



A WEEK OF A

# Daniel Fast Meal Plan



**SIMPLE GREEN**  
*smoothies*

# SIMPLE GREEN SMOOTHIES

IS HERE TO HELP YOU FUEL YOUR  
PASSION. WE CELEBRATE PLANT-BASED  
FOODS, COMMUNITY AND A POSITIVE  
MINDSET EACH AND EVERY DAY. OUR HOPE  
IS THAT YOU WILL EAT + DRINK  
MORE PLANTS AND GO AFTER YOUR  
DREAMS. THAT'S WHAT WE CALL A  
"KALE YEAH!"

VISIT [\*\*RAWKTHEYEAR.COM\*\*](https://rawktheyear.com) TO CREATE YOUR OWN  
WEEKLY MEAL PLANS.

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# Daniel Fast Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER	DESSERT	WATER
Mon	 <p>Meal Replacement Smoothie</p> <input type="checkbox"/>	 <p>Simple Green Veggie Bowl</p> <input type="checkbox"/>	 <p>Homemade Granola Bars</p> <input type="checkbox"/>	 <p>Plant Powered Cacao Chili</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	
Tue	 <p>Pineapple Mint Smoothie</p> <input type="checkbox"/>	 <p>Plant Powered Cacao Chili</p> <input type="checkbox"/>	 <p>Homemade Granola Bars</p> <input type="checkbox"/>	 <p>Broccoli Rice Bowl</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	
Wed	 <p>Creamy Blueberry Smoothie</p> <input type="checkbox"/>	 <p>Broccoli Rice Bowl</p> <input type="checkbox"/>	 <p>Homemade Granola Bars</p> <input type="checkbox"/>	 <p>Plant Power Wraps</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	
Thu	 <p>Banana Oatmeal Smoothie</p> <input type="checkbox"/>	 <p>Plant Power Wraps</p> <input type="checkbox"/>	 <p>Homemade Granola Bars</p> <input type="checkbox"/>	 <p>Vegetable Barley Soup</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	
Fri	 <p>Berry Protein Smoothie</p> <input type="checkbox"/>	 <p>Vegetable Barley Soup</p> <input type="checkbox"/>	 <p>Homemade Granola Bars</p> <input type="checkbox"/>	 <p>Creamy Potato Curry</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	
Sat	 <p>Tropical Cleanse Smoothie</p> <input type="checkbox"/>	 <p>Creamy Potato Curry</p> <input type="checkbox"/>	 <p>Homemade Granola Bars</p> <input type="checkbox"/>	 <p>Plant-Powered Nachos</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	
Sun	 <p>Tomato Smoothie</p> <input type="checkbox"/>	 <p>Plant-Powered Nachos</p> <input type="checkbox"/>	 <p>Homemade Granola Bars</p> <input type="checkbox"/>	 <p>Simple Green Veggie Bowl</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	

# Grocery List

## FRESH VEGETABLES

- Brussels sprouts - 1 cup
- asparagus - 1 cup
- broccoli florets - 3 cups
- carrots - 3  $\frac{2}{3}$
- celery - 1  $\frac{1}{2}$
- cherry tomatoes - 1  $\frac{1}{2}$  cups
- cilantro -  $\frac{3}{4}$  cup + 1 tbsp
- cremini mushrooms -  $\frac{1}{3}$  cup +  $\frac{1}{8}$  tsp
- cucumber -  $\frac{1}{2}$
- dill, fresh -  $\frac{1}{2}$  cup
- garlic clove - 1 tsp + 4  $\frac{1}{2}$
- ginger root - 1 tbsp
- golden potatoes - 3 cups
- green bell pepper -  $\frac{1}{4}$  cup
- green onions - 3  $\frac{3}{4}$
- jalapeno pepper - 1  $\frac{3}{4}$
- kale - 3  $\frac{2}{3}$  cups +  $\frac{1}{3}$  tsp
- mint leaves - 36
- parsley - 1 cup
- peas, frozen -  $\frac{1}{3}$  cup +  $\frac{1}{8}$  tsp
- romaine lettuce leaves - 4
- serrano pepper -  $\frac{1}{2}$
- spinach - 3 cups
- sweet potato - 2
- tomato - 1
- yellow onion -  $\frac{1}{2}$  cup +  $\frac{1}{2}$

