

*7 DAY FRUIT AND
VEGETABLE FAST*
RECIPE BOOK



BROUGHT TO YOU BY:

BLACK
MEN'S BEARD

&

**REBOOT
TRAINING
COMMUNITY**

**“LET FOOD BE THY MEDICINE
AND MEDICINE BE THY
FOOD.”
-HIPPOCRATES**



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VEGETABLE EGG ROLL SKILLET

Ingredients

- 1 cup Broccoli florets
- 3 cups Green cabbage
- 1/4 cup Green onions
- 1 Red bell pepper
- 1 cup Sugar snap or snow peas
- 1/4 Yellow onion, medium thin
- 1 tbsp Rice vinegar
- 1 tbsp Sesame oil, toasted
- 2 tbsp Coconut aminos

Cooking Instructions

1. Preheat a non-stick skillet or wok over medium-high heat.
2. Add broccoli slaw, onion, broccoli, red pepper, sugar snap/snow peas, and scallions.
3. Pour in coconut aminos and rice vinegar.
4. Stir-fry for about 5-6 minutes, stirring occasionally, until vegetables are softened but still crisp.
5. Remove from heat and drizzle with toasted sesame oil.

CURRIED VEGETABLE STIR FRY

Ingredients

- 3 teaspoons olive oil
- 1 tablespoon cumin seeds
- 1 teaspoon ginger (minced)
- 1 tablespoon curry powder
- 1/2 cup onion (cubed)
- 1 1/2 cups boiled baby potatoes(halved, unpeeled)
- 2 cups bell peppers (red, yellow, green, cubed)
- 2 cups broccoli florets(blanched)

Cooking Instructions

1. Heat 2 teaspoons olive oil in pan or skillet, add potato halves and sauté on medium heat until they are crisp from outside (about 5 minutes). Transfer to bowl and set aside.
2. In same pan or skillet, heat remaining 1 teaspoon olive oil and cumin seeds.
3. When seeds start to splutter, add garlic and onions and sauté on medium flame for 1 minute.
4. Add curry powder and mix well.
5. Add bell peppers and broccoli, and sauté on medium heat for 1 minute.
6. Add sautéed potato halves, toss gently and cook on medium heat for another minute.
7. Serve immediately.



CRISPY QUINOA CAKES



Ingredients

- 1 1/2 cups cooked quinoa
- 2 tablespoons ground flax + 6 tablespoons water
- 1 cup destemmed and finely chopped kale
- 1/2 cup rolled oats, ground into a flour (use certified gluten-free if necessary)
- 1/2 cup finely grated sweet potato
- 1/4 cup finely chopped oil-packed sun-dried tomatoes
- 1/4 cup sunflower seeds
- 1/4 cup fresh basil leaves, finely chopped
- 2 tablespoons finely diced onion
- 1 clove garlic, minced
- 1 tablespoon runny tahini paste
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons red or white wine vinegar
- 1/2 teaspoon fine grain sea salt, or to taste
- 3 tablespoons gluten-free all-purpose flour (I used King Arthur) or regular all-purpose flour
- red pepper flakes, to taste



Cooking Instructions

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper.
2. Mix the ground flax and water in a small bowl and set aside for 5 minutes or so to thicken.
3. Combine all ingredients together in a large bowl, including the flax mixture and the 1.5 cups cooked quinoa. Stir well until the mixture comes together. Don't forget the flour because it helps bind the patties.
4. Shape mixture into 1/4-cup patties with wet hands. Pack tightly so they hold together better. Place on baking sheet.
5. Bake for 15 minutes, then carefully flip cakes, and bake for another 8-10 minutes until golden and firm.
6. Cool for 5 minutes on the sheet and then enjoy!
7. Store leftovers in a container in the fridge for up to 5-6 days. To reheat, preheat a skillet over medium heat, add a bit of oil, and cook patties for about 3 minutes per side, or until heated through.



VEGAN PORTOBELLO PIZZAS

Ingredients

- 3 large portobello mushrooms (wiped clean /stems removed)
- Olive oil
- 1/4 tsp garlic powder
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- 1 cup pizza sauce
- 1/2 cup mixed veggies (onion, mushroom, tomato, green pepper, etc.)
- Vegan Parmesan Cheese

Cooking Instructions

1. Preheat the oven to 400 degrees F (204 C).
2. Place cleaned mushrooms on a baking sheet and lightly drizzle both sides with a little olive oil. Sprinkle it with garlic powder, basil, and oregano. Then bake for 5 minutes.
3. In the meantime, prep veggies and prepare pizza sauce if you haven't done so already.
4. Once par-baked, pull mushrooms out of the oven and top with the desired amount of pizza sauce, veggies, and a sprinkle of vegan parmesan.
5. Bake for 15-20 minutes, or until the veggies are mostly cooked.
6. Serve with fresh basil, red pepper flake and extra vegan parmesan.



