

Feb 15 - 21

Sun 15	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20	Sat 21
Breakfast Fasting 'Take a Break' Day	Breakfast Lemon Pepper Avocado Toast	Breakfast Baked Oatmeal	Breakfast Lemon Pepper Avocado Toast	Breakfast Baked Oatmeal	Breakfast Lemon Pepper Avocado Toast	Breakfast Baked Oatmeal with Apples, Pecans, and Cranberries
Lunch	Lunch Tostadas	Lunch Grilled Chicken or Chickpea Salad Recipe	Lunch Vegan Chickpea Salad Sandwiches	Lunch Tostadas	Lunch Vegan lunch bowl (may be made in advance for a work lunch))	Lunch Vegan Bean Taco Filling
Dinner	Dinner No Meat Chili	Dinner Slow Cooker Vegan Portobello Pot Roast Unleavened Bread - An Israeli Classic	Dinner Minestrone Soup (Crockpot)	Dinner Vegetarian Sheet Pan Dinner with Chickpeas and Veggies	Dinner 15 Minute Lo Mein asian noodles Edamame with Rosemary, Salt, and Garlic Mongolian Chickpeas or Tofu	Dinner Daniel Fast Black Bean Burger Unleavened Bread - An Israeli Classic Air Fryer Sweet Potato Fries
Snacks	Snacks Ants on a Log	Snacks Apple & Peanut Butter Snack	Snacks Easy Salsa and Chips	Snacks Ants on a Log	Snacks Apple & Peanut Butter Snack	Snacks Easy Salsa and Chips

Tostadas

Planned for **Lunch** on **Monday, February 16, 2026**

Yields 4 servings originally 4 servings

Serving: 4.0

Ingredients

- 16 **corn tostada shells**
- 2 cans **vegan refried beans**
- 1 head **lettuce**
- 3 lg. **tomatoes sliced**
- 1 pckg **shredded cheese dairy-free**
- dash **salt**
- dash **pepper**



Directions

Heat the refried beans over the stovetop or in the microwave until warm throughout and soft.

Bake the tostada shells according to box instructions.

Layer the top of the tostada shells as follows: refried beans, lettuce, tomato slices, dairy-free cheese, salt and pepper! Add dairy-free sour cream, if desired!

Lemon Pepper Avocado Toast

Planned for **Breakfast** on **Monday, February 16, 2026**

Serving: 4.0

Ingredients

- 8 **avocados**
- 4 tsp **lemon pepper seasoning**
- 1 tsp **lemon juice**
- 1 box **unleavened crackers or toast, if you're fast type allows it**



No Meat Chili

Planned for **Dinner** on **Monday, February 16, 2026**

Yields 4 servings originally 4 servings

Serving: 4.0

Ingredients

- 1 can **pinto beans not drained**
- 1 can **kidney beans not drained**
- 1 can **roTEL not drained**
- 1 can **chopped green chilis not drained**
- 3 ribs **celery diced**
- 1 tbs **garlic powder**
- 1 tsp **onion powder**
- 2 tsp **chili powder**
- 2 cans **diced tomatoes**
- 1 pckg **crackers or unleavened bread**

Directions

All contents--except crackers--may be placed into a crockpot for 4 hours on low or may be heated on stovetop for 10 minutes on medium heat. In a pinch, you can also heat these ingredients within a microwave (the celery will be a bit crunchier).

Garnish with dairy-free sour cream or dairy-free shredded cheese.

Ants on a Log

Planned for **Snacks** on **Monday, February 16, 2026**

Serving: 4.0

Ingredients

- 8 ribs **celery**
- $\frac{1}{2}$ cup **natural peanut butter**
- $\frac{1}{2}$ cup **raisins**

Directions Cut celery into 3-inch sections, fill with peanut butter, and adorn with either a touch of salt or, for a sweeter flavor, raisins!



