

Headliner

Daniel 1: 12, 15 - 12“Please test us for ten days on a diet of vegetables and water, Daniel said”15 “At the end of the ten days Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king”.

Food/Spices/ Oils and their benefits

(all of which can be purchased at your local grocery store, whole foods or produce junction).

* Tofu/Tempeh/Seitan you will find at Whole Foods! Flavors include lemon pepper, teriyaki, and many others!

- **Okra**-They are responsible for fending off some of the most harmful molecules known as free radicals. By eating okra, you can improve your heart health and lower your risk of experiencing oxidative damage and blood clots; these are the things you can get when you consume okra on a regular basis.
- **Arugula**- Arugula's popularity has as much to do with its health benefits as its taste. One cites arugula as being particularly high in cancer-fighting agents. This delicious green is a nutrient-dense food that is high in fiber and phytochemicals. Arugula is low in sugar, calories, carbohydrates, and fat. It is high in several vital nutrients. These include: Calcium, which helps the blood to clot normally. It is also necessary for bone health, tooth health, muscle function, and nerve function. Potassium, a mineral and an electrolyte that is vital for heart and nerve function. It also helps the muscles contract normally. Potassium helps to reduce the negative effects of sodium, and it may be beneficial for people with high blood pressure for this reason. Folate, a B vitamin. It helps support the production of DNA and other genetic material. It is particularly important for women who are pregnant or planning to become pregnant. Folate deficiency in pregnant women may lead to spina bifida, a neural tube defect. Vitamin C, a powerful antioxidant that helps support the immune system. Also known as ascorbic acid, vitamin C is important for tissue health and the absorption of iron from food. Vitamin K, which helps with blood coagulation. If you require a prescription blood thinner, such as warfarin (Coumadin), discuss your vitamin K intake with your doctor prior to changing your eating habits. Vitamin A, the umbrella term for a group of fat-soluble retinoids. Vitamin A is a powerful antioxidant, which supports immune function, cell growth, night vision, and overall eye health. It also works to help maintain kidney, lung, and heart function.
- **Kale**-Kale contains fiber, antioxidants, calcium, vitamins C and K, iron, and a wide range of other nutrients that can help prevent various health problems. Antioxidants help the body remove unwanted toxins that result from natural processes and environmental pressures.
- **Cucumber**-Cucumbers are low in calories but high in many important vitamins and minerals.

One 11-ounce (300-gram) unpeeled, raw cucumber contains the following (1):

- Calories: 45
- Total fat: 0 grams
- Carbs: 11 grams
- Protein: 2 grams
- Fiber: 2 grams
- Vitamin C: 14% of the RDI
- Vitamin K: 62% of the RDI
- Magnesium: 10% of the RDI
- Potassium: 13% of the RDI
- Manganese: 12% of the RDI

Although, the typical serving size is about one-third of a cucumber, so eating a standard portion would provide about one-third of the nutrients above. Additionally, cucumbers have a high water content. In fact, cucumbers are made up of about 96% water. To maximize their nutrient content, cucumbers should be eaten unpeeled. Peeling them reduces the amount of fiber, as well as certain vitamins and minerals. Antioxidants are molecules that block oxidation, a chemical reaction that forms highly reactive atoms with unpaired electrons known as free radicals.

The accumulation of these harmful free radicals can lead to several types of chronic illness. In fact, oxidative stress caused by free radicals has been associated with cancer and heart, lung, and autoimmune disease. Fruits and vegetables, including cucumbers, are especially rich in beneficial antioxidants that may reduce the risk of these conditions. Water is crucial to your body's function, playing numerous important roles. It is involved in processes like temperature regulation and the transportation of waste products and nutrients. Because cucumbers are composed of about 96% water, they are especially effective at promoting hydration and can help you meet your daily fluid needs. Cucumbers can add freshness and flavor to salads, sandwiches and side dishes and may also be used as a replacement for higher calorie alternatives.

