




SIMPLE GREEN
smoothies

Daniel Fast

MEAL PLAN

Meal Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	 <p>Meal Replacement Smoothie</p>	 <p>Pineapple Mint Smoothie</p>	 <p>Meal Replacement Smoothie</p>	 <p>Pineapple Mint Smoothie</p>	 <p>Meal Replacement Smoothie</p>
LUNCH	 <p>Vegetable Barley Soup</p>	 <p>Vegetable Barley Soup</p>	 <p>Vegetable Barley Soup</p>	 <p>Vegetable Barley Soup</p>	 <p>Vegetable Barley Soup</p>
SNACK	 <p>Chewy Granola Bars</p>	 <p>Chewy Granola Bars</p>	 <p>Chewy Granola Bars</p>	 <p>Chewy Granola Bars</p>	 <p>Chewy Granola Bars</p>
DINNER	 <p>Sweet Potato Nachos</p>	 <p>Rice Bowl with Broccoli</p>	 <p>Plant Power Wraps</p>	 <p>Sweet Potato Nachos</p>	 <p>Rice Bowl with Broccoli</p>
DESSERT	 <p>Heaven in a Bowl</p>	 <p>Heaven in a Bowl</p>	 <p>Heaven in a Bowl</p>	 <p>Heaven in a Bowl</p>	 <p>Heaven in a Bowl</p>

Grocery List

FRESH PRODUCE

- avocado: 1/4
- baby bella mushrooms: 1 1/4 cups
- banana: 3
- broccoli florets: 3 cups
- carrots: 3 1/2
- celery stalk: 3 3/4
- cherry tomatoes: 1/4 cup
- cucumber: 1/4
- fresh cilantro: 1/4 cup
- fresh dill: 1/4 cup
- fresh parsley: 1/2 cup
- garlic clove: 4 3/4
- green onion: 2
- jalapeno pepper: 1
- kale: 7 1/2 cups
- lemon: 1/2
- lime: 1
- mint leaves: 28
- romaine lettuce leaves: 3
- shredded carrots: 2 tbsp
- strawberries: 5 cups
- sweet potato: 2
- tomato: 1
- yellow onion: 3/4

FROZEN FOOD

- blueberries: 3 cups
- peas: 1 1/4 cups
- pineapple: 3 cups

CANNED + JARRED GOODS

- almond butter: 1/3 cup
- black beans: 1 1/2 cups
- chickpeas: 1/2 cup
- diced tomatoes: 3 3/4 cups
- sliced black olives: 1/2 cup

SEASONINGS + BAKING

- almond flour: 1/3 cup
- bay leaves
- black pepper, ground
- chili powder
- cinnamon, ground
- cumin, ground
- garlic powder
- Italian seasoning
- nutmeg, ground
- sea salt
- smoked paprika
- vanilla extract

DRIED GOODS

- chia seeds: 1 1/2 tbsp
- raisins: 1/3 cup
- raw walnuts: 1/2 cup
- sesame seeds: 1 tsp
- sliced almonds: 1 cup

CONDIMENTS + OILS

- avocado oil: 1/3 cup
- coconut oil: 2 1/4 tsp
- gochujang sauce: 1 1/2 tsp
- maple syrup: 1/2 cup
- olive oil: 1 tbsp
- tahini: 1 tbsp
- tamari: 2 tbsp

PANTRY ITEMS

- barley, uncooked: 3/4 cup
- brown rice, uncooked: 1/2 cup
- coconut water: 2 cups
- rolled oats: 1 1/2 cups
- vegetable stock: 10 cups

REFRIDGERATED GOODS

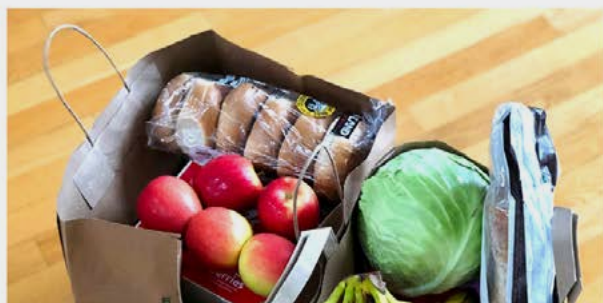
- almond milk, unsweetened: 3 cups
- guacamole: 1/4 cup



Want Weekly Meal Plans?

