

FEAST Program

WEEK ONE:

Breakfast: overnight oats, oatmeal

Lunch: beans and quinoa with your choice of veggies and cilantro sauce, salsa, avocado Dinner: Minestrone with barley

Snacks: fruit, 1 handful of nuts

Eating time frames for success:

Start breakfast early

Lunch around noon

Nuts or fruit for snack

Dinner 3-4 hours before bedtime

Plenty of water

EAT UNTIL YOU ARE FULL... large portions are just fine! It's all good for you! (Just remember--fats need to be portion controlled: ½ an avocado per day, one handful of nuts per day or 3T nut butter)

Also, read through all of the recipes so you know if you need to soak things or freeze things overnight in your prep work.

Recipes for week one:

Pick your favorite oat variation to try this week:

Overnight oats: <https://www.youtube.com/watch?v=3uiaaiugNdE>

Oatmeal: <https://lifemadesweeter.com/oatmeal/#wprm-recipe-container-34641>

Steel cut oats: <https://cookieandkate.com/perfect-steel-cut-oats-recipe/>
<https://plantbasedinstantpot.com/instant-pot-steel-cut-oats-basics-and-recipe/>

Beans:

2 cups dried beans (about 2 lbs) soaked overnight

1 liter of spicy V8

1 cube of vegetable bouillon or 1 quart of vegetable broth

1 bunch of cilantro, torn to small bits

1 small can of diced green chiles

2 T cumin

1 T chili powder

Salt to taste

Place beans in a large bowl and cover with water. Leave to soak overnight, adding more water as needed to keep them covered with 1 inch of water above the beans.

The next day:

Instant pot: Drain excess water off of beans and place in your instant pot. Place all other ingredients except for salt into the pot and stir to combine. Seal and cook on high pressure for 50 minutes. After releasing the pressure, salt to taste (remember, it might take more than you think!)

Crock pot: Drain excess water off of beans and place in your slow cooker. Add all other ingredients except salt and stir to combine. Cook on high until tender (3-5 hours). Salt to taste.

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Stove top: Drain excess water off of beans and place in a large heavy pot. Add all other ingredients except salt and stir to combine. Bring to a boil and then reduce heat so a simmer (low gentle boil) and place the lid slightly ajar over the beans and cook until tender (1-3 hours) adding water if necessary. Salt to taste.

Quinoa: 2 cups vegetable broth to 1 cup quinoa. Place in rice cooker. Add salt and pepper to taste. Add 1 T unsweetened soy milk when reheating in the microwave to fluff it up.
(For meal prep you'll want 2 cups on quinoa to 4 cups broth)

Creamy cilantro dressing:

¾ cup low fat veganaise or tahini

3 tomatillos

1/2 bunch cilantro

¼ cup lime juice

1/2 clove fresh garlic (or 1 tsp garlic powder)

1 tsp onion powder

1 T dried parsley

1 tsp dried dill

¾ cup water or to desired consistency (less water for thicker sauce, more for pourable sauce)

Blend in a high-speed blender until smooth. Store in a condiment squeeze bottle container if desired.

Additional sauce inspiration:

https://nutritionstudies.org/recipes/?recipe_type=salad-dressing+sauce

Minestrone:

1 tsp rosemary

2 tsp basil

2 tsp parsley

Small yellow onion, diced

2-4 cloves of garlic, diced

2 carrots, diced

2 celery ribs, diced

2 28 oz cans of fire roasted tomatoes

1 8oz can tomato paste

1 can of your bean of choice (kidney, white, pinto, black)

1 cup dried pearled barley

4 cups vegetable broth

4 cups water

1-2 cups any additional vegetables of choice: green beans, corn, mushroom, zucchini, spinach)

Salt and pepper to taste

You may cook 3 ways. For each method you'll place all ingredients (if you are using spinach, add it during the last 5 minutes of cooking) in your pot, stir to combine, then:

Instant pot: Seal and place on 'soup' mode.

Crock-pot: Cook on high 3-4 hours or low 5-6 hours until barley is tender.

Stove top: Bring to boil, then reduce heat and simmer at a low boil 30 minutes until barley is tender.

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Serve with french bread loaf for dunking and cashew parm.

