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THE  
**DANIEL**  
PLAN

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40 DAYS *to a*  
HEALTHIER LIFE

3-DAY MEAL PLAN

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3-Day Meal Plan

# RECIPE GUIDE



Here is The Daniel Plan 3-Day Meal Plan for you to try! Every recipe is simple to make, with ingredients you can find at any store. Feel free to swap out fruit and vegetables based on the season or your tastes. Explore different spices and herbs to add flavor. Bring your family and friends into the kitchen to partake in the creation of meals. When you follow The Daniel Plan approach, cooking food becomes a joy! Scan the QR code or go to [danielplan.com/recipes/3-day-meal-plan](http://danielplan.com/recipes/3-day-meal-plan) for all the recipes.

Meal	Day 1	Day 2	Day 3
Breakfast	Dr. Hyman's whole food protein shake	1 c. rolled or steel cut oatmeal with ½ c. almond milk & ½ c. mixed strawberries and bananas	Breakfast wrap: 1 scrambled egg with ¼ avocado, sliced tomato, basil wrapped in whole grain tortilla
Snack	Mixed veggie sticks (celery, carrots, cucumber, jicama) and 1/3 c. artichoke hummus	½ c. mixed berries plus 25 cinnamon toasted almonds	Small apple plus 25 raw almonds
Lunch	½ c. quinoa with steamed broccoli and carrots and antioxidant salad dressing	Grilled citrus salmon with supergreens watermelon salad	Veggie lentil & chicken sausage soup
Snack	Veggie juice mocktail	2 tbsp. crunchy chickpeas with 2 hardboiled eggs	Creamy carrot dip with steamed veggies
Dinner	Thai-inspired stir fry with coconut rice	Crockpot beef and veggie stew	Dr. Hyman's walnut pesto chicken with white beans, chopped peppers, balsamic vinegar

# RECIPES

## ANTIOXIDANT SALAD DRESSING

*Serves 3–4*

- ¼ cup raw unfiltered apple cider vinegar
- 2 tablespoons extra virgin olive, grape seed, or coconut oil
- 1 clove garlic, crushed
- 2 tablespoons lemon juice, plus 1 teaspoon grated zest
- 1 teaspoon ground flax seed
- 1 teaspoon dry mustard
- 1/2 teaspoon oregano
- Ground black pepper and salt to taste

Briskly whisk together vinegar and oil until mixed well (or you can put them in a closed container and shake vigorously). Add remaining ingredients, and whisk (or shake) together until well incorporated. You can vary this dressing to suit your taste by adding other herbs and spices such as basil, tarragon, rosemary, and dill.

## ARTICHOKE HUMMUS

*Serves 8 (1/3 cup each)*

- 1 (15-ounce) can chickpeas/garbanzo beans
- 1 cup artichoke hearts, drained and chopped
- 2 cloves fresh garlic, crushed
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water
- 1 tablespoon sesame tahini

Ground black pepper and salt to taste  
Combine all ingredients in a food processor, and pulse until smooth. Transfer to a bowl. Chill and serve with mixed veggie sticks such as celery, jicama, and carrots.



## CINNAMON TOASTED ALMONDS

*Serves 4*

- 1 cup raw whole almonds
- 1 teaspoon ground cinnamon
- Olive oil cooking spray

Preheat oven to 350°. On a rimmed baking sheet, spread almonds onto a single layer and spray lightly with cooking spray. Sprinkle sifted cinnamon over almonds and bake for about 8-10 minutes or until fragrant. Enjoy warm.

## CREAMY CARROT DIP

*Serves 4*

- 1 cup carrots, chopped
- 2 cloves garlic, crushed
- 2 lemons, juiced
- 3 tablespoons extra virgin olive oil
- Dash of salt
- 1/4 teaspoon cayenne pepper

Steam carrots until soft, then puree in a food processor. Add other ingredients, puree until smooth, then serve with baked whole grain chips or cut up broccoli and cauliflower. You may adjust the amount of salt and cayenne to taste.

## CITRUS MARINADE FOR CHICKEN OR SALMON SKEWERS/VEGGIES

*Serves 4-5*

- 1 lemon, juiced plus 1 teaspoon zest
- 2 limes, juiced plus 1 teaspoon zest
- 1 tablespoon balsamic vinegar
- 2 teaspoon olive oil
- Ground black pepper and salt to taste
- 2 pounds of chicken, salmon, or veggies, cut into 2-inch pieces

Whisk together first five ingredients until well incorporated. Place chicken, salmon, or veggies separately in marinade. Marinate for at least 1 hour, up to overnight for the chicken or veggies, before cooking. Thread chicken, salmon, and veggies onto skewers and grill or bake until thoroughly cooked. This will make enough for one lunch and one dinner for two people. Make one batch with chicken and one with fish for Days 1-5.

## CRUNCHY CHICKPEAS

*Serves 12 (1 ounce each)*

4 cups garbanzo beans, drained and rinsed

2 teaspoons extra virgin olive oil

1 teaspoon ground cumin

1 teaspoon ground chili powder

1/2 teaspoon cayenne pepper

Preheat the oven to 400, and arrange a rack in the middle. Place the chickpeas in a large bowl, and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.