WEEK LONG MEAL PREP POWER BOWL

Ingredients

FOR THE ROASTED VEGGIES:

- 3 small (680 g) sweet potatoes, peeled and chopped (4 cups)
- 4 cups (500 g) brussels sprouts, trimmed and halved*
- 1 medium (800 g) cauliflower, chopped into small florets (4 heaping cups)
- 1 medium (230 g) red onion, peeled and chopped
- 2 large (500 g) red bell peppers, seeded and chopped
- 3 tablespoons (45 mL) extra-virgin olive oil, divided
- Salt and pepper to taste

FOR THE QUINOA:

- 2 cups (400 g) uncooked quinoa

FOR THE FRESH VEGGIES:

- 1 medium (370 g) English cucumber, chopped
- 1 medium (135 g) bunch green onions, chopped
- 2 cups (255 g) grape tomatoes (1 dry pint)

FOR THE POWER BOWL TOPPINGS:

- Chopped lettuce/greens
- Salad dressing
- Ripe avocados
- Cooked beans or lentils
- Nuts and seeds (
- Hummus or pesto



Cooking Instructions

1. Position two oven racks near the middle of the oven. Preheat the oven to 400°F (200°C) and line two extra-large (15- x 21-inches) rimmed baking sheets with parchment paper. It's important to use extra-large baking sheets so there's enough room for all those healthy veggies.
2. Divide the chopped, "to-be-roasted" veggies onto the baking sheets. Drizzle 1 1/2 tablespoons of oil over top each sheet and toss the veggies until they're fully coated in the oil. Sprinkle generously with salt and pepper.
3. Roast the veggies for 30 to 40 minutes until fork tender and golden. There's no need to rotate/move the pans or flip the veggies halfway through baking unless you're particular about even cooking.
4. While the veggies are roasting, add the quinoa to a large pot along with 3 1/2 cups (875 mL) water. Stir. Bring to a simmer over medium-high heat, then immediately reduce the heat to low-medium, cover with a tight-fitting lid, and cook for 12 to 14 minutes, until the water is absorbed and the quinoa is fluffy. Remove the lid and fluff the cooked quinoa with a fork.
5. While the quinoa cooks, chop the cucumber and green onions. Rinse the tomatoes (Hold off on slicing them until just before serving).
6. Remove the roasted veggies from the oven. Once mostly cool, transfer all of the veggies and quinoa into containers, seal with airtight lids, and place into the fridge for up to 4 days.
7. To make the power bowls: Add a couple generous handfuls of chopped lettuce/greens to the bottom of a large shallow bowl. Drizzle with a bit of dressing and toss the lettuce/greens until coated. Top with spoonfuls of your prepped food (quinoa, roasted and fresh veggies)— (warm up the quinoa and roasted veggies first!) Now, add diced avocado, more salad dressing, cooked beans or lentils, nuts and seeds, and hummus or pesto. Keep the power bowl flavours interesting by changing up the toppings each day!



EASY VEGAN STUFFED BELL PEPPERS

Ingredients

- 3/4 cup whole grain brown rice, uncooked
- 6 medium bell peppers, any colour (red, yellow, or green)
- 2-3 tablespoons olive oil
- 2 small onions, diced
- 1 cup crimini mushrooms, sliced
- 2 small carrots, sliced
- 1 small zucchini, cubed
- 3/4 cup fresh parsley, leaves picked and finely chopped
- 3/4 cup tomato purée
- salt, to taste
- freshly ground black pepper, to taste
- a pinch of chilli

Cooking Instructions

1. Preheat the oven to 425 °F.
2. In a small pan bring a salted water to a boil over medium heat and cook the rice according to the package instructions. Drain on a colander and set aside.
3. Cut off the tops of the bell peppers ("lids") and set aside. Scoop out the inside and discard the seeds. Wash the peppers carefully and set aside.
4. In a large pan heat olive oil, add onion and fry for 2-3 minutes until soft. Add the mushrooms and fry for a further 5-8 minutes. Add carrots and zucchini, fry, stirring occasionally for 5 minutes. Remove from the heat. Add cooked rice, $\frac{1}{3}$ cup parsley, tomato purée, and stir until well combined. Season to taste with salt, pepper and a pinch of chilli.
5. Divide the mixture between the peppers and place the "lids" on top.
6. Place the stuffed peppers in a greased baking tray. Bake for 20-25 minutes, until slightly brown on the edges.
7. Sprinkle remaining parsley on top and serve.



CRABLESS CAKES WITH HEARTS OF PALM AND CORN

Ingredients

- 1 tablespoon extra-virgin olive oil, plus more for frying
- 2 1/2 cups fresh corn kernels (cut from 4 ears of corn)
- 1/4 cup minced onion
- 1/4 cup minced green bell pepper
- One 15-ounce can whole hearts of palm—drained, thinly sliced lengthwise and cut crosswise into 3/4-inch lengths
- 2 teaspoons Old Bay seasoning
- 2 tablespoons chopped flat-leaf parsley
- 1/4 cup vegan mayonnaise
- 2 teaspoons Dijon mustard
- 1/4 cup plus 2 tablespoons plain dry bread crumbs, plus more for coating
- Salt
- Freshly ground pepper

Cooking Instructions

1. In a nonstick skillet, heat the 1 tablespoon of oil. Add the corn, onion and bell pepper and cook over high heat until crisp-tender, 4 minutes. Scrape 1 cup of the mixture into a food processor and pulse to a coarse puree.
2. In a bowl, squeeze the hearts of palm to break them into shards. Add the puree and the remaining sautéed vegetables to the bowl, along with the Old Bay, parsley, mayonnaise, mustard and the 1/4 cup plus 2 tablespoons of bread crumbs. Season lightly with salt and pepper and stir until evenly moistened.
3. Line a baking sheet with parchment paper and fill a pie plate with bread crumbs. Scoop scant 1/4-cup mounds of the hearts of palm mixture into the bread crumbs and roll to coat. Form the mounds into eighteen 2-inch cakes and transfer to the baking sheet.
4. Wipe out the nonstick skillet, then add a scant 1/8 inch of oil. Fry half of the cakes over moderate heat, turning once, until crispy, 2 minutes per side. Wipe out the skillet and add clean oil before frying the remaining cakes. Serve