Cashew parmesan topping for soup:

(Adapted from the Minimalist Baker)

1 cup raw cashews

¼ cup nutritional yeast

1 tsp of salt (to taste)

½ tsp garlic powder

Place ingredients in a food processor and pulse until it resembles grated parmesan cheese.

Serve on soup with salt and pepper.

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Shopping list for week one:

Rolled or steel cut oats
3 cups dried beans (about 2 lbs)
2 cups quinoa
1 liter of spicy V8
low fat vegenaïse
2 28 oz cans of fire roasted tomatoes
1 8oz can tomato paste
1 can of your bean of choice (kidney, white, pinto, black)
1 cup dried pearled barley
Organic unsweetened soy milk or unsweetened almond milk
Agave, honey or cinnamon for you oatmeal if desired
1 cup of raw cashews
Nutritional yeast

3 tomatillos
lime juice (fresh or in squeeze bottle)
fresh garlic bulb
2 bunches of cilantro
Small yellow onion
2 large carrots (or small package of shredded carrots)
2 celery ribs
1-2 cups any additional vegetables of choice: green beans, corn, mushroom, zucchini, spinach
Fresh salsa
3 avocados
2 cups of nuts for snacks
2-4 different fruit varieties for your snacks
Any toppings you want for your oatmeal: blueberries, raspberries, apples, banana, etc
onion powder
garlic powder
dried dill
vegetable bouillon or 1 quart of vegetable broth
1 small can of diced green chiles
cumin
chili powder
dried rosemary
dried basil
dried parsley
French bread loaf
Containers and ziplocs for storage

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WEEK TWO:

Breakfast: pancakes--berry sauce and coconut whip

Lunch: veggie wrap

Dinner: Fajita soup with tortilla strips

Snacks: Nice cream (chocolate/berry)

Pancakes:

Mix whole wheat Krusteaz mix with water to desired pancake consistency and cook enough to last you for the week. (I usually serve 2 per day--so 14 pancakes) Add oats and mashed banana to the batter for extra fiber! Place 2 cups of frozen berries, 1 banana, ½ cup pineapple chunks and a few pitted dates in the blender and blend until smooth. Store in a container in your fridge.

To serve: Reheat pancakes, top with 1 T peanut butter, berry sauce, and 1 T coconut whip per pancake.

Wraps: Toast 2-3 tortillas, reheat beans, rice, veggies. Place beans, rice and veg in the wraps and add greens, salsa, cilantro dressing as desired.

Fajita Soup:

1 can of white beans, 1 can of black beans, 1 medium bag of frozen corn, 1 large jar of medium hot salsa, 2 peppers--chopped, 1 small onion--chopped, 2 tsp cumin, 2 tsp chili powder, 1 quart of vegetable broth, tortilla strips, avocado.

Place all the ingredients except the tortilla strips and avocado in your:

1. Instant pot and hit the 'soup' mode.
2. Crockpot and heat on low 4-5 hours or high 2 hours
3. Soup pot and bring to a boil. Lower heat and simmer for 20 minutes.

Store in a container in your fridge. To serve: top with tortilla strips and avocado, salt and pepper and a squeeze of lime juice.

Nice cream:

Ingredients: 1 bunch of ripe bananas, non-dairy unsweetened milk of choice, berries of choice (I like raspberry or strawberry), cocoa powder (or pb fit), preferred sweetener--honey, agave, 2 pitted dates.

Break bananas into chunks and place in a gallon sized baggie and freeze at least overnight.

Place 2-4 chunks in your high speed blender and ½-1 cup of non-dairy milk and ½ cup of your berries. Blend until smooth and enjoy!

Chocolate version--omit berries and add 1 T cocoa powder (to preference) and add your sweetener to your preferred sweetness--blend until smooth and enjoy! (Add a swirl of peanut butter if desired) Tip: if it comes out too runny, just stick it in the freezer for 10-20 minutes or decide it is a shake)

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Shopping list for week two:

Krusteaz whole wheat pancake mix

Peanut butter--freshly ground or store brand with only peanuts and salt listed in the ingredients--no added oils!