Course: Snacks and Sandwiches

Baked Oatmeal

Planned for **Breakfast** on **Tuesday, February 17, 2026**

Source: ultimatedanielfast.com

Yields 6 2 squares originally 6 2 squares

Serving: 6.0

This delicious Daniel Fast recipe consistently ranks #1 on my website. Many people love it so much that they have it on a regular basis, even when they're not on a fast. If you prefer to start your day with a hot breakfast, you'll appreciate this baked dish. It pairs well with a cup of coffee...uh, I mean, hot lemon water. Remember, no coffee on the Daniel Fast!



Course: Breakfast

Ingredients

- 1 $\frac{1}{2}$ cups **old-fashioned rolled oats**
- 1 $\frac{1}{2}$ cups **unsweetened almond milk**
- $\frac{1}{2}$ cup **unsweetened applesauce**
- $\frac{1}{4}$ cup **chopped dried apricots**
- $\frac{1}{4}$ cup **chopped dates or raisins**
- $\frac{1}{4}$ cup **chopped pecans or walnuts**
- $\frac{1}{2}$ teaspoon **cinnamon**
- $\frac{1}{4}$ teaspoon **salt**

Directions

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Grilled Chicken or Chickpea Salad Recipe

Planned for **Lunch** on **Tuesday, February 17, 2026**

Source: www.crunchycreamyweet.com

Prep 10 min

Total 10 min

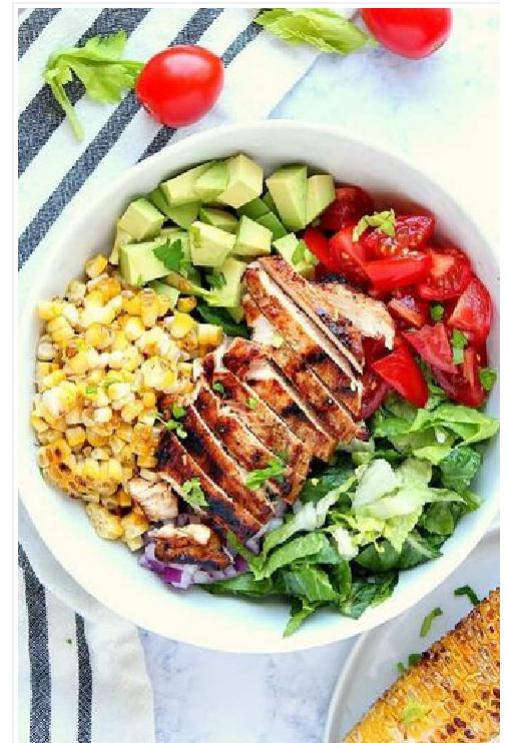
Yields 4 people originally 4 people

Serving: 4.0

Grilled Chicken/Chickpea Salad is made with perfect juicy grilled chicken or chickpeas, grilled corn off the cob, tomatoes, lettuce, avocado, and onion. Simple oil and vinegar dressing is the perfect finishing touch to this delicious summer salad!

Ingredients

- 2 **grilled chicken breasts**
- 2 **corn on the cobs grilled (see note)**
- 1 **avocado**
- 4 cups **chopped Romaine lettuce**
- 2 cups **chopped cherry tomatoes**
- ½ cup **chopped red onion**
- ¼ cup **olive oil**
- 4 tablespoons **apple cider vinegar or dairy-free Ranch dressing**
- ½ teaspoon **salt**
- ¼ teaspoon **black pepper**
- ½ teaspoon **dried oregano**
- 2 cans **chickpeas sauteed in favorite seasoning**



Course: Salad

Amount Per Serving

Calories: 289

Fat: 23 g

Saturated Fat: 3 g

Sodium: 308 mg

Sugar: 3 g

Carbohydrate: 11 g

Fiber: 5 g

Protein: 8 g

Directions

Either season and grill chicken breasts OR, in the case of a Daniel's Fast, season and saute chickpeas for this dish.