Furthermore, the high-water content of cucumbers could aid in weight loss as well. Several animal and test-tube studies have found that cucumbers may help reduce blood sugar levels and prevent some complications of diabetes. Cucumbers are high in water and promote hydration. Staying hydrated can improve stool consistency, prevent constipation, and help maintain regularity. Moreover, cucumbers contain fiber, which helps regulate bowel movements.

- **Squash**-Butternut squash is an excellent source of many vitamins and minerals.

A one-cup (205-gram) serving of cooked butternut squash provides more than 450% of the RDI for vitamin A and over 50% of the RDI for vitamin C. It's also rich in carotenoids — including beta-carotene, beta-cryptoxanthin, and alpha-carotene — which are plant pigments that give butternut squash its bright color. These compounds are provitamin A carotenoids, meaning your body converts them into retinal and retinoic acid — the active forms of vitamin A. Vitamin A is essential for regulating cell growth, eye health, bone health, and immune function. Additionally, it's vital for fetal growth and development, making it an important vitamin for mothers-to-be.

Butternut squash is also rich in vitamin C — a water-soluble nutrient needed for immune function, collagen synthesis, wound healing, and tissue repair. Both vitamins A and C work as potent antioxidants in your body, protecting your cells from damage caused by unstable molecules called free radicals. Vitamin E is another antioxidant in butternut squash that helps protect against free radical damage and may reduce your risk of age-related conditions, such as Alzheimer's disease. This winter squash is also packed with B vitamins — including folate and B6 — which your

body needs for energy and red blood cell formation. What's more, it's high in magnesium, potassium, and manganese — all of which play important roles in bone health.