## DAIRY

- almond milk - 2 cups
- cashew milk - 1 cup
- cashew yogurt -  $\frac{1}{2}$  cup
- coconut yogurt, plain -  $\frac{2}{3}$  cup

## NUTS, SEEDS, & DRIED FRUIT

- almond butter -  $\frac{1}{4}$  cup + 1  $\frac{1}{2}$  tsp
- almond flour -  $\frac{1}{2}$  cup
- almonds -  $\frac{2}{3}$  cup
- cashews -  $\frac{1}{2}$  cup
- chia seeds - 1 tbsp + 2  $\frac{1}{4}$  tsp
- raisins -  $\frac{1}{2}$  cup
- sliced almonds - 1  $\frac{1}{3}$  cups
- tahini - 2 tbsp
- walnuts - 1 cup

## CANNED GOODS

- almond butter - 1  $\frac{1}{2}$  tsp
- black beans, canned - 1  $\frac{3}{4}$  cups + 2 tbsp
- black olives, sliced -  $\frac{1}{2}$  cup
- chickpeas, canned - 1  $\frac{1}{2}$  cups +  $\frac{1}{2}$
- coconut milk, canned - 2  $\frac{1}{2}$  cups
- crushed tomatoes, canned -  $\frac{1}{3}$  cup + 2  $\frac{1}{8}$  tsp
- diced tomatoes, canned - 1  $\frac{1}{8}$  cups + 2 tsp
- fire roasted tomatoes, canned -  $\frac{3}{4}$  cup + 2 tbsp
- kidney beans, canned -  $\frac{1}{3}$  cup + 2  $\frac{1}{8}$  tsp
- pinto beans, canned -  $\frac{1}{3}$  cup + 2  $\frac{1}{8}$  tsp
- vegetable stock -  $\frac{1}{3}$  cup + 2  $\frac{1}{8}$  tsp

## OILS & LIQUIDS

- Dijon mustard
- avocado oil -  $\frac{1}{4}$  cup +  $\frac{3}{4}$  tsp
- coconut oil - 2  $\frac{2}{3}$  tsp
- coconut water - 2 cups
- honey
- maple syrup -  $\frac{1}{2}$  cup
- olive oil -  $\frac{1}{3}$  cup
- sriracha sauce - 1 tbsp
- tamari -  $\frac{1}{2}$  tsp
- vegetable stock - 2  $\frac{2}{3}$  cups +  $\frac{1}{3}$  tsp

## FRESH FRUIT

- avocado - 2  $\frac{3}{4}$
- banana - 3
- blueberries, frozen - 2  $\frac{1}{2}$  cups
- lemon - 2  $\frac{1}{4}$
- lime - 1  $\frac{3}{4}$
- pineapple, frozen - 2  $\frac{1}{2}$  cups
- strawberries - 7 cups
- strawberries, frozen -  $\frac{1}{2}$  cup
- tomato - 2

## GRAINS

- barley - 2 tbsp + 2 tsp
- brown rice, uncooked - 1  $\frac{1}{4}$  cups
- naan bread
- rolled oats - 2 cups
- white rice, uncooked -  $\frac{1}{2}$  cup

## SEASONINGS

- Italian seasoning
- allspice
- bay leaves -  $\frac{1}{3}$
- black pepper, ground
- cacao powder
- cayenne pepper
- chili powder
- cinnamon, ground
- cumin, ground
- curry powder
- garlic powder
- nutmeg, ground
- nutritional yeast
- sea salt
- sesame seeds
- sweet chili sauce
- tamari
- vanilla extract



# Banana Oatmeal Smoothie

★★★★★ 4 | ⌚ 10 min | ✂ 1

## INGREDIENTS

- ½ cup rolled oats
- 1 cup coconut milk, canned
- 1 banana, frozen
- ½ tsp cinnamon, ground
- 1 tsp vanilla extract
- ½ tsp maple syrup

## INSTRUCTIONS

- 1 Place all ingredients in blender.
- 2 Blend until smooth and creamy.
- 3 Pour into a glass and enjoy immediately.