In a large salad bowl, combine lettuce, cherry tomatoes, onion and avocado.

Cut corn kernels off the cobs and add to salad. Toss gently together.

In a small measuring cup, whisk together oil, vinegar, salt, pepper and oregano. Pour over salad and toss gently to coat.

Slice or chop grilled chicken breasts.

Place salad on serving plates. Arrange half of sliced grilled chicken breast on top of the salad, on each serving.

Serve immediately.

Slow Cooker Vegan Portobello Pot Roast

Planned for Dinner on **Tuesday, February 17, 2026**

Source: www.mccormick.com

Prep 15 min

Cook 4 hr

Total 4 hr 15 min

Yields 5 originally 5

Serving: 5.0

Looking for a vegetarian comfort meal? This vegan pot roast is guaranteed to hit the spot. Slow cook this portobello 'pot roast' in savory vegetable stock along with a blend of McCormick herbs and spices like crushed rosemary and thyme leaves. With classic pot roast ingredients like carrots, onions and red wine, this dish has so much flavor and depth you won't even miss the meat.



Course: Main Course

Amount Per Serving

Calories: 93

Ingredients

- 8 large **portobello mushroom caps** sliced 1 1/2-inch thick
- 1 1/2 cups **unsalted vegetable stock** {reduced sodium vegetable broth}
- 1 cup **frozen pearl onions**
- 2 small **carrots** cut into 1-inch pieces
- 1/4 cup **red wine or cooking sherry**
- 3 tablespoons **tomato paste**
- 1 tablespoon **red wine vinegar**
- 1 tablespoon **vegan-friendly Worcestershire sauce**
- 2 cloves **garlic** finely chopped
- 1/2 teaspoon **dried rosemary**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **thyme Leaves**
- 1/4 teaspoon **Coarse Ground Black Pepper**
- 2 tablespoons **cornstarch**
- 2 tablespoons **water**
- 8 **red potatoes**, halved
- 2 cups **carrots** cut into big pieces

Directions

Mix all ingredients, except cornstarch and water, in 6-quart slow cooker. Cover.

Cook 8 hours on LOW or 4 hours on HIGH or until carrots are tender.

Mix cornstarch and water in small bowl with wire whisk. Stir into slow cooker. Cover. Cook 30 minutes on HIGH, or until thickened. Serve over mashed potatoes, if desired.

Unleavened Bread - An Israeli Classic

Planned for Dinner on **Tuesday, February 17, 2026**

Source: thebiblicalanutritionist.com

Prep 10 min

Cook 10 min

Total 20 min

Yields 8 originally 8

Serving: 8.0

Learn how to make scrumptious and nutritious unleavened bread today. With just 6 ingredients you can enjoy feasting on a Biblical food!

Ingredients

- 2 cups **Whole Wheat Flour** *hard white or spelt*
- $\frac{3}{4}$ cup **Cold Water**
- 2 tablespoons **Organic Olive Oil**
- 1 teaspoon **Salt**

Directions

Preheat oven 450°F (260°C). Combine all ingredients with the water to form dough and knead for 3 minutes. Divide into 8 balls. Flatten each into a thin round and prick with a fork. Bake on a greased cookie sheet for 10 minutes in oven. Serve with other recipes from The Biblical Feasts



Course: Breads

Amount Per Serving

Calories: 133

Fat: 4 g

Saturated Fat: 1 g

Sodium: 293 mg

Sugar: 1 g

Carbohydrate: 22 g

Fiber: 3 g

Protein: 4 g

Apple & Peanut Butter Snack

Planned for **Snacks** on **Tuesday, February 17, 2026**

Serving: 4.0

Ingredients

- 4 **apple** *sliced*
- 4 handfuls **pistachios**
- 8 tbs **natural peanut butter**
-



Directions

Slice the apple for each person, spreading with natural peanut butter. Add a handful of pistachios for protein and you're sustained for snack time!