1 can of white beans

1 can of black beans

Large jar of medium heat salsa

Tortilla strips

1 quart of vegetable broth

Cocoa powder

Unsweetened dairy milk of choice

Brown rice or quinoa for wraps

Frozen mixed berries

Coconut whip

Frozen corn

3 avocados

Spinach or arugula for wraps

Fresh tortillas for wraps

Medjool dates

Bananas--2 bunches... remember to get ripe ones for the nice cream.

1 bunch of cilantro

4 peppers

2 large onion

Fresh or canned pineapple

Desired fruit and nuts for snacks

Fresh salsa or desired sauce for wraps--add ingredients here:

If you are out of beans, you can buy 2-3 more cans of beans or make a second batch using the recipe from week one.

Containers and ziplocs if needed

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WEEK THREE:

Breakfast: the SMOOTHIE

Lunch: Power bowl/plate with thai peanut sauce and roasted peanuts

Dinner: Creamy vegetable soup

Snacks: Fries

Ingredients for **the smoothie**:

2 cups spinach, 1 cup kale, 1 cup frozen strawberries, 1 cup frozen blueberries, .5 inch chunk of turmeric, ¼ tsp cracked pepper, 2T orange juice concentrate or fresh pineapple cut into chunks, 2 T whole flax seeds, 1 banana.

Place ingredients in a large high speed blender and add water to your desired consistency (it thickens quickly, so I use a lot of water to thin it out). Blend and serve immediately. Makes one extra large serving or 6 small servings.

Ingredients for **power bowls**: 2 cups brown rice, 1 head broccoli, chopped, 2 red peppers, chopped, 1 large onion, 1 bunch of baby bok choy.

Cook brown rice according to instructions on the package (adding bouillon/seasoning to the water for added flavor). Water stir fry chopped veggies and add desired seasoning (broccoli, peppers and onion), adding bok choy in the last few minutes to wilt. Store in a large container in the fridge.

Store rice, veggies and sauce in your fridge separately. To serve--reheat, top with sauce and a small handful of roasted peanuts.

Thai peanut sauce:

½ cup peanut butter, 2 T low sodium soy sauce, 1 T rice vinegar, 1 inch knob of fresh ginger (if using from frozen, soak in warm water for a few minutes to soften up... no need to destroy your blender!), 2 garlic cloves, 1-2 T maple syrup (or 3 pitted dates), 2 T lime juice, ¼ cup water.

Place all ingredients in a high speed blender and blend until smooth, adding more water as needed for desired consistency.

Ingredients for **creamy veggie soup**:

(adapted from this recipe <https://www.recipetineats.com/healthy-creamy-vegetable-soup/#wprm-recipe-container-27367>): BROTH:

1 medium head of cauliflower broken into small chunks, 2 zucchinis--roughly chopped, 1 large onion chopped, 2 garlic cloves, 2 cups veg broth, 2 cups water, 1 cup non-dairy milk or canned coconut milk, ½ tsp garlic powder, ½ tsp onion powder, ½ tsp white pepper.

SOUP:

1 garlic clove grated, 1 chopped onion, small bag of shredded carrots (or 2 carrots chopped), 3 chopped celery sticks, 2 diced red bell peppers, 2 chopped zucchinis, 1 tsp dried thyme, salt and pepper.

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Place all broth items in a large pot (or instant pot on soup mode) and bring to a boil, then let simmer energetically for 15 minutes. Cool to warm (if it's too hot and you fill the blender too full it will explode--so tread lightly people!) and place in small batches into a high speed blender and blend until creamy and smooth.

Place garlic, onion, carrot, celery into a large pot (or instant pot on saute--then add everything else and put on 'soup' mode) and saute until onion is translucent. Then add peppers and zucchini and cook 2-3 minutes, then add the thyme and add broth back to the pot and simmer for 5 minutes. Add salt and pepper to taste. This is great with a chunk of french bread or rhodes rolls for dipping!

Ingredients for **fries**: 2-4 Potatoes of choice: russet, red, or sweet. Cajun seasoning or seasoning of choice.

Preheat your oven to 475 degrees. Chop fries into sticks of your desired thickness. Place in a large bowl and toss with your seasoning. Spread in an even layer on 1-2 cookie sheets lined with a silpat liner or parchment paper and bake for 30 minutes until desired toastiness. Alternately you can place fries in your air fryer on the fries setting, stirring once in the middle of the cooking time. You can make a large batch ahead of time and reheat briefly in your oven or air fryer to crisp them back up. Serve with your favorite plant-based dipping sauce... cilantro lime all the way for me!