I created the Daniel Fast Meal Plan in Rawk the Year, a customizable meal planner with 600 of my plant-based recipes, automated shopping list tool, and fully customizable meal plans.

FREE TRIAL



SAVE TIME WITH GROCERY LIST GENERATOR

Know exactly what to buy in seconds

Enjoy automated grocery list for all menus that are mobile-ready and printer-friendly. Access from your phone or print it out and take to the store so you never miss an item.



POSITIVE SUPPORT GROUP

Amazing accountability & guidance

Private members-only support group to help you eat better and gain confidence in the kitchen.

Chewy Granola Bars

Servings: 6

Time: 35 minutes

Rating: 5 stars

Cal: 343 Carbs: 39g Fat: 19g Protein: 9g



INGREDIENTS

1 ¹/₄ cups rolled oats
1/3 cup almond flour
1/3 cup sliced almonds
1/3 cup maple syrup
1/3 cup raisins
3 tbsp almond butter
1 ¹/₂ tbsp chia seeds
2 tsp coconut oil, melted
1 tsp vanilla extract
dash of cinnamon, ground
dash of sea salt
dash of nutmeg, ground

DIRECTIONS

1. Preheat the oven to 325°F. Grease an 8 x 8-inch baking pan and line the bottom with parchment paper.
2. In a large bowl, combine the oats, almond flour, almonds, maple syrup, raisins, almond butter, chia seeds, oil, vanilla, cinnamon, salt, and nutmeg.
3. Press the mixture into the prepared pan. Bake for 25 to 30 minutes, or until lightly golden on the edges. Let cool completely in the pan.
4. Cut into equal-sized bars based on the # of servings selected.

Heaven in a Bowl

Servings: 1

Time: 15 minutes

Rating: 4.7 stars

Cal: 87 Carbs: 10g Fat: 5g Protein: 2g



INGREDIENTS

1 cup strawberries, sliced
2 tbsp sliced almonds
4 mint leaves, chopped
1 tsp maple syrup

DIRECTIONS

1. Combine strawberries, sliced almonds and mint in a bowl.
2. Drizzle with maple syrup, mix it together and enjoy!

Meal Replacement Smoothie

Servings: 1

Time: 5 minutes

Rating: 4.8 stars

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



INGREDIENTS

1 cup kale, fresh
1 cup almond milk, unsweetened
1 cup blueberries, frozen
1 banana
1 tbsp almond butter
2 tbsp rolled oats

DIRECTIONS

1. Blend all ingredients until smooth.

Pineapple Mint Smoothie

Servings: 1

Time: 5 minutes

Rating: 5 stars

Cal: 214 Carbs: 50g Fat: 2g Protein: 6g



INGREDIENTS

1 cup kale, fresh
4 mint leaves, fresh
1 cup coconut water, unsweetened
1 1/2 cups pineapple, frozen
1/2 lime, juiced

