

**2022 RECIPES**

**21 DAYS**

**PRAYER + FASTING**

**HUNGER >> FILLED**

**WHAT TO EAT?**

PROMISE  CHURCH

# WHAT TO EAT

## FRUITS

Fresh, frozen, dried, cookies, or juices. Try to avoid added sugar or preservatives

### COMMON CHOICES:

Apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew, melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapple, plums, prunes, raisins, raspberries, strawberries, tangerines, watermelon

## VEGETABLE

Fresh, frozen, dries, cookies, or juices, try to avoid added sugars or preservatives

### COMMON CHOICES:

Artichokes, asparagus beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, cilantro, corn, cucumbers, eggplant, greens, green beans, garlic, ginger root, mushrooms, okra, onions, parsley, peppers, potatoes, radishes, spinach, sprouts, squash, sweet potatoes, tomatoes, zucchini

## WHOLE GRAINS

Many people also include whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn

### COMMON CHOICES :

Barley, brown rice, grits, millet, quinoa, oats

## NUTS & SEEDS

Many people also eat nut butters including peanut butter and almond butter. Try to avoid choices with added sugar, artificial sweeteners, and preservatives

### COMMON CHOICES:

Unsalted almonds, cashew, chia, flax, pine, pumpkin, sesame, sunflower, peanuts, pecans, pistachios, walnuts

## LEGUMES & BEANS

If you use canned beans, look for organic and/ or low- sodium

### COMMON CHOICES:

Black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas, white beans

## BEVERAGES

Water & fresh-pressed fruit or vegetable juice.

# BREAKFAST RECIPES

## TROPICAL SMOOTHIE

- 1/2 banana
- 1/2 or 1 cup of pineapple
- 1/2 or 1 cup of Oranges
- 1/2 cup of plain greek yogurt 0% fat
- 1 cup of Almond milk
- 1 cup of ice

Combine all ingredients in a blender until smooth, enjoy!

## STEEL CUT OATS & APPLE MUFFINS

- 1 ½ cups whole wheat flour
- 1 cup steel cut oats
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 (12- ounce) can apple juice concentrated (no sugar added apple juice concentrate, thawed)
- 1 teaspoon vanilla extract
- 1 ½ cups apples, chopped and peeled
- 2 large ripe bananas, sliced
- 4 large dates

Preheat oven to 350. Blend the bananas, dates, and ½ cup of the apple juice concentrated in a blender or food processor until smooth. Then mix this with the rest of the apple juice concentrate, vanilla, and apples in one bowl. Add the dry ingredients to the wet ingredients and stir just until moistened. Pour into lined or greased muffin pan and bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.

## CROCKPOT OATMEAL

- 1 cup steel-cut oats
- 3 ½ cups water
- 1 cup apples, peeled and chopped
- ½ cup raisins
- 1 tablespoon cinnamon
- 1 teaspoon vanilla extract

Combine all ingredients in a slow cooker and stir to combine. Cover and cook on low for 6-8 hours. The longer it cooks, the softer the texture will be. Top with almond milk when serving if desired, or use to thin if needed.

# LUNCH RECIPES

## LEMON AND GARLIC POTATO SALAD

- 2 ½ pounds red potatoes, quartered
- ½ cup chopped parsley
- 1 clove garlic, minced
- 2 lemons, juiced
- 1 tablespoon extra virgin olive oil
- salt and pepper to taste

Boil potatoes, and cool. Add remaining ingredients and mix well. Serve Chilled.

## PINK & GREEN SALAD

- 1 Pink grapefruit
- 2 tablespoons extra- virgin olive oil
- Black pepper
- 8 cups thinly sliced kale
- 1 avocado, pitted, sliced into ½ - inch wedges

Cut and peel grapefruit placing segments into bowl. Squeeze juice from membranes and strain into another small bowl (there should be about ¼ cup juice total). Whisk oil into juice and season to taste with pepper.

