

# THE **DANIEL** PLAN

COOKBOOK



HEALTHY EATING *for* LIFE

A COMPANION TO THE #1 NEW YORK TIMES BESTSELLER, *THE DANIEL PLAN*

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*featuring* The Daniel Plan Signature Chefs

ZONDERVAN

*The Daniel Plan Cookbook*

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Library of Congress Cataloging-in-Publication Data

Warren, Rick.

The Daniel Plan Cookbook: Healthy Eating for Life / Rick Warren, D.Min., Daniel Amen, M.D., Mark Hyman, M.D. ; with The Daniel Plan Signature Chefs, Sally Cameron, Jenny Ross, and Robert Sturm.

pages cm

Includes index.

ISBN 978-0-310-34426-1 (hardcover)

1. Natural foods—Health aspects. 2. Natural foods—Recipes. 3. Nutrition—Religious aspects—Christianity.

I. Amen, Daniel. II. Hyman, Mark. III. Title.

RM237.55.W36 2013

641.5'637—dc23

2013041228

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Cover design: Curt Diepenhorst

Cover photo: Kent Cameron

Cover food styling: Sally Cameron

Interior photos: Photography and Styling by Matt Armendariz and Adam Pearson, unless otherwise noted on page 280

Interior design: Ralph Fowler

Editors: Shelly Antol, Andrea Vinley Jewell, Jim Ruark

Printed in the United States of America

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14 15 16 17 18 19 /DCI/ 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

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# Breakfast

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Whole Foods Protein  
Shake

Very Cherry Smoothie

Berry Protein Smoothie

Green Smoothie

Alternative Milks



# Scrambled Egg Breakfast Tostadas

1 (15-ounce) can black beans  
1 teaspoon chili powder  
2 teaspoons extra-virgin olive oil  
¾ cup salsa  
6 eggs  
2 tablespoons milk (or water)  
Kosher or sea salt  
Black pepper  
1 teaspoon olive, coconut, or avocado oil  
4 organic corn tortillas  
1 avocado, diced or cut into thin wedges  
½ cup salsa  
4 tablespoons grated cheddar cheese (omit for DF)  
6–8 teaspoons fresh chopped cilantro or parsley (optional)

A colorful breakfast with Mexican flavor and flair. Black beans are high in protein and fiber; avocado adds satisfying, healthy fat; corn tortillas are gluten free; and cilantro is a detoxifying herb. A great way to start the day.

**GF** 4 servings

1. Pour beans into a strainer. Rinse under cold water and drain. Place beans in a small saucepan. Add chili powder, 2 teaspoons olive oil, and ¼ cup of the salsa; stir beans and warm over medium-low heat. Cover with a lid to keep beans moist. If they get dry, add a little water or more salsa.
2. Break eggs into a medium bowl. Add milk (or water), and whisk with a little salt and pepper until frothy. Heat 1 teaspoon oil in a large nonstick sauté pan or skillet over medium-low heat.
3. Add eggs to pan. Allow eggs to cook until edges are starting to set, then push eggs into the center of the pan with a wooden spoon or spatula. Fold and stir as you scramble eggs. Cook until eggs are still a bit creamy and moist.
4. While eggs are cooking, warm tortillas for a few seconds in a pan or microwave. For a crispy base, add 1 tablespoon of oil to a sauté pan, heat until hot but not smoking, and quickly cook tortillas for a few seconds on each side until crisp. Drain on paper towels.
5. Top each tortilla with a quarter of the beans, a spoonful of eggs, ¼ avocado, salsa, 1 tablespoon cheese, and cilantro. Serve warm.

**TIP** Another way to heat the tortillas is directly over a low flame on a gas stove. Hold a tortilla with tongs and turn frequently until browned at the edges and warm.