## CROCKPOT BEEF AND VEGGIE STEW

*Serves 4-6*

4 pounds chuck roast, cut into 2-inch cubes

1/2 cup cornstarch

2 tablespoons grape seed oil

1 large red onion, diced

4 cups low sodium beef broth

1 (6-ounce) can tomato paste

2 cups red-skinned or purple potatoes, chopped (turnip or sweet potato can be substituted)

1 cup carrots, chopped

1 cup celery, chopped

1 bay leaf

2 teaspoons ground black pepper

1 teaspoon salt

On a plate, spread a thin layer of cornstarch. Roll beef chunks until lightly coated. In a large skillet, heat oil. Brown meat with onions, about 6-8 minutes. Add tomato paste and beef broth and combine until well incorporated. Transfer mixture to crock pot with vegetables and seasonings. Cover and cook over low heat for about 8 hours or on high for 4 hours.

## DR. HYMAN'S WHOLE FOOD PROTEIN SHAKE

*Serves 3*

- 1 cup frozen blueberries
- 2 tablespoons almond butter
- 2 tablespoons pumpkin seeds
- 2 tablespoons chia seeds
- 2 tablespoons hemp seeds
- 4 walnuts
- 3 Brazil nuts
- 1 large banana
- 1 tablespoon extra-virgin coconut oil
- ½ cup unsweetened almond milk
- 1 cup water

Combine all of the ingredients in a blender. Blend on high speed until smooth, about 2 minutes. If the shake is too thick, add more water until you reach a thick but drinkable consistency. Serve chilled.

Source: *The Blood Sugar Solution Cookbook* by Dr. Mark Hyman

## DR. HYMAN'S WALNUT PESTO CHICKEN

*Serves 4*

- 1 pound skinless boneless chicken
- Pinch of salt
- 1 tablespoon grape seed or extra virgin olive oil
- 2 tablespoons extra virgin olive oil
- 1/4 cup raw walnuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- Pinch of salt (additional)

Slice the chicken into thin strips. Toss with salt. Heat 1 tablespoon of grape seed or olive oil in sauté pan or griddle over medium-high heat. Cook the chicken on each side until cooked through. Set aside on a paper towel to cool. Grind the walnuts in a food processor until fine. Rinse with basil and pat dry. Add the basil, garlic, and salt to the processor. With the processor running, drizzle in 2 tablespoons of olive oil until desired consistency is reached. Toss with the chicken strips. (Unused pesto can be kept in the fridge for up to a week.) Serve with veggies, brown rice, or quinoa, or use as a spread.

Source: *The Blood Sugar Solution Cookbook* by Dr. Mark Hyman

## SUPER GREENS WATERMELON SALAD

*Serves 2*

- 2 cups arugula
- 2 cups kale, chopped
- 2 cups spinach
- 1 cup watermelon, diced (or grapefruit)
- 1 tablespoon toasted unsalted sunflower seeds
- Antioxidant salad dressing (see above for recipe)

Chop kale to bite-size pieces. (Tip: Stack kale leaves into a pile. Roll the leaves together. Run a sharp knife through roll of kale to create thin to medium strips). Chop watermelon into cubes. Mix arugula, spinach, and kale together. Add watermelon cubes to salad. Drizzle with 2 tablespoons of homemade salad dressing. Top with toasted sunflower seeds.

## THAI-INSPIRED STIR FRY WITH COCONUT RICE

*Serves 3*

Stir Fry

- 12 ounces organic tempeh
- 1 small onion, chopped
- 3 cloves garlic, crushed
- 1 cup carrots, diced
- 1 cup red pepper, diced
- 1 cup snow peas, diced
- 1 cup zucchini, diced
- 1 teaspoon extra virgin olive oil
- 2 tablespoons low sodium soy sauce
- 1 teaspoon black pepper
- Rice
- 1 cup brown jasmine rice or black rice
- 1 cup unsweetened coconut milk
- 1 cup water

Dice all vegetables into bite-size pieces. Cut tempeh into 1-inch-long rectangles. Heat olive oil in a skillet over medium heat. Add tempeh, and cook until golden brown. Add vegetables and soy sauce. Stir fry until vegetables are tender, about 5 minutes. To cook rice, bring coconut milk and water to a boil in a medium saucepan. Add rice and reduce heat to low. Cook until all liquid is absorbed, about 25 minutes.



## VEGGIE, LENTIL, AND CHICKEN SAUSAGE SOUP

*Serves 6*

- 1 pound lentils, raw
- 4 links chicken sausage
- 1 tablespoon olive oil
- 1 cup onion, chopped
- 1/2 cup carrot, chopped
- 1/2 cup celery, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- 1 cup canned tomatoes, no salt added
- 2 quarts organic low-sodium chicken broth

Heat olive oil in a large soup pot over medium heat. Add onion, carrot, celery, and salt and sweat until the onions are translucent, approximately 5 minutes. Add the lentils, tomatoes, broth, peppers, and cumin. Stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a sharp knife make a cut on one end of the sausage links. Remove sausage meat from link casing by squeezing meat through the cut on the link. Heat olive oil in a large pan over medium heat. Add sausage meat, and cook until golden brown, breaking up the meat as you cook it. Drain any excess fat. Add to finished lentil soup and serve hot.

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## VEGGIE MOCKTAIL

*Serves 1*

- 2 cup fresh spinach
- 1/2 small uncooked beet
- 5 celery stalks, ends trimmed
- 1/2 lemon, peeled
- 1/2- to 1-inch piece ginger root, peeled
- 2 cloves fresh garlic

In a juicer, push through spinach, beet, celery, lemon, ginger, and garlic. Stir the juice and pour into a glass. Serve at room temperature or chilled, as desired.