DIRECTIONS

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

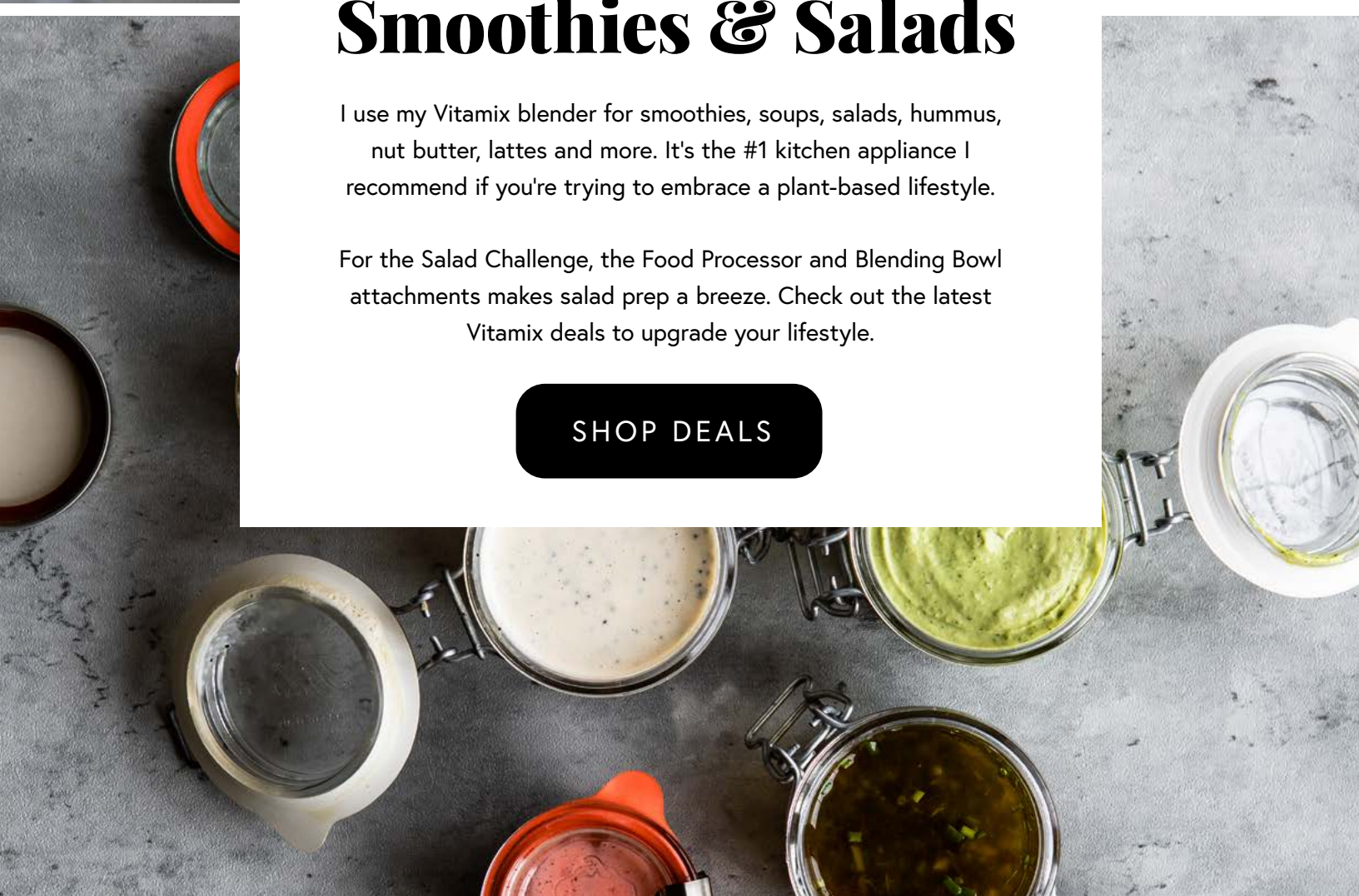


The Blender for Smoothies & Salads

I use my Vitamix blender for smoothies, soups, salads, hummus, nut butter, lattes and more. It's the #1 kitchen appliance I recommend if you're trying to embrace a plant-based lifestyle.

For the Salad Challenge, the Food Processor and Blending Bowl attachments makes salad prep a breeze. Check out the latest Vitamix deals to upgrade your lifestyle.

SHOP DEALS



Plant Power Wraps

Servings: 1

Time: 15 minutes

Rating: 4.9 stars

Cal: 446 Carbs: 37g Fat: 32g Protein: 12g



INGREDIENTS

3 romaine lettuce leaves

HERBALICIOUS HUMMUS

1/2 cup chickpeas, canned

1/2 cup fresh parsley, chopped

1/4 cup fresh cilantro, chopped

1/4 cup fresh dill, chopped

1 garlic clove

1 tbsp lemon, juiced

1 tbsp olive oil

1 tbsp water

1 tbsp tahini

dash of sea salt

TOPPINGS

1/4 avocado, sliced

1/4 cup cherry tomatoes, quartered

2 tbsp shredded carrots

1/4 cucumber, julienned

1/2 green onion, sliced

dash of cumin, ground

dash of chili powder

dash of sea salt

DIRECTIONS

1. Drain and rinse chickpeas. Place chickpeas and remaining hummus ingredients in a food processor or blender and puree until smooth. Stop and scrape down the sides as needed. If too thick, add additional water.
2. Spread 2 tablespoons hummus onto each lettuce leaf. Repeat until all leaves are used. Top with avocado, tomatoes, carrots, cucumber, green onions and seasonings.