# Eggs Benedict

## Hollandaise Sauce

- ½ cup organic or vegan mayonnaise
- ½ cup plain Greek yogurt
- 2 teaspoons water
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh minced dill
- 2 dashes hot sauce
- ½ teaspoon kosher or sea salt
- ¼ teaspoon turmeric (optional)

## Eggs Benedict

- 4 eggs
- 1 quart water
- 2 whole wheat English muffins
- 1 tablespoon grape seed oil
- 4 ounces (4 cups or 1 bag) fresh baby spinach
- 1 tomato, sliced ¼-inch thick
- Cracked black pepper

A classic brunch dish supposedly invented in 1894 at the Waldorf Hotel in New York City for famed Wall Street stock broker Lamuel Benedict, Eggs Benedict is traditionally made with toasted English muffins, poached eggs, Canadian bacon, and buttery hollandaise. Try this healthier version that's sure to bring a smile to anyone at your breakfast table. **2–4 servings**

1. Combine all ingredients for hollandaise sauce in a small bowl. Whisk together. Set aside.
2. In a large pot, bring water to a boil. Reduce heat to a simmer. Swirl the hot water. Crack eggs individually into a small cup. Carefully drop them into the hot water. Poach eggs for about 4 minutes. Scoop out with a slotted spoon. Alternative: In a frying pan, heat grape seed oil over medium heat. Crack eggs into pan and cook 2–3 minutes on one side. Flip, and cook 1–4 minutes, depending on whether you want easy, medium, or hard yolks.
3. Toast English muffins.
4. Heat grape seed oil in sauté pan over medium heat. Sauté spinach for 1–2 minutes. Then warm the tomato slices in the pan.
5. Top each English muffin half with a warm tomato slice, ¼ of the sautéed spinach, a poached egg, and 1 tablespoon of hollandaise sauce. Sprinkle with cracked pepper.

**TIP** Try this recipe with scrambled eggs or substitute a spicy tomato sauce for the tomato slices.

# Garden Patch Omelet

2 eggs

¼ teaspoon kosher or sea salt

Dash black pepper

2 teaspoons coconut oil

¼ teaspoon minced garlic

1 cup fresh baby spinach

¼ cup diced bell pepper (red, orange, yellow)

¼ cup diced red onion

¼ cup diced tomato

1 large mushroom, thinly sliced

Dash of pepper

Filled with protein and fiber, vegetable omelets are a satisfying meal day or night. Make 1 large omelet to share or as many as you wish.

GF DF 2 servings

1. In a bowl, whisk eggs with salt and pepper. Set aside.
2. Heat 1 teaspoon of the coconut oil over medium-high heat in a sauté or frying pan that has a lid. Add garlic, spinach, peppers, onion, tomato, and mushroom. Sauté until veggies are soft, about 5 minutes. Remove vegetables from pan. Set aside in a bowl.
3. Heat the remaining 1 teaspoon of coconut oil in the pan. Pour the eggs in the pan. Add in the veggies on top of the egg mixture, reduce heat to low, cover pan with lid. Cook for about 2 minutes. If the egg is still uncooked, cook for another minute uncovered. Fold the omelet in half.
4. Serve right away.

**Optional:** Chop tomatoes, avocado, and cilantro. Mix together for a breakfast side salad.





# Avocado Breakfast

## Simple Berry Sauce

1 cup strawberries  
1 tablespoon coconut oil  
1 pinch kosher or sea salt

## Avocado Breakfast

4 cups mixed berries,  
sliced if bigger than  
bite-sized  
2 diced avocados  
1 cup simple berry sauce

**D**id you know that if you eat well for breakfast, you are more likely to eat well all day long? This is a simple, easy breakfast dish that can also provide some variety in your breakfast routine. This dish is all plant-based.

**GF DF V 2 servings**

1. Combine all sauce ingredients in a blender and blend well. Transfer to a storage container for use for up to five days. Store in the refrigerator.
2. In a small mixing bowl, toss together half the berries and half the avocado lightly with half the berry sauce until well coated. Repeat with remaining berries, avocado, and sauce.

**Optional:** Serve over a half of avocado.

**TIP** As a variation throughout your week, top the avocado breakfast with the simple berry sauce and fresh superfoods or shredded coconut for more flavor and further nutritional value.