## NOTES

If smoothie is too thick, add a little extra coconut milk and blend again. For a thicker smoothie, add another ½ frozen banana.



# Berry Protein Smoothie

★★★★★ 5 | ⌚ 5 min | ✂ 1

## INGREDIENTS

- 1 ½ cups spinach, fresh
- 1 cup almond milk, unsweetened
- ½ cup strawberries, frozen
- ½ cup blueberries, frozen
- ½ banana
- 2 tbsp almonds

## INSTRUCTIONS

- 1 Blend spinach and almond milk together until smooth.
- 2 Add remaining ingredients and blend again.



# Broccoli Rice Bowl

★★★★★ 5 | ⌚ 60 min | ✂ 2

## INGREDIENTS

½ cup brown rice, uncooked

1 cup water

3 cups broccoli florets

½ tsp olive oil

dash of sea salt

dash of black pepper, ground

1 carrots, julienned

½ cup walnuts

2 tbsp tamari

1 ½ tsp sweet chili sauce

1 tsp sesame seeds

½ green onions, finely chopped

## INSTRUCTIONS

- 1 Preheat oven to 400 degrees F and line a baking sheet with parchment paper.
- 2 Combine the rinsed rice, water, and olive oil in a pot and bring to a boil. Cover, reduce the heat to low, and simmer for 45 minutes. Remove from heat. Leave covered until ready to serve.
- 3 While rice is cooking, toss the broccoli florets with olive 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 in 1 cup of walnuts and roast an additional 7-10 minutes, until lightly toasted.
- 5 Prepare the sauce: in a small bowl, combine tamari and red chili sauce.
- 6 Once the vegetables are done, fluff the rice with a fork and serve 1 cup of rice with veggies, divided evenly. Drizzle sauce on top. Add sesame seeds and green onions.

## NOTES

Speed this up by cooking rice ahead of time and just reheating (or making in a rice cooker).



# Creamy Blueberry Smoothie

★★★★★ 5

🕒 5 min

🍴 1

## INGREDIENTS

1 cup blueberries, frozen

1 cup cashew milk

½ cup cashew yogurt

½ banana

## INSTRUCTIONS

- 1 Blend all ingredients until smooth.
- 2 Pour into your favorite glass and enjoy!

## NOTES

You can add more cashew milk to make the consistency thinner if needed.



# Creamy Potato Curry

★★★★★ 0

🕒 30 min

🍴 2

## INGREDIENTS

½ cup white rice, uncooked  
1 cup water  
3 cups golden potatoes, peeled and cut into 1-inch cubes  
1 tbsp avocado oil  
½ yellow onion, diced  
2 garlic clove, minced  
1 tbsp curry powder  
1 tsp smoked paprika  
¼ tsp cayenne pepper  
1 tbsp cumin, ground  
¼ tsp allspice  
1 tbsp ginger root, finely grated  
½ tsp black pepper, ground  
¼ tsp sea salt  
7 ½ oz chickpeas, canned, drained  
⅓ cup + 2 ⅛ tsp vegetable stock, or more if needed  
1 ½ tsp lemon, juiced  
1 carrots, thinly sliced  
7 oz fire roasted tomatoes, canned  
7 ½ oz coconut milk, canned

## FOR SERVING:

2 naan bread  
½ cup coconut yogurt, plain

## INSTRUCTIONS

- 1 In a saucepan over high heat, bring rice and water to a boil. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool, fluff rice with a fork.
- 2 Lightly boil potatoes for 10 minutes and drain. Chop onion, garlic, and ginger while potatoes are cooking.
- 3 Heat avocado oil in large pot over medium heat until shimmering. Add onion and sauté for 3 minutes, until translucent. Add garlic and sauté for 2 minutes, until fragrant.
- 4 Add curry powder, paprika, cayenne, cumin, allspice, ginger, salt, and pepper. Stir and cook for about 2 minutes until the spices are fragrant.
- 5 Add the cooked potatoes along with the chickpeas and carrots and mix until well coated in spices. Add broth, lemon juice and tomatoes and stir. Pour in coconut milk and stir to combine.
- 6 Increase heat and bring to a simmer. Once bubbling, reduce the heat to medium and cook for 15-20 minutes, until the potatoes are tender and easily pierced with a fork.
- 7 Serve with naan and garnish with fresh cilantro.