- **Zucchini**-Zucchini is packed with beneficial nutrients including Vitamins C and A, potassium, folate, and fiber. All contribute to a healthy heart by decreasing the risk of stroke, reducing high blood pressure, and lowering cholesterol.
- **Broccoli**-is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, fiber. Vitamin C – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals.
- **Sweet Potato**-Highly Nutritious. Sweet potatoes are a great source of fiber, vitamins, and minerals. Promote Gut Health. The fiber and antioxidants in sweet potatoes are advantageous to gut health. May Have Cancer-Fighting Properties. Support Healthy Vision. May Enhance Brain Function. May Support Your Immune System.
- **Cauliflower**-Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins. It provides antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory, and many other important nutrients.
- **Avocado**-are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta-carotene, and omega-3 fatty acids. Although most of the calories in an avocado come from fat, do not shy away! Avocados are a fun food to eat, they are nutritious, and they are a good source of monounsaturated fat, which can reduce your risk of heart disease. A recent study found that LDL (or "bad") cholesterol was lowered when people replaced the saturated fat in their diet with one Hass avocado a day.
- **Onions**-contain antioxidants and compounds that fight inflammation, decrease triglycerides, and reduce cholesterol levels — all of which may lower heart disease risk. Their potent anti-inflammatory properties may also help reduce high blood pressure and protect against blood clots.
- **Eggplant**-a great source of vitamins & minerals. the vitamin & mineral content of eggplants is quite extensive. Helps with digestion, improves heart health, prevents cancer, improves bone health, prevents anemia, and increases brain function.
- **Garbanzo beans**-As a rich source of vitamins, minerals and fiber, chickpeas may offer a variety of health benefits, such as improving digestion, aiding weight management, and reducing the risk of several diseases. Additionally, chickpeas are high in protein and make an excellent replacement for meat in vegetarian and vegan diets.
- **Red Kidney beans**-Kidney beans are an excellent plant-based source of protein. They are also rich in various minerals, vitamins, fibers, antioxidants, and other unique plant compounds. Therefore, these beans may aid weight loss, promote colon health, and moderate blood sugar levels.
- **Cannellini beans**-Cannellini beans are wonderfully nutritious. They are fat free and an excellent source of fiber, folate, iron, and magnesium. One 1/4 cup serving contains 11 grams of protein! Adding nutritious foods like dried cannellini beans to your diet may help control blood sugar levels; talk with your doctor.
- **Ginger**-It can reduce your risk of diabetes, It's a natural way to relieve period pain, It's an anti-inflammatory, It can settle an upset stomach, It can also curb morning sickness, It may help prevent heart disease, It may lower your risk of cancer & help you lose weight!
- **Sage**- Sage is an herb with several promising health benefits. It is high in antioxidants and may help support oral health, aid brain function and lower blood sugar and cholesterol levels. This green spice is also easy to add to almost any savory dish. It can be enjoyed fresh, dried or as a tea.
- **Garlic-(Remember to use in small doses)**-Better Blood Pressure, Lower Cholesterol, Reduced Risk of Heart Disease, Garlic for Colds and Flu, Better Athletic Performance, Stronger bones, improved Memory, Super Skin.
- **Oregano**-Fresh oregano is a great antibacterial agent. It has phytonutrients (thymol and carvacrol), which fight infections such as staph. It is loaded with antioxidants that help prevent cell damage, and it is an excellent source of fiber, vitamin K, manganese, iron, vitamin E, tryptophan, and calcium.
- **Basil**-Basil is an excellent source of vitamin K, manganese, iron, vitamin A, and vitamin C. It is also a good source of calcium, magnesium, and omega-3 fatty acids. ... When basil's oils are extracted to make an essential oil, it is used for treating cuts, wounds, and skin infections.
- **Thyme**-helps stimulate memory, ease headaches and muscle tension, soothe coughs, relieve fevers, and fight colds and infections. It also contains a compound called carvacrol which is an excellent natural tranquilizer and has a tonic effect on the entire nervous system.
- **Pure Sea Salt**-composed of sodium chloride, a compound that helps regulate fluid balance and blood pressure in the body. Since it is minimally processed, it contains some minerals, including potassium, iron, and calcium.
- **Bay leaf**-Bay leaves are a rich source of vitamin A, vitamin C, iron, potassium, calcium, and magnesium. They have been proven to be useful in the treatment of migraines. Bay Leaf contains enzymes that help to breakdown proteins and digest food faster, helping to calm indigestion.
- **Pure agave syrup**-Agave nectar, or agave syrup, is a popular sweetener derived from several different species of the agave plant. It is often hailed as a healthy alternative to regular sugar, as it has a low GI, which is a measure of how much a food increases your blood sugar levels (34 , 35).
- **Brown sugar**-Because of its molasses content, brown sugar does contain certain minerals, most notably calcium, potassium, iron, and magnesium (white sugar contains none of these). But since these minerals are present in only minuscule amounts, there is no real health benefit to using brown sugar.
- **Apples**-Apples contain fiber, vitamin C, antioxidants, and potassium. A medium sized apple provides the following: 13–20% of a person's daily fiber needs. 9–11% of a person's daily vitamin C needs.
- **Burro bananas**-Bananas are rich in potassium, fiber, and natural sugars. The vitamin C, potassium and other vitamins and minerals bananas contain help to maintain overall good health. Because the fruit's sugar content is balanced with fiber, it helps maintain a healthy blood glucose level.
- **Berries, no cranberries**-Berries are some of the healthiest foods you can eat, as they are low in calories but high in fiber, vitamin C, and antioxidants. Many berries have proven benefits for heart health. These include lowering blood pressure and cholesterol, while reducing oxidative stress.
- **Cantaloupe**-Cantaloupe contains several ingredients—fiber, potassium, and vitamin C—that contribute to keeping our heart healthy. "Foods high in fiber help control blood pressure and lower LDL, the bad cholesterol.