## Food as Medicine

This dish offers a balanced approach to a plant-based breakfast, providing essential fatty acids for brain health and morning endurance, as well as antioxidants and fiber. For additional protein, consider adding granola, seeds, or chopped nuts.



# Buckwheat Buttermilk Pancakes

1¾ cups (8½ ounces)  
whole grain buckwheat  
flour

1½ teaspoons baking  
powder

¾ teaspoon baking soda

½ teaspoon kosher  
or sea salt

2 large eggs

3 tablespoons coconut oil,  
plus extra for topping

2 tablespoons raw honey

1 teaspoon pure vanilla  
extract

2½ cups buttermilk

Coconut or grape seed oil

Blackberries for garnish  
(optional)

**B**uckwheat is not wheat, but a fruit seed related to the rhubarb plant. Buckwheat is gluten free and high in protein and fiber with an earthy, nutty flavor and a rich brown color. Enjoy these hearty, high-energy pancakes topped with superfood Blackberry Sauce (page 71) instead of syrup.

**GF** **Eighteen 4-inch pancakes**

1. Preheat oven to 200°, and place a rimmed baking sheet inside the oven to keep cooked pancakes warm.
2. In a medium bowl, whisk together flour, baking soda, baking powder, and salt.
3. In a small bowl, whisk eggs, coconut oil, honey, and vanilla until smooth. Whisk in buttermilk. Don't worry about small lumps from the coconut oil. Pour the liquid ingredients into the dry mixture, and whisk together. Batter will be thick.
4. Heat a large nonstick griddle over medium heat. Reduce heat to medium-low and grease with oil. Using a ¼ cup measure, pour batter in circles onto hot griddle. Allow batter to cook until small bubbles start to form and break on the top. Then carefully flip the pancake. The top of the pancake should be golden brown.
5. Cook pancakes about 1 minute on the other side, and then move them to the baking sheet and set in the oven. Cover with a clean kitchen towel while you make the rest of the pancakes.
6. Serve pancakes with a drizzle of melted coconut oil, blackberries, and Blackberry Sauce.

# Blackberry Sauce

2 (10-ounce) bags frozen  
(or fresh) blackberries  
2 teaspoons raw honey

This sauce is perfect over buckwheat pancakes but works equally well as a dessert sauce. It is great swirled into plain Greek yogurt for a snack or quick breakfast. It is easy to make year-round with frozen berries of any kind. Use fresh berries when they are in season. Extra sauce freezes well. **2 cups**

1. Thaw berries in the refrigerator overnight or in a small saucepan over low heat. Break them apart as they thaw.
2. Puree berries in a blender until smooth. Pour the berry puree into a sieve or strainer set over a bowl. With the back of a ladle, press the berries through the sieve until all that is left in the sieve is seeds. Discard seeds.
3. Stir honey into berry puree.







# American Classics

BBQ Chicken Pizza

Venetian Style Arugula  
Pizza

Goat Cheese and Turkey  
Bacon Pizza

Honey Wheat Pizza  
Crust

Gluten-Free Pizza Crust

Herbed Turkey Burgers

Quinoa-Lentil Veggie  
Burgers

Lemon-Dijon Sauce

Caramelized Onion  
Burgers

Turkey Sloppy Joes

Grilled Spicy Fish Tacos

Mango-Jalapeno Salsa

Roast Chicken Tacos

Creamy Chipotle-Lime  
Sauce

Veggie Tacos

◀ Kicking and Screaming  
Steak Fajitas

Pasta Primavera

Spaghetti and Meatballs

Savory Spaghetti Sauce

Mac and Cheese

Five-Veggie Lasagna

Zucchini Pasta

# BBQ Chicken Pizza

1 honey wheat or gluten-free pizza crust (pages 88–89)

3 ounces organic BBQ sauce

1 cup thinly sliced grilled or roasted chicken

½ cup thinly sliced red onion

½ cup diced pineapple (optional)

½ cup fresh cilantro leaves

3 ounces shredded mozzarella cheese

One of the most popular pizzas in America is BBQ Chicken Pizza. Here is a healthy version sure to please any BBQ lover.