## NOTES

To make gluten free, serve without Naan bread.

Use full fat coconut milk for thicker sauce.



# Heaven in a Bowl

★★★★★ 4.6

🕒 10 min

🍴 7

## INGREDIENTS

7 cups strawberries, stems removed and sliced

$\frac{3}{4}$  cup + 2 tbsp sliced almonds

28 mint leaves, chopped

3 tbsp + 1  $\frac{1}{2}$  tsp maple syrup

## INSTRUCTIONS

- 1 Combine strawberries, almonds and mint in a bowl.
- 2 Drizzle with the maple syrup.

## NOTES

Feel free to omit the maple syrup, if desired.

Recipe from [Autumn Cleanse](#)



# Homemade Granola Bars

★★★★★ 5

🕒 35 min

🍴 7

## INGREDIENTS

1 ½ cups rolled oats  
½ cup almond flour  
½ cup sliced almonds  
½ cup maple syrup  
½ cup raisins  
3 tbsp + 1 ½ tsp almond butter  
1 tbsp + 2 ¼ tsp chia seeds  
2 ⅔ tsp coconut oil, melted  
¾ tsp vanilla extract  
½ tsp cinnamon, ground  
¼ tsp sea salt  
dash of nutmeg, ground

## INSTRUCTIONS

- 1 Preheat the oven to 325°F. Grease an 8 × 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 rectangles. They will keep for about 1 week if wrapped well and stored in a cool place.

## NOTES

An 8x8" pan is for 8 servings, adjust your baking pan and baking time accordingly.



# Meal Replacement Smoothie

★★★★★ 4.7 | ⌚ 5 min | 🍴 1

## INGREDIENTS

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

## INSTRUCTIONS

- 1 Blend all ingredients until smooth.
- 2 Pour into your favorite glass and enjoy!

## NOTES

Use a frozen fruit to make smoothie cold

Swap out almond milk for any non-dairy milk you prefer

Use 1 serving of [Protein Smoothie Boost](#) instead of oats + almond butter.



# Pineapple Mint Smoothie

★★★★★ 5 | ⌚ 5 min | 🍴 1

## INGREDIENTS

- 1 cup kale, stems removed
- 8 mint leaves
- 1 cup coconut water, unsweetened
- 1 ½ cups pineapple, frozen
- ½ lime, juiced

## INSTRUCTIONS

- 1 Blend the kale, mint, and coconut water until smooth.
- 2 Add the pineapple and lime juice and blend again.

## NOTES

Add [Protein Smoothie Boost](#) to make this recipe a meal replacement.

With the juicy, naturally sweet pineapple, you have a high dose of manganese, which is a mineral that is essential for bone and cartilage formation and healthy skin.

Use at least one frozen fruit to make a cold green smoothie.

Recipe from [Simple Green Smoothies](#).



# Plant Power Wraps

★★★★★ 4.8 | ⌚ 15 min | ✂ 2

## INGREDIENTS

- 4 romaine lettuce leaves
- 1 avocado, thinly sliced
- 1 ½ cups cherry tomatoes, quartered
- 1 carrots, shredded
- ½ cucumber, julienned
- 1 green onions, thinly sliced
- dash of cumin, ground, ground
- dash of chili powder
- dash of cayenne pepper
- dash of sea salt
- 1 lemon, wedge

## FOR HERBALICIOUS HUMMUS:

- 1 ½ cups chickpeas, canned, rinsed and drained
- 1 cup parsley, loosely packed
- ½ cup cilantro, loosely packed
- ½ cup dill, fresh, fresh

## INSTRUCTIONS

- 1 Make hummus: Place the chickpeas into a food processor or blender. Pulse to chop the chickpeas.
- 2 Add the remaining ingredients. Process or blend until smooth. Stop and scrape down the sides as needed.
- 3 Transfer to an airtight container and store until ready to serve.
- 4 Spread 2 tablespoons hummus onto each of the lettuce leaves.
- 5 Top each one with ¼ of the sliced avocado, tomatoes, shredded carrots, and cucumber. Sprinkle with the green onions and spices. Squeeze lemon or lime juice on top.
- 6 Roll or fold up and eat.