Rice Bowl with Broccoli

Servings: 2

Time: 60 minutes

Rating: 4.8 stars

Cal: 451 Carbs: 55g Fat: 22g Protein: 14g



INGREDIENTS

1/2 cup brown rice, uncooked
1 cup water
3 cups broccoli florets
1 tsp avocado oil
dash of sea salt
dash of black pepper, ground
1 carrots, julienned
1/2 cup raw walnuts
2 tbsp tamari
2 tsp gochujang sauce
1 tsp sesame seeds
2 tsp green onion, sliced

DIRECTIONS

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Prepare the rice by boiling water over high heat. Add rice and reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool.
3. While rice is cooking, toss the broccoli florets with avocado oil, salt, and pepper, and spread evenly on the baking sheet.
4. Roast 10 minutes. Add in carrots and roast for an additional 5 minutes. Next, add walnuts to baking pan and roast an additional 7-10 minutes, until lightly toasted.
5. Prepare the sauce: in a small bowl, combine tamari and gochujang sauce.
6. Once the vegetables are done, fluff the rice with a fork. Serve rice with veggies, divided evenly. Drizzle sauce on top. Add sesame seeds and green onions.

Sweet Potato Nachos

Servings: 2

Time: 40 minutes

Rating: 4.8 stars

Cal: 558 Carbs: 82g Fat: 20g Protein: 16g



INGREDIENTS

2 sweet potato, thinly sliced
2 tbsp avocado oil
1 tsp cumin, ground
1 tsp smoked paprika
1 tsp chili powder
1 tsp garlic powder
1 tsp sea salt
1 1/2 cups black beans, canned
1 tomato, diced
1 jalapeno pepper, thinly sliced
1/2 cup sliced black olives
1 green onion, sliced
1/4 cup guacamole

DIRECTIONS

1. Preheat the oven to 450°F. Line a large rimmed baking sheet with parchment paper.
2. In a medium bowl, toss the sweet potatoes with the oil and arrange in an even layer on the baking sheet. The sweet potato rounds will overlap each other.
3. In a small bowl, combine the cumin, paprika, chili powder, garlic powder, and salt to make a seasoning mix. Sprinkle over the sweet potatoes.
4. Bake for 20 minutes, or until the sweet potatoes are tender and can easily be pierced with the tip of a sharp knife.
5. Drain and rinse beans. Remove the pan from the oven and top the potatoes evenly with the black beans, tomato, jalapeno pepper, olives, and green onions. Bake for 7 minutes, or until the toppings are warm.
6. Remove from oven and top nachos with guacamole.

Vegetable Barley Soup

Servings: 5

Time: 50 minutes

Rating: 5 stars

Cal: 262 Carbs: 44g Fat: 8g Protein: 8g



INGREDIENTS

2 1/2 tbsp avocado oil
2 1/2 carrots, peeled and diced
3 3/4 celery stalk, diced
3/4 cup yellow onion, diced
3 3/4 garlic clove, minced
3/4 cup barley, uncooked
1 1/4 cups baby bella mushrooms, sliced
10 cups vegetable stock
1 tsp Italian seasoning
1 1/4 bay leaves
3 3/4 cups diced tomatoes, undrained
dash of black pepper, ground
dash of sea salt
1 1/4 cups peas, frozen
2 1/2 cups kale, stems removed and chopped

DIRECTIONS

1. Heat avocado oil in a large stockpot set over medium high heat until shimmering. Add the carrots, celery, and onion and saute for 5-10 minutes, or until onions start to soften.
2. Add the garlic and barley. Cook, stirring constantly, to lightly toast the barley, for another 1-2 minutes.
3. Add the mushrooms and continue sautéing. The mushrooms will start to release their liquid.
4. Add the stock, dried herbs, and bay leaves, and stir well. Bring to a boil, then lower heat to a simmer. Cook for 20-25 minutes.
5. Add the diced tomatoes, salt and pepper. Raise heat again and continue cooking for an additional 10-15 minutes, or until barley and vegetables are tender. Add the peas and continue simmering a few more minutes.
6. Just before serving, remove the bay leaves, stir in the kale and allow them to wilt in the residual heat. Ladle into bowls and serve immediately.



WHAT'S NEXT?!

Plant-Based Cleanse

Join my proven, plant-based cleanse to experience more energy, less cravings & effortless weight loss. Ready to commit to healthy eating habits that'll empower you to become the best version of yourself? Enrollment opens each season with new recipes to keep it fresh + exciting.

LEARN MORE