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Shopping list for week 3:

Fresh spinach
Kale or baby kale leaves
Turmeric root
Bananas
4 zucchinis
Garlic bulb
3 onions
Vegetable broth or bouillon
Shredded carrots (or 2 large carrots)
Celery
4 red peppers
1 head of broccoli
1 head cauliflower
bunch baby bok choy
Fresh ginger
Lime juice/lemon juice (fresh or in little green/yellow containers)

Frozen strawberries
Frozen blueberries
Orange juice concentrate or fresh pineapple for smoothie

Flax seeds
For soup: non-dairy milk of choice or can of coconut milk for extra creaminess
Thyme
Maple syrup or dates
2 cups brown rice
Peanut butter
Dry roasted peanuts
Low sodium soy sauce
Rice vinegar
2 cups brown rice
2-3 cans of beans for power bowls (or make another batch at home if desired)

Fries: your choice of potato: sweet, russet or reds (get extra if you get reds.. They are small... also purple potatoes are super yummy and extra healthy if you can find them! They are usually small too--but you can dice them and roast them just the same)
Cajun seasoning

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WEEK FOUR:

Breakfast: Smoked tofu burritos

Lunch: Fried rice with veggies and smoked tofu

Dinner: Stir fry with ginger sauce

Snacks: Brownie batter hummus

****NOT READY FOR TOFU?** No problem--here are some easy substitutes:

Breakfast: use shredded hash browns and sliced veggies instead.

Lunch: Add 2-3 extra veggies you like to replace the smoke tofu.

Dinner: leave out the tofu all together or add beans.

Ingredients for **breakfast burritos**: 1 package of 12 fresh flour tortillas, 2 packages of firm organic smoked tofu (or plain organic extra firm tofu and 2-3T liquid smoke to taste), ½ cup of nutritional yeast, ½-1 cup unsweetened soy milk, 2-3 handfuls of spinach, your favorite fresh salsa, salt and pepper.

Slice hardened sides off of tofu and set aside to use later or discard (you can toast them to make a tofu, lettuce, tomato sandwich or chop them to use in your fried rice). Crumble tofu to resemble scrambled eggs into a large pan. Stir nutritional yeast, soymilk, and salsa into the tofu to combine and then heat to medium-high heat. When it begins to bubble, top with spinach and cover with a lid to allow the spinach to wilt. When spinach has wilted (3 minutes), stir to combine and store in a container in your fridge.

When ready to serve, toast two tortillas on a frying pan, fill with warmed tofu mixture (I cook in for 2 minutes in the microwave), then top with my creamy cilantro dressing and wrap. My favorite breakfast by far! Tastes delicious, keeps me full and is a great source of plant protein and protection!

Creamy cilantro dressing:

¾ cup low fat veganaise

3 tomatillos

1/2 bunch cilantro

¼ cup lime juice

1/2 clove fresh garlic (or 1 tsp garlic powder)

1 T dried parsley

1 tsp dried dill

¾ cup water or to desired consistency (less water for thicker sauce, more for pourable sauce)

Blend in a high-speed blender until smooth. Store in a condiment squeeze bottle container.

Ingredients for fried rice:

4 cups chilled cooked white rice (2 cups dry will become 4 cups cooked... calrose is my favorite... I also make the rice 1 day ahead and store in my fridge... chilled rice doesn't get soggy... use brown rice for extra fiber), bag of shredded carrots, 2 cups frozen peas, 3 cloves of minced or grated garlic, 5 sliced scallions, 4+ T of low sodium soy sauce to taste, 2-4 tsp oyster flavored sauce, smoked tofu (you can either crumble it or finely chop your left-overs from this morning for a more ham-like texture)

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Place veggies and diced tofu in a large pot or wok and heat on medium to high heat, adding splashes of water to prevent sticking. When they are toasty, add the chilled rice and toss to combine well. Then add the soy sauce and oyster sauce and toss to combine. When everything is heated through, store your left-overs in containers in the fridge to enjoy for lunch this week.