## NOTES

This recipe is simple to put together and has that definite “yum” factor thanks to a hearty helping of the Herbalicious Hummus in there. Feel free to add some extra spice to ramp up the flavor profile even more. It’s one of the meals that is great to take on-the-go too.



# Plant Powered Cacao Chili



4.9



15 min



2

## INGREDIENTS

¾ tsp avocado oil  
¼ cup yellow onion, diced  
¼ cup green bell pepper, diced  
¼ jalapeno pepper, ribs and seeds removed, and diced  
1 tsp garlic clove, minced  
1 tbsp chili powder  
¾ tsp cumin, ground  
¾ tsp cacao powder  
dash of cinnamon, ground  
½ cup + 2 ⅛ tsp crushed tomatoes, canned, undrained  
⅓ cup + 2 ⅛ tsp kidney beans, canned, drained and rinsed  
⅓ cup + 2 ⅛ tsp pinto beans, canned, drained and rinsed  
⅓ cup + 2 ⅛ tsp black beans, canned, drained and rinsed  
¾ tsp maple syrup  
dash of sea salt  
dash of black pepper, ground

## FOR SERVING

¾ green onions, thinly sliced  
1 tbsp jalapeno pepper, thinly sliced  
1 tbsp cilantro, chopped  
½ avocado, diced  
2 tbsp coconut yogurt, plain

## INSTRUCTIONS

- 1 In a 6-quart pot, warm the oil over medium-high heat. Add the onion and bell pepper. Cook, stirring often, for 10 minutes, or until they start to soften.
- 2 Add the chile pepper and garlic and cook, stirring constantly, for 1 minute. Stir in the chili powder, cumin, cacao powder, and cinnamon, stirring for 1 minute, until the spices are toasted.
- 3 Add the tomatoes, beans, and maple syrup. Thin with the ½ cup water, if needed. Stir well. Reduce the heat to low and simmer for 45 minutes, or until the flavors blend. Taste and season well with salt and pepper.
- 4 To serve, ladle the chili into bowls and garnish with your choice of toppings.

## NOTES

Recipe from [Simple Green Meals](#).



# Plant-Powered Nachos



4.6



40 min



2

## INGREDIENTS

- 2 sweet potato, thinly sliced into  $\frac{1}{8}$ -inch rounds
- 2 tbsp avocado oil
- $\frac{1}{2}$  tsp cumin, ground
- $\frac{1}{2}$  tsp smoked paprika
- $\frac{1}{2}$  tsp chili powder
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp sea salt
- 1  $\frac{1}{2}$  cups black beans, canned, drained
- 1 tomato, diced
- 1 jalapeno pepper, thinly sliced
- $\frac{1}{2}$  cup black olives, sliced
- 1 green onions, thinly sliced

## INSTRUCTIONS

- 1 Spicy Avocado Crema: In a blender or food processor, combine the avocado, coconut milk, lime juice, chile pepper, cilantro, and salt.
- 2 Blend or process until smooth. Taste and add more salt or lime juice if needed. Transfer to an airtight container and refrigerate until ready to use.
- 3 Vegan Parmesan Cheeze: In a food processor, combine the nuts, nutritional yeast, salt, and garlic powder and pulse until finely chopped. The mixture should look like bread crumbs.
- 4 Transfer to an airtight container and store in a cool, dry place or the refrigerator for up to several weeks.
- 5 Plant-Powered Nachos: Preheat the oven to 450°F. Line a large rimmed baking sheet with parchment paper.
- 6 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.