- **Cherries**-Cherries are a good source of fiber, vitamins, and minerals, including potassium, calcium, vitamin A and folic acid. They are also well known for their antioxidant properties. A portion of 14 cherries counts as one of your five-a-day.
- **Dates**-Dates are a good source of various vitamins and minerals, energy, sugar, and fiber. It also contains calcium, iron, phosphorus, potassium, magnesium, and zinc.
- **Figs**-Figs are high in natural sugars, minerals, and soluble fiber. Figs are rich in minerals including potassium, calcium, magnesium, iron, and copper and are a good source of antioxidant vitamins A and K that contribute to health and wellness.
- **Seeded grapes**-Grape seeds are one of the most nutritious parts of the grape, containing melatonin and many of the most powerful antioxidants found on the planet. These antioxidants provide a plethora of benefits such as lowering blood pressure, reducing cholesterol, and preventing heart disease.
- **Key Limes**-One fluid ounce of lime juice contains 14 percent of the vitamin C daily requirements. Vitamin C is an effective natural water-soluble antioxidant that helps the body develop resistance against infectious agents and eliminates cancer-causing free radicals in the body.
- **Mangos**-Mangoes contain high level of vitamin C, fiber and pectin making it a perfect fruit that helps in controlling high cholesterol level. Another benefit of eating mango is that it cleanses your skin from deep inside your body. It treats pores and gives a glow to your skin. Hence, eat mangoes to get a flawless skin.
- **Plums**-Plums are a very nutritious fruit. Both plums and prunes are an excellent source of vitamins, minerals, fiber, and antioxidants. Additionally, they have several characteristics that may reduce the risk of many chronic diseases, such as osteoporosis, cancer, heart disease and diabetes.
- **Oranges**- **Oranges** are known for their vitamin C content, a powerful antioxidant that helps protect cells from damage. One medium orange will provide the NRV (nutrient reference value) of vitamin C for adults. They also contain health-promoting compounds known as flavanones. Research suggests that these citrus phytochemicals help support the body and protect us from conditions such as heart disease and cancer – they are also thought to have some anti-inflammatory, antiviral, and antimicrobial benefits. Oranges are also a good source of fiber, B vitamins, vitamin A, calcium and potassium. One orange counts towards one of your five-a-day.
- **Papayas**-Papayas contain an enzyme called papain that aids digestion; in fact, it can be used as a meat tenderizer. Papaya is also high in fiber and water content, both of which help to prevent constipation and promote regularity and a healthy digestive tract.
- **Peaches**-Peaches have many health benefits which are related to the nutrients within the peach, such as, the dietary fiber, low carbohydrate, abundant vitamins, including vitamin C, vitamin A, vitamin E, and niacin, as well as minerals, such as, potassium, cooper, manganese, and phosphorous.
- **Pears**-A pear is a mild, sweet fruit with a fibrous center. Pears are rich in essential antioxidants, plant compounds, and dietary fiber. They pack all of these nutrients in a fat free, cholesterol free, 100 calorie packages.
- **Prunes**-Prunes are a good source of fiber, and a digestive superfood that contains sorbitol, which provides a mild laxative effect. By eating prunes daily, you can maintain regularity in your digestive system and avoid constipation.
- **Coconuts**-Coconut meat is the white flesh of coconuts and is edible fresh or dried. Rich in fiber and MCTs, it may offer a number of benefits, including improved heart health, weight loss, and digestion. Yet, it is high in calories and saturated fat, so you should eat it in moderation.
- **Kiwi**-Kiwis are small fruits that pack a lot of flavor and plenty of health benefits. Their green flesh is sweet and tangy. It is also full of nutrients like vitamin C, vitamin K, vitamin E, folate, and potassium. They also have a lot of antioxidants and are a good source of fiber.
- **Avocado Oil**-Both avocado oil and olive oil are rich in antioxidants, promote skin health, and boost the absorption of nutrients. Avocado oil has a higher smoke point than olive oil and may be better suited for high-heat cooking.
- **Safflower Oil**-The linolenic and linoleic acids in safflower seed oil might help prevent “hardening of the arteries,” lower cholesterol, and reduce the risk of heart disease. Safflower contains chemicals that may thin the blood to prevent clots, widen blood vessels, lower blood pressure, and stimulate the heart
- **Sunflower Oil**-Sunflower oil contains more than 80% of monounsaturated fats which makes it good for your heart. The impressive fatty acid content in sunflower oil helps in maintaining a balance in your body. Furthermore, it does not contain any saturated fats which help in controlling the cholesterol levels in your body.
- **Pure Olive Oil**-Both avocado oil and olive oil are rich in antioxidants, promote skin health, and boost the absorption of nutrients. Avocado oil has a higher smoke point than olive oil and may be better suited for high-heat cooking.