Ingredients for **stir fry**: 2 packages fresh stir fry noodles, 3 baby bok choys (you can use any preferred leafy green)--diced, 1 red onion--diced, 2 red peppers--diced, 1 head broccoli--chopped, fresh pineapple--chopped, shredded carrots--one 10 oz bag, 2-3 scallions--sliced for serving if desired.

1. Chop all your veggies, prepare the sauce below, and open all the noodle packages. Remember: one your pot gets hot, things will go fast!
2. Heat a wok or large pot to high heat. Water saute all the veggies EXCEPT the bok choy and scallions (also leave out the pineapple until last)--5 -10 minutes.
3. Add the noodles by breaking them apart with your fingers into the pan. Add ¼ cup of water, bok choy and stir--then cover for 2-3 minutes to soften the noodles.
4. Finally, add your sauce and pineapple, toss to coat and serve with sliced scallions.

Ginger stir fry sauce: 1 cup low sodium soy sauce, 1 cup vegetable stock, 3 T cornstarch, 1-2 T agave, 2 tsp rice vinegar, 3 inch piece of fresh ginger (thaw in warm water first if using from frozen), 3 garlic cloves.

Place all above ingredients in the blender and blend until smooth. Store separately in the fridge because the noodles in the stir fry will soak up all the sauce if you store it together in your fridge during the week.

Here are the links to a couple of additional tofu recipes to try in your stir fry if desired (remember, I omit the oils). If you're going to use them, don't forget to add them to your shopping list:

<https://www.mydarlingvegan.com/broccoli-pepper-stir-fry-with-ginger-peanut-sauce/#wprm-recipe-container-18063>

<https://krocksinthekitchen.com/2020/05/15/recipe-brians-chorizo-seasoned-tofu-vegan-oil-free-plant-based/>

Ingredients for **brownie batter hummus**: 1 15 oz can chickpeas, 5-6 pitted dates, ⅓ cup cocoa powder, 2 T peanut butter, ¼ tsp salt, ½ cup non dairy milk, 2 tsp vanilla, ¼ cup mini non dairy chocolate chips if desired.

Place everything but the chocolate chips in a blender and blend until smooth. Place in container and stir in chips. Store in the fridge and enjoy with fruit.

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Shopping list for week four:

2 packages of firm **organic** smoked tofu (alternate: extra firm tofu and bottle of liquid smoke)

Nutritional yeast

Unsweetened organic soymilk

Fresh tortillas

2 cups calrose or brown rice

Spinach

Fresh salsa

3 tomatillos

Bunch of cilantro

Fresh stir fry noodles 2 packages

2 baby bok choys (or greens of choice)

1 red onion

2 red peppers

1 head broccoli

Fresh pineapple

Shredded carrots

Scallions--small bunch for garnish for stir fry

Garlic

Bag of shredded carrots

Garlic bulb

Scallions

2 cups frozen peas

3 inch piece of ginger

3-4 pitted dates

Apples/bananas for hummus dipping

low fat veganaise

low sodium soy sauce

Oyster flavored sauce

Vegetable stock (1 quart or bouillon cube)

Corn starch

Agave

vanilla

Cocoa powder

Rice vinegar

1 (15 oz) can chickpeas

Peanut butter

Mini non-dairy chocolate chips for hummus if desired (I use enjoy life brand)

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You made it! Here are some links to my favorite food blogs so you can get some inspiration. Remember, this transition may take some time, so keep at it until it sticks! The best way to find recipes you love is to keep trying new things. I sign up for newsletters from my favorite websites to get new recipe ideas each week. Remember to look at how many people the recipe serves and adjust accordingly--change to 1-2 if you're trying one out, change to 6 servings if you're making a meal to last for the week. I generally omit all oil from the recipes (or greatly reduce if I can't omit completely):

<https://www.mydarlingvegan.com/>

<https://itdoesnttastelikechicken.com/>

<https://www.noracooks.com/>

<https://www.connoisseursveg.com/>

<https://frommybowl.com/>

<https://nutritionstudies.org/recipes/>

<https://nutritionfacts.org/recipes/>

<https://www.pcrm.org/good-nutrition/plant-based-diets/recipes>