# Simple Green Veggie Bowl

★★★★★ 4.8 | ⌚ 15 min | ✂ 2

## INGREDIENTS

¾ cup brown rice, uncooked  
1 cup Brussels sprouts, sliced  
1 tbsp avocado oil  
¼ tsp sea salt  
¼ tsp black pepper, ground  
½ cup walnuts, halved  
1 ½ tsp maple syrup  
1 cup asparagus, cut into 1" pieces

## COCONUT SRIRACHA SAUCE:

¼ cup coconut milk, canned  
1 tbsp sriracha sauce  
1 ½ tsp almond butter  
½ tsp tamari  
½ tsp honey  
¼ tsp Dijon mustard

## INSTRUCTIONS

- 1 Preheat oven to 425°F and line a baking sheet with parchment paper.
- 2 Prepare rice according to package (stove top, rice cooker, etc).
- 3 In a small bowl, whisk together the Coconut Sriracha Sauce. Set aside.
- 4 Arrange Brussels sprouts in a single layer on the baking sheet. Drizzle with avocado oil, salt and pepper. Roast for 10 minutes.
- 5 Remove from oven and push Brussel sprouts to one side. Add asparagus to the open side and drizzle with avocado oil, salt and pepper. Roast for 5 minutes.
- 6 Remove from oven and push all veggies to one side. Add walnut halves to the open side and drizzle with maple syrup. Roast for 3 minutes, or until the walnuts are toasted and slightly caramelized.
- 7 Serve roasted veggies on top of cooked brown rice. Drizzle Coconut Sriracha Sauce on top.

## NOTES

I often fly by the seat of my pants when it comes to dinner. I'll open the fridge and see what I can create out of the randomness—veggie bowls usually are the winner! I start the rice cooker while I decide what veggies to prepare. This dish is rich in carbohydrates, healthy fats, and plant-based protein—making it a balanced, awesome dinner for our family. Recipe from [Simple Green Meals](#).



# Tomato Smoothie

★★★★★ 5 | ⌚ 5 min | ✂ 1

## INGREDIENTS

- 1 cup kale
- 2 tomato, chopped
- ¼ lime, peeled
- ½ garlic clove
- 1 green onions
- ½ celery
- dash of sea salt
- ¼ tsp cayenne pepper

## INSTRUCTIONS

- 1 Blend the kale and tomatoes until smooth.
- 2 Add remaining ingredients and blend again.

## NOTES

Not only is this recipe low-glycemic, but it's also savory. Adding tomatoes, carrot, and garlic to your blender can encourage you to step out of the norm and explore the world of veggie love.

Tip: Serve at room temperature or heat up on a cold day for a warm veggie soup!

Recipe from [Simple Green Smoothies](#).



# Tropical Cleanse Smoothie

★★★★★ 4.7 | ⌚ 5 min | ✂ 1

## INGREDIENTS

- 1 ½ cups spinach
- 1 cup coconut water, unsweetened
- 1 cup pineapple, frozen
- ¼ avocado
- 2 tbsp chia seeds

## INSTRUCTIONS

- 1 Blend spinach and coconut water together until smooth.
- 2 Add remaining ingredients and blend again.

## NOTES

Recipe from [Autumn Cleanse](#)



# Vegetable Barley Soup

★★★★★ 5 | ⌚ 90 min | 🍴 2

## INGREDIENTS

2 tsp olive oil, divided  
2/3 carrots, diced  
1 celery, diced  
2 tbsp + 2 tsp yellow onion, minced  
1 garlic clove, minced  
2 tbsp + 2 tsp barley, quick-cooking  
1/3 cup + 1/8 tsp cremini mushrooms, sliced  
2 2/3 cups + 1/3 tsp vegetable stock  
1/3 tsp Italian seasoning  
1/3 bay leaves  
1 1/8 cups + 2 tsp diced tomatoes, canned, undrained  
black pepper, ground  
sea salt  
1/3 cup + 1/8 tsp peas, frozen  
2/3 cup + 1/3 tsp kale, chopped

## INSTRUCTIONS

- 1 Heat 1 tablespoon olive 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 pearl barley. Cook, stirring constantly, to lightly toast the barley, for another 1-2 minutes.
- 3 Add the sliced mushrooms and continue sauteing. The mushrooms will start to release their liquid.
- 4 Add the broth or water, 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 undrained diced tomatoes to the pot. Season well with 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 chopped leafy greens and allow them to wilt in the residual heat. Ladle into bowls and serve immediately.