**One 12-inch pizza**

1. Pre-heat oven to 450°.
2. Spread BBQ sauce over crust. Arrange chicken slices on crust. Top with mozzarella cheese. Sprinkle with red onion strips and pineapple.
3. Bake on pizza stone or cookie sheet for 10–12 minutes.
4. Remove from oven, and spread cilantro over top of the hot pizza.







# Venetian Style Arugula Pizza

1 honey whole wheat pizza crust  
(page 88)

½ cup (3 ounces) organic pizza  
sauce

1 Roma tomato, thinly sliced

¼ cup sliced black olives

12 fresh basil leaves

½ cup (3 ounces) shredded  
mozzarella cheese

1 cup baby arugula

¼ cup shaved Parmesan cheese

This is a unique take on pizza. The arugula adds a peppery bite that we know you'll love!

One 12-inch pizza

1. Preheat oven to 450°.
2. Spread pizza sauce over honey wheat crust. Lay tomato slices on crust, and cover with black olives and basil leaves. Top with mozzarella cheese.
3. Bake on pizza stone for 10–12 minutes. Remove from oven, and spread arugula over top of the hot pizza. Sprinkle with Parmesan cheese.

# Goat Cheese and Turkey Bacon Pizza

1 (12-inch) gluten-free crust  
(page 89)

⅓ cup organic pizza sauce

1 small onion, thinly sliced,  
separated into rings

4–6 strips turkey bacon, cut into  
¼-inch strips

1 pear (or apple), peeled, thinly  
sliced

2 ounces crumbled goat cheese

2 ounces shredded mozzarella  
cheese

1 tablespoon pine nuts, toasted  
(optional)

¼ cup chopped fresh basil

½ teaspoon crushed red pepper

A healthy gourmet twist on traditional meat pizzas, the flavors will seem familiar but new.

**GF** One 12-inch pizza

1. Preheat oven to 450°.
2. Spread pizza sauce over gluten-free crust. Arrange onion, turkey bacon, and pears on sauce. Top with cheeses.
3. Bake on pizza stone for 12–14 minutes. Remove from oven and top with pine nuts, basil, and red pepper flakes.

# Honey Wheat Pizza Crust

2 cups whole wheat flour  
1 package active dry yeast  
or instant yeast  
 $\frac{3}{4}$  teaspoon kosher  
or sea salt  
1 cup warm water  
(105–115°)  
1 tablespoon olive or  
grape seed oil  
1 tablespoon raw honey  
 $\frac{1}{4}$  cup grated Parmesan  
cheese

## One 12-inch crust

1. In large mixing bowl, combine whole wheat flour, yeast, and salt. Blend in water, oil, raw honey, and cheese. Stir by hand vigorously until all ingredients are well mixed, about 3 minutes. Or in a stand mixer with a dough hook, mix dough until smooth about 1 minute.
2. Cover with plastic wrap, and let rise to double in size, about 1½–2 hours.
3. Preheat oven to 450°.
4. Sprinkle a dusting of flour over a 12 × 12-inch clean, smooth surface. Place the dough on the floured smooth surface. Use your hand or rolling pin to press the dough down forming a flat 12-inch circle about  $\frac{1}{2}$ -inch thick.
5. Add pizza sauce of your choice and your favorite pizza toppings.
6. Bake on a pizza stone in oven 10–12 minutes, or until crust is golden brown and toppings are done.

# Gluten-Free Pizza Crust

1 packet active dry yeast

1 cup warm water  
(105–115°)

2 tablespoons extra-virgin  
olive oil, plus extra for  
greasing the bowl

1 teaspoon raw honey

1 egg white

2½ cups gluten-free flour  
mix (plus extra for rolling  
out the pizza)