Place kale in a large bowl and drizzle 3 tablespoons of your grapefruit/oil dressing over top. Toss wilts slightly. Toss again. Then top with grapefruit segments and avocado slices. Drizzle with remaining dressing and enjoy!

## VEGAN STIR FRY

- 1/2 Cup Tamari Sauce or 1/2 Cup of Stir Fry Soy Sauce (Magic Sauce)
- 2 tablespoons rice vinegar
- 2 ice cubes of Sofrito (See Bottom for Sofrito instructions)
- 1 package of Tofu (Firm or Medium Firm)
- 1 bag of Quinoa and brown rice 8.5 oz
- 1 bag of Steamfresh vegetables 10.8 oz
- 1 tablespoon of oil
- Pepper

### Step 1:

Drain all water from tofu package and cut the tofu into squares. Preheat pan on low. Add 1 tablespoon of oil, throw in the 2 cubes of sofrito and add tofu. Add some pepper, and stir up until there is no water. Turn the heat up to Medium and add your bag of vegetables. Stir up and turn the heat up, and place cover half way and leave for 2 minutes.

### Step 2:

Take cover off and place heat on low. Add 1/2 cup of Stir Fry Soy Sauce and stir until all tofu is covered in the soy sauce. Place cover a little over half on and leave for 90 second.

### Step 3:

While Stir Fry is cooking place bag of Quinoa and brown rice in the microwave for 90 seconds.

## SOFRITO

onions  
peppers (different colors)  
fresh garlics  
cilantro  
parsley

### Instructions:

Put all ingredients in a blender and then pour them on a ice tray and freeze it.

# DINNER RECIPES

## VEGETARIAN TACO SOUP

- 1 can of Pinto Beans
- 1 can of Great Northern Beans
- 1 can of Black Beans
- 1 can of corn
- 1 can of Rotel (diced tomatoes with green chilis)
- 1 can of green chilis (optional)
- 1 packet of Ranch seasoning
- 1 packet of Taco Seasoning
- 2 Cups of V8 Juice (This tacos soup is more of a chunky soup. Add add more or less to your liking)

Place all ingredients in a slow cooker for 8 hours on low or 4 hours on high. Top with your favorite toppings like vegan cheese, fresh cilantro, and tortilla chips! So quick and easy!

## VEGAN CHILI

- 1 tablespoon Olive Oil
- 1 1/2 medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoon dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4 ounce) cans chopped green chili peppers, drained
- 2 (12 Ounce) package vegetarian ground beef
- 3 (28 Ounce) cans whole peeled tomatoes, crushed
- 1/4 cup chili powder
- 1 tablespoon ground black pepper
- 1 (15 Ounce) can kidney beans drained
- 1 (15 Ounce) can black beans drained

### Step 1 :

Heat the Olive oil in a large pot over medium heat. Stir in the onions, bay leaves, cumin, oregano, salt, all the peppers, garlic, mix in vegan ground beef, reduce heat to low, mix it and let it simmer for about 5 - 7 minutes.

### Step 2 :

Bring heat up to medium, mix the tomatoes into the pot and season chili with chili powder and pepper. Stir in the Kidney beans and Black beans. Bring to a boil, reduce heat to low, cover the pot and let continue cooking for 15 minutes.

## ITALIAN ZOODLES

- 1 zucchini, sliced thin into strips
- 2 tomatoes, sliced
- 1/2 teaspoon garlic powder (or 2 cloves, minced)
- 1 teaspoon Italian seasoning
- 2 tablespoons extra virgin olive oil

Drizzle extra virgin olive oil in a pan over medium, heat. Add sliced tomatoes and sprinkle with garlic powder and Italian seasoning. Sauté tomatoes until they begin to soften and skin wrinkles. Add Zucchini strips to the pan. Cover and cook for about 5 minutes, stirring 2-3 times. Serve warm!

# *2022 RECIPES*

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