## NOTES

Regular (i.e. not quick-cooking) barley can be used. Add an extra 20 minutes of initial simmering time.

To make gluten-free, swap the barley with quinoa.

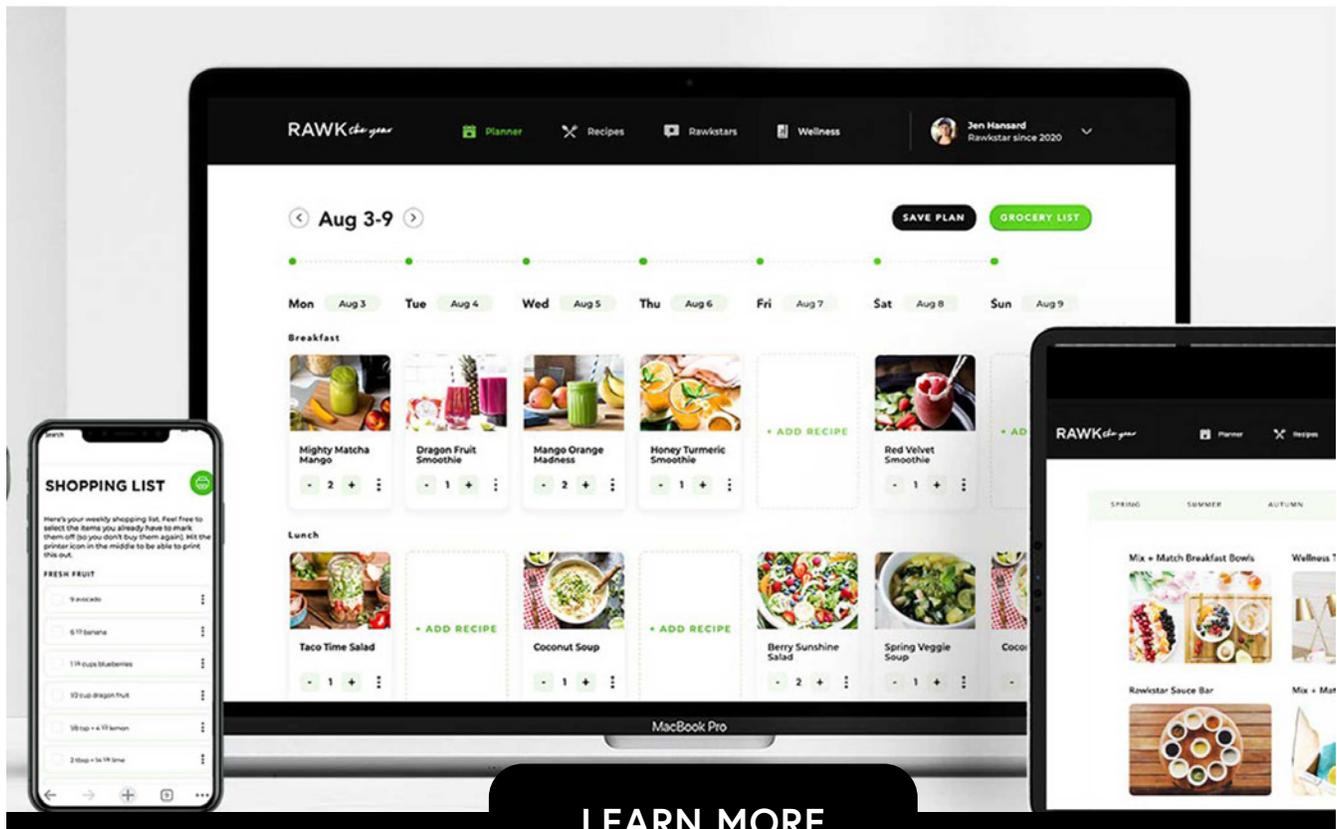


SMOOTHIE + MEALS + SNACKS

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