1 teaspoon kosher  
or sea salt

## **GF** One 12-inch crust

1. Combine yeast and warm water in the bowl of a stand mixer fitted with a dough hook. Let sit until yeast begins to foam and float on surface of the water, about 10 minutes.
2. Add oil, honey, and egg. Mix well.
3. Preheat oven to 450°.
4. In a separate bowl, mix together flour and salt. With the mixer running, slowly add flour mixture, a few tablespoons at a time. Mix until a smooth dough forms, about 10 minutes.
5. Transfer dough to a bowl coated with some olive oil; cover with plastic wrap. Let sit at room temperature for 1 hour or until the dough doubles in size.
6. Divide dough into 2 balls. Working with 1 ball at a time, dust dough with flour. Roll dough into a 12-inch round about ¼-inch thick. Repeat with remaining dough ball or freeze remaining dough ball for up to 3 months (wrap it tightly in plastic wrap and then aluminum foil to keep the plastic wrap secure).
7. Add pizza sauce of your choice and your favorite pizza toppings.
8. Bake on a pizza stone in oven 10–12 minutes, or until crust is golden brown and toppings are done.

**TIP** Make your own gluten-free flour mix by combining 1 cup rice flour, ¾ cup tapioca flour, and ¾ cup garbanzo bean flour.

# Herbed Turkey Burgers

¼ pounds lean ground turkey  
2 tablespoons finely chopped fresh parsley  
2 tablespoons finely chopped fresh chives  
4 teaspoons extra-virgin olive oil  
½ tablespoons coarse or whole grain Dijon mustard  
3 tablespoons bread crumbs (whole wheat panko or gluten-free)  
2–3 large cloves garlic, minced  
4 whole wheat or gluten-free buns  
4 large tomato slices  
4 large leaves dark green lettuce  
Horseradish sauce and Dijon to dress buns (optional)

When shopping for ground turkey, read labels for the fat to lean ratio. Choose an 85%–90% lean grind, dark meat if possible, for best flavor. Some dark ground turkey is higher in fat because turkey skin is ground into the meat. You may want to ask the butcher to grind some for you. To grind your own, use a manual meat grinder or a standing mixer with a grinding attachment.

**DF** 4 servings

1. Place turkey, herbs, oil, mustard, bread crumbs, and garlic into a medium bowl. Mix gently with your hands until thoroughly combined.
2. Divide turkey mixture into 4 equal portions. Roll into balls, and then flatten into burger patties. Patties can be refrigerated at this point for a few hours or grilled right away.
3. Cook burgers in a nonstick grill or frying pan or on an outdoor grill. Place patties on the grill, and cook until one side has golden grill marks and feels firm, about 7–9 minutes. Flip burgers and cover with a lid or a small aluminum pan, and cook until burgers are firm and reach an internal temperature of 160°–165°. Do not overcook or press on burgers while they are cooking; you want juicy burgers.
4. Spread the buns with a little horseradish sauce and/or Dijon mustard, top with lettuce and tomatoes. Add burgers.

**TIP** Homemade bread crumbs taste the best and are easy to make. Cut crusts from a few slices of bread (leftover bread is perfect, and gluten-free bread works just as well). Tear remaining bread into pieces, then pulse in a food processor until fine. Spread bread crumbs on a rimmed baking sheet. Bake at 350° for a few minutes until dry and toasted. Cool before using. Crumbs will keep several months refrigerated or frozen.



# Quinoa-Lentil Veggie Burgers

6 ounces brown or white mushrooms  
2 tablespoons extra-virgin olive oil  
½ cup chopped onion  
3 large garlic cloves, minced  
1 tablespoon wheat-free tamari or soy sauce  
¼ cup chopped fresh parsley  
2 tablespoons chopped fresh oregano  
¼ teaspoon black pepper  
1 (15-ounce) can cooked lentils, rinsed and drained  
1 large egg, beaten  
1 cup cooked quinoa  
½ cup (or more) bread crumbs (gluten-free or whole wheat)  
4 tablespoons grated Parmesan cheese (omit for DF)  
4 teaspoons coarse or whole grain Dijon mustard  
5 slices mozzarella or Jack cheese (omit for DF)  
5 whole grain or gluten-free buns  
Lettuce leaves  
5 large slices tomato

**T**hese generously sized veggie burgers are a nice change from meat burgers. Use gluten-free bread crumbs and buns for a gluten-free meal. Add lettuce and tomatoes for more fresh flavor. Tri-color or red quinoa adds nice color, but white quinoa will work fine. These patties will not work well directly on a grill because they are too soft. **5 servings**

- 1.** Pulse mushrooms in the food processor until finely chopped, or chop by hand.
- 2.** Heat 1 tablespoon of the olive oil in a sauté or frying pan over medium heat. Cook onion until soft. Add garlic and tamari. Cook 1 more minute.
- 3.** Add mushrooms. Cook until mushrooms release their moisture and are almost dry. Add parsley, oregano, and black pepper. Add lentils, and stir well.



