 1/2 cups water

2 tsp sea salt

DIRECTIONS

1. Bring water and salt to a boil. Add edamame pods and cook for 5 minutes or until tender and seeds easily released from their pods... yet don't release them just yet.
2. Drain water and place in a serving dish. Sprinkle with sea salt.
3. To eat, use your front teeth to scrape a bean out of the shell, one at a time—they will pop out easily if cooked enough.



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Green Goddess Salad

Servings: 4

Time: 15 minutes

Rating: 5 stars

Cal: 461 Carbs: 37g Fat: 34g Protein: 15g



INGREDIENTS

8 cups napa cabbage, finely diced
4 green onion, finely sliced
4 cucumber, finely diced
1 fennel bulb, finely sliced
1 cup raw pepitas

DRESSING

1/2 cup raw cashews, soaked and drained
1/2 cup olive oil
1/2 avocado
2 cups basil leaves
2 cups spinach
1/4 cup fresh tarragon
4 garlic clove
4 lemon, juiced
1 tsp sea salt
dash of black pepper, ground

DIRECTIONS

1. Wash and chop cabbage, green onions, cucumbers and fennel with a sharp knife. Place in a large bowl and mix.
2. In a blender, combine dressing ingredients and blend until smooth.
3. Pour dressing on top of salad and mix well. Sprinkle pepitas seeds on top.



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Kale Smoothie

Servings: 2

Time: 5 minutes

Rating: 4.9 stars

Cal: 276 Carbs: 50g Fat: 8g Protein: 7g



INGREDIENTS

- 2 cups kale
- 1 cup water
- 2 orange, peeled
- 1 cup pineapple, frozen
- 1 cup mango, frozen
- 1/4 cup chia seeds

DIRECTIONS

1. Blend the kale, water, and oranges until smooth.
2. Add remaining ingredients and blend again.



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Meal Replacement Smoothie

Servings: 3

Time: 5 minutes

Rating: 4.8 stars

Cal: 343 Carbs: 50g Fat: 14g Protein: 10g



INGREDIENTS

3 cups kale, fresh
3 cups almond milk, unsweetened
3 cups blueberries, frozen
3 banana
3 tbsp almond butter
 $\frac{1}{3}$ cup rolled oats

DIRECTIONS

1. Blend all ingredients until smooth.



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Roasted Mediterranean Squash

Servings: 2

Time: 50 minutes

Rating: 4.6 stars

Cal: 597 Carbs: 59g Fat: 38g Protein: 19g



INGREDIENTS

1 spaghetti squash, seeds removed
2 tsp avocado oil
dash of sea salt
dash of black pepper, ground

TOPPINGS

2 cups kale, stems removed and thinly sliced
1/2 cup marinated artichoke hearts, drained and chopped
1/4 cup pitted Kalamata olives, chopped
1/4 cup raw walnuts, chopped
1/4 cup sun-dried tomatoes in oil, chopped
2 tbsp lemon, juiced
1/4 cup fresh parsley, stems removed and chopped
crushed red pepper

VEGAN PARMESAN CHEESE

2 tbsp raw almonds
2 tbsp raw cashews
2 tbsp nutritional yeast
1 tsp sea salt
1 tsp garlic powder

DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Cut the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with oil, salt and pepper. Flip over and use a fork to poke holes into squash. Bake (cut-side down) for 35-45 minutes, or until lightly browned on the outside.
3. While baking, prepare the Vegan Parmesan Cheese: Place all ingredients in small food processor and pulse until finely chopped. The mixture should look like breadcrumbs.
4. When squash is done, remove from oven and scrape the inside of the squash with a fork to create "strands". Keep the outer shell in tact— this is your "bowl" you'll eat out of.
5. Add the toppings to squash, including vegan parmesan cheese.



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Vegetarian Shepherd's Pie

Servings: 3

Time: 50 minutes

Rating: 4.9 stars

Cal: 627 Carbs: 92g Fat: 20g Protein: 24g



INGREDIENTS

- 1 1/2 tbsp avocado oil
- 3/4 cup yellow onion, finely chopped
- 3/4 carrots, diced
- 3/4 celery rib, diced
- 3/4 leek, thinly sliced
- 2 1/4 garlic clove, minced
- 3 3/4 cups baby bella mushrooms, chopped
- 3 tbsp Italian seasoning
- 3/4 bay leaves
- 1 1/2 tbsp tomato paste
- 2 tsp tamari
- 2 tsp Dijon mustard
- 2 cups lentils, canned
- 1/2 cup vegetable stock
- 3/4 cup peas, frozen
- 1 tsp black pepper, ground

FOR TOPPING

- 1 1/2 lbs gold potato, quartered
- 3 tbsp vegan butter
- 1/3 cup cashew milk, unsweetened
- dash of sea salt
- dash of black pepper, ground

DIRECTIONS

1. In a large skillet, heat avocado oil over medium-high heat for 30 seconds. Add onion, carrot, celery and leek. Sauté 3-5 minutes or until vegetables begin to soften. Add garlic and sauté for 60 seconds. Add mushrooms and continue to sauté for 5 minutes—watch so vegetables don't burn.
2. Add Italian seasoning, bay leaf and tomato paste to skillet. Cook 30 seconds, stirring continually to prevent paste from burning. Stir in tamari, mustard and stock.
3. Drain and rinse lentils and add to skillet. Bring to a boil, then lower heat and simmer 5 minutes, stirring occasionally.
4. Preheat oven to 400°F and place potatoes in a large pot. Cover with just enough water to keep potatoes submerged. Bring to a boil then lower heat to a simmer. Cover and cook 10 minutes or until potatoes are fork tender.
5. Drain water from potatoes and place them back into the pot. Add butter and mash well. Slowly stir in just enough cashew milk to make potatoes creamy and smooth. Set aside.
6. Remove the bay leaf from skillet and stir in peas. Add salt and pepper. Transfer to a casserole dish and spread evenly.
7. Spoon the mashed potatoes on top and gently spread to the edges of the casserole dish. Bake for 25 minutes or until filling is bubbling around the edges and the mashed potatoes are golden on top.
8. Remove from oven and allow to cool 15 minutes before serving.



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