Recipes

Vegan Buffalo/BBQ Cauliflower Tacos

FOR THE CAULIFLOWER

- 1/2 head cauliflower cut in bite sized pieces
- 4 tsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. chili powder
- 3/4 cup buffalo sauce (any flavor) or BBQ sauce (any flavor) separated
- pepper to taste

* You are also opened to adding protein of any kind to this taco including Chickpeas and seitan/tofu/tempeh and season the protein the same as you would the cauliflower! If adding any of these remember to wash and grind/blend protein until consistency is that of ground meat.

FOR THE TACOS

- 8 taco-sized black bean/ or organic flour tortillas
- 1 head romaine lettuce chopped
- 1 avocado pitted and diced
- vegan ranch to taste
- cilantro or green onion diced (optional)

Instructions

1. Preheat oven to 425 degrees and line a baking sheet with foil.
2. In a large bowl combine cauliflower, olive oil, garlic powder, chili powder, pepper and 1/4 cup of buffalo sauce. Stir to combine. Spread evenly on baking sheet lightly oiled and cook for 20 minutes, flipping halfway.*
3. Five minutes before the cauliflower is done cooking, heat up the remaining buffalo sauce in a saucepan or in the microwave.
4. Remove cauliflower from the oven and place it back in the bowl. Add remaining heated buffalo sauce and stir to combine.
5. To assemble tacos, load each tortilla with romaine, avocado and cauliflower. Drizzle with *ranch* and top with cilantro or green onions.

Sweet Ginger Chili Bowl

Sweet Ginger Chili Bowl Ingredients!

Wild Rice or CousCous-1 cup or more depending on serving size to be served on side or bottom of bowl.

For bowl:

2 whole carrots

1 whole Cucumber

Two stalks of celery

2 cans of chickpeas

6 oz. of protein of choice(tofu/tempeh/seitan) ground/blended to ground meat consistency

Arugula- 3 cups

Sweet onion- quarter of the onion (diced)

Mushroom- two handfuls (all mushroom except shiitake)

Okra- two handfuls

Broccoli- 1 small head

Kale-2 cups

For sauce:

Ginger root- 2-inch piece grated

2 chili peppers-whole

Brown sugar- 2/3 cup

Rice vinegar 1/4 cup

Shoyu-1/4 cup

Neutral flavors oil (sunflower, safflower, or avocado oil)-2 tbsp

Black pepper

Toasted Sesame oil-1tsp

1 ripe tomato blended with two cups of water

Instructions

1. Heat pan using mid heat and pour 2 tbsp of oil in pan enough to coat the bottom
2. Once pan is heated pour in ginger and stir, then throw in chilis and stir
3. In separate saucepan heat pan mid heat and add 2 tbsp of oil. Once heated add carrots, celery, chickpeas, protein, onion, mushroom, okra, broccoli, cucumber, and kale and allow to cook covered for about 15-20 minutes occasionally stirring every 5 minutes.
4. Once ginger starts to turn a light coated brown throw in brown sugar and stir
5. Add rice vinegar, Shoyu, the tomato blended with water, black pepper to taste and bring to a boil
6. Once sauce is reduced and coats the spoon check the taste, you are welcome to add more vinegar if you would like it a bit sourer.

7. Add 1 tsp of toasted sesame oil and stir. Allow to cook for a minute.
8. Once sauce is ready add contents from the bowl pan to your ginger saucepan and stir, allowing sauce to coat all of the contents.
9. If you like your sauce hot you may break apart the chilies using your spoon.
10. 10.Finished and serve at ROOM TEMPERATURE! Place on top of rice & Enjoy!