4. Put lentil mixture into food processor, and pulse mixture to grind, about 7 times.
5. In a large bowl, combine mushroom-lentil mixture with beaten egg, quinoa, bread crumbs, Parmesan, and mustard. Mix well. Moisture level of mixture may vary with the type of bread crumbs used. It should be very moist, but not be wet. If it feels wet, add bread crumbs 1 tablespoon at a time.
6. Divide into 5 portions, about a generous  $\frac{1}{2}$  cup each. Roll each portion into a ball, then flatten to form patties about  $3\frac{1}{2}$  inches across and  $\frac{3}{4}$ -inch thick. Place patties on a flat plate or rimmed baking sheet, cover with plastic film and refrigerate for 30 minutes or overnight.
7. Heat the remaining tablespoon of olive oil in a large nonstick pan or flat griddle over medium heat. Add patties, and cook until browned on one side, about 5–6 minutes. Carefully turn patties and cook another 5–6 minutes on the other side. Optional: Top with cheese so it melts the last minute of cooking.
8. Toast buns and dress with Lemon-Dijon sauce (below), lettuce, and tomato.

## Lemon-Dijon Sauce

4 tablespoons organic or  
vegan mayonnaise

1 tablespoon coarse or  
whole grain Dijon mustard

1 garlic clove, minced

Juice of one lemon

Kosher or sea salt and  
black pepper

When you want a gourmet mustard for sandwiches or burgers, this recipe is perfect. Store it in the refrigerator for several months.

**GF** 6 tablespoons

Whisk ingredients in a small bowl and refrigerate.



# Caramelized Onion Burgers

2 teaspoons extra-virgin olive oil  
4 cups sliced sweet onions (2–3 onions)  
4 cloves garlic, minced  
1 tablespoon balsamic vinegar  
1 teaspoon kosher or sea salt  
¼ teaspoon cayenne pepper  
1 pound 90% lean ground beef or buffalo  
2 tablespoons tomato paste  
2 tablespoons fresh chopped parsley  
½ teaspoon black pepper  
4 gluten-free buns (optional)  
Lettuce leaves

**O**nions are one of the world's healthiest foods. Onions are antibacterial and anti-microbial, help prevent colon cancer, lower blood sugar, and help with diabetes and sinus relief. You can even squeeze onion juice on a bee sting for immediate pain relief. Go figure.

**GF** **DF** **4 servings**

1. Heat olive oil in a nonstick skillet over medium-low heat. Add onions and garlic; cook, stirring occasionally, until the onions are very tender and golden, about 15 minutes.
2. Stir in vinegar, ½ teaspoon of the salt, and cayenne pepper. Set aside and keep warm.
3. Preheat the grill or broiler to high. Combine the beef, tomato paste, parsley, the remaining salt, and pepper in a medium bowl, knead thoroughly with your hands.
4. Shape into 4 patties about ¾-inch thick. Grill or broil on a lightly oiled rack until browned and cooked through, about 5 minutes per side.
5. Serve patties on buns or wrap with lettuce, top with the caramelized onions and lettuce.

**OPTIONAL** Try this recipe with ground turkey or chicken. Top with Homemade Ketchup (see page 226).

# Turkey Sloppy Joes

2 tablespoons vegetable oil

1 pound ground turkey, beef, or lamb

½ cup diced onion

½ cup diced green pepper

3 cloves garlic, minced

1 tablespoon Dijon or yellow mustard

1 tablespoon chili powder

¼ cup organic or Homemade Ketchup (page 226)

1 (15-ounce) can no-salt-added tomato sauce

1 tablespoon organic BBQ sauce

2–3 drops of liquid stevia extract (optional)

Parmesan cheese (omit for DF)

Whole grain or gluten-free buns or zucchini boats

## OPTIONAL

Here's a twist! Try stuffing a zucchini with the Sloppy Joe mix. Cut a zucchini in half lengthwise, scoop out the seeds to make a "canoe." Top it off with a bit of Parmesan cheese, and bake it at 400° till golden brown.

Sloppy Joes originally consisted of ground beef, onions, tomato sauce or ketchup, and other seasonings, served on a hamburger bun. Try this Daniel Plan version of an American classic. **4–6 servings**

1. Heat oil in a large frying pan over medium heat.
2. Brown raw turkey, onion, and green pepper.
3. Add all the other ingredients and mix well. Bring to a boil. Reduce heat to a simmer. Cover and simmer 30 minutes.
4. Serve on toasted buns or in zucchini halves (see optional).





## Food as Medicine

Omega-3 fats in fish have been proven to reduce diabetes, heart disease, cancer, and dementia. They lower cholesterol and triglycerides. And they are powerful anti-inflammatory compounds.

# Grilled Spicy Fish Tacos

4 (2-ounce) pieces of white fish such as cod or halibut, cut into strips

1 tablespoon coconut oil

2 teaspoons Cajun seasoning

4 organic corn tortillas

½ cup shredded green cabbage

½ cup shredded red cabbage

¼ cup shredded carrots

1 avocado, sliced

½ cup Mango-Jalapeno Salsa

**F**ish and seafood are great sources of omega-3 fats (as well as protein and minerals). Feel free to use your favorite low-mercury fish for tacos.

**GF DF 4 tacos**

- 1.** Preheat grill. (You may warm tortillas wrapped in wax paper in a microwave for 15 seconds instead.)
- 2.** Mix Cajun seasoning and oil together. Rub mixture on fish. Grill fish 2 minutes on each side till medium done. Remove from grill. Set aside.
- 3.** Brown tortillas on the grill or warm in microwave.
- 4.** Place a bit of shredded cabbage and carrot on the tortillas. Arrange 2 slices of avocado on top of cabbage. Place grilled fish on avocado, and top with salsa.

# Mango-Jalapeno Salsa

1 mango, peeled and diced

½ cup diced pineapple

1 Granny Smith apple, peeled and diced

¼ cup seeded and diced tomato

¼ cup diced red bell pepper

4 tablespoons lime juice

2 tablespoons minced fresh ginger

2 tablespoons minced seeded jalapeno

½ cup chopped fresh cilantro

**S**witch up your regular salsa for a tropical version when using fish or chicken in Mexican recipes.

**2 cups**

Place salsa ingredients in a bowl. Mix together well. Chill in refrigerator. (Keeps up to 1 week refrigerated.)

# Roast Chicken Tacos

8 small organic corn tortillas  
2 cups finely shredded green or red cabbage (or dark lettuce leaves)  
2 large Roma tomatoes, diced or sliced thinly  
2 avocados, cut into thin wedges  
2 cups shredded roast chicken breast  
2 ounces shredded jalapeno-jack cheese (optional)  
Fresh cilantro (optional)  
1–2 large limes cut into quarters  
½ cup Creamy Chipotle-Lime Sauce (below)

**S**kip the fast food taco joints and make tastier, healthier tacos at home. Tacos are the perfect use for leftover shredded roast chicken. You could also use thinly sliced steak, small grilled shrimp, even seasoned and cooked ground beef or turkey. Tacos are so versatile! See [recipe for roast chicken breast on page 195](#).

**GF** 8 tacos

1. Warm tortillas for about 30 seconds in the microwave wrapped in waxed paper or in an oven-safe tortilla warmer, until they are soft and pliable.
2. Spread each tortilla with 1 tablespoon of sauce. Top with cabbage, tomato, avocado, chicken, cheese, and cilantro. Squeeze lime over the top.

## Creamy Chipotle-Lime Sauce

¼ cup plain Greek yogurt  
¼ cup organic or vegan mayonnaise  
1 tablespoon lime juice  
2 pinches kosher or sea salt  
Pinch black pepper  
1 garlic clove, minced  
⅛ teaspoon chipotle or cayenne powder

**M**ake your tacos sing with this fresh spicy sauce. It works well with any taco meat or toppings.

**GF** ½ cup

Whisk all ingredients in a small bowl until smooth.





# Veggie Tacos

## Vegetables

2 cups diced mushrooms  
2 cups chopped spinach  
2 cups sliced zucchini or yellow crookneck squash  
1 cup shredded carrots

## Marinade

1 Roma tomato  
1 red bell pepper  
1 garlic clove  
1 green onion  
1 dried chipotle pepper  
2 tablespoons extra-virgin olive oil  
1 teaspoon kosher or sea salt

## Tacos

6 organic corn tortillas or small Napa cabbage leaves  
1 avocado  
½ cup chopped green onions  
½ cup chopped fresh cilantro

Vegetable tacos are a great meatless option for lunch or dinner. These tacos can be made quickly, especially if you prepare the vegetable mix and marinade at the beginning of the week and store it in your refrigerator. Both components also work great in other dishes—as a topping for a salad or sauce for a vegetable sauté.

   **6 tacos**

1. Toss together mushrooms, spinach, squash, and carrots in a medium mixing bowl. Set aside.
2. Put marinade ingredients into a blender, and puree until smooth. You may benefit from using the immersion blender for small batches of sauce such as this one. It saves time and mess.
3. Steam the vegetable mixture for 5 minutes on the stovetop in a steam pot until the color brightens, and the vegetables begin to soften. Remove from the stove and transfer the vegetable mixture to a mixing bowl.
4. Coat the vegetable mix with ½ cup of the marinade. Toss until all vegetables are well coated. Let sit covered for 5 minutes.
5. Scoop ¾ cup of vegetable mixture into each tortilla or cabbage leaf. Top with diced avocado, green onion, and cilantro. Remaining ingredients will store in the refrigerator for 2 additional days.

**TIP** Taco Tuesday in your house can be a fun way to involve the whole family in dinner. Visit a local farm or farmers market each week, and pick out different variations of vegetables for new flavors to try in your tacos. Also check out our Fiesta Party idea on page 256.



# Kicking and Screaming Steak Fajitas

2–4 chipotle peppers in  
adobo sauce (canned)

½ cup coconut oil

½ cup chopped sweet  
onion

6 cloves garlic, minced

4 teaspoons lime zest  
(about 2 limes)

2 teaspoons chili powder

2 teaspoons cumin

2 teaspoons kosher  
or sea salt

½ teaspoon black pepper

1½ pounds flank steak,  
trimmed

Extra-virgin olive oil

2 cups sliced bell peppers

1 cup sliced red onion

4–6 organic corn tortillas

½ cup sliced radishes

¼ cup fresh cilantro

1 lime, cut into wedges  
(use one of the zested  
limes)

This is a **HOT** recipe sure to get your blood flowing. Capsaicin, that oil that makes all chiles hot, is great for building red blood cells and equalizing your blood pressure.

**GF DF** 4–6 servings

1. Place the chipotle peppers, coconut oil, onion, garlic, zest, spices, salt, and pepper in a blender, and blend until smooth.
2. Place mixture in a gallon-size plastic bag with the flank steak. Let stand on counter 1 hour, turning occasionally, or marinate in the fridge overnight.
3. Remove meat from bag, and wipe off excess marinade.
4. Spray or brush both sides of meat with olive oil. Grill meat over high heat for 3 to 5 minutes on each side until desired doneness. Remove meat from grill and let stand 10 to 15 minutes. Slice the flank steak very thinly across the grain.
5. Grill or sauté bell peppers and onions till tender, about 5 minutes. Set aside, and keep warm.
6. Grill tortillas till warm and flexible. Fill with a few strips of steak, grilled veggies, radishes, and cilantro. Squeeze lime juice over each fajita.



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