Vegan Chickpea Salad Sandwiches

Planned for **Lunch** on **Wednesday, February 18, 2026**

Source: simplyceecce.co

Prep 8 min

Total 8 min

Yields 4 servings originally 4 servings

Serving: 4.0

Ready in under 10 minutes, this Spicy Chickpea Salad Sandwich (vegan version) is packed with plant protein, lots of crunchy veggies, and tons of flavor. It's a healthy, hearty and filling vegan lunch or dinner idea that whole family will love. Great for meal prep too!

Ingredients

FOR SPICY CHICKPEA FILLING:

- 2 cans **chickpeas** *drained and rinsed*
- 3-4 large **avocados**
- 2 tablespoons **lemon juice*** *(to taste)*
- 2 tablespoons **red onion**
- 2 tablespoons **celery** *(optional)*
- 2 teaspoons **capers** *chopped (optional)*
- 1 handful **cilantro** *rough chop*
- 2 teaspoons **prepared horseradish or sriracha**,
- $\frac{1}{4}$ teaspoon **each salt and pepper**

FOR SERVING:

- 8-10 slices **Ezekiel bread** *(toasted)*
- **avocado** *tomatoes, pickles, hot peppers, sprouts, lettuce, etc.*



Course: Main Course

Directions

Drain and rinse the chickpeas. Place on a clean kitchen towel, roll them around to remove some of the outer skins. This step is optional, but makes the salad a little extra creamy!

In a medium size bowl, using a fork or potato masher lightly mash the chickpeas and avocado together (leave some texture).

Or pulse in a food processor until chunky (but don't overdo it or you'll end up with chickpea paste!).

Add in lemon juice, red onions, celery, and capers, cilantro, horseradish (or sriracha), and salt and pepper to taste. Stir to incorporate. Taste and adjust as required for the correct consistency and flavor.

Serve on toast with avocado slices (or smashed avocado), lettuce or microgreens, pickled hot peppers, tomatoes or any toppings of choice. Or in a sprouted tortilla wrap, pita or everything bagel. Or with crackers or a green salad. You get the idea - it goes with everything!

Minestrone Soup (Crockpot)

Planned for Dinner on Wednesday, February 18, 2026

Source: simple-veganista.com

Prep 10 min

Cook 5 hr

Total 5 hr 10 min

Yields Serves 4 - 6 originally Serves 4 - 6

Serving: 6.0

Slow Cooker Minestrone Soup Recipe - Loaded with vegetables, beans and pasta, this minestrone soup is made even easier in the slow cooker!

Ingredients

- 1 medium **onion diced**
- 2 medium **carrots diced**
- 2 stalks **celery diced**
- 1 **zucchini cut into half moons**
- $\frac{1}{3}$ lb. **green beans cut into 1 inch pieces about 1 1/2 cups**
- 4 cloves **garlic minced**
- 1 can (14oz) **kidney beans drained and rinsed**
- 1 can (14oz) **cannellini or northern beans, drained and rinsed**
- 1 can (28oz) **diced tomatoes with juices**
- 1 teaspoon **dried basil**
- 1 teaspoon **dried oregano**
- 3 **bay leaves**
- 1 pinch **red pepper flakes optional**
- 5 cups **vegetable broth or water, (or combo)**
- 1 big handful **fresh spinach**
- 1 cup **pasta (small pasta such as elbow, shells, mini penne or rotini)**
- dash **mineral salt & pepper to taste**
- 1 tbs **lemon juice of**
- 1 handful **fresh chopped parsley**
- 1 pckg **crackers or unleavened bread**



Course: Soup

Amount Per Serving

Calories: 238

Fat: 2.1 g

Saturated Fat: 0.3 g

Cholesterol: 0 mg

Sodium: 398.2 mg

Sugar: 7.7 g

Carbohydrate: 46 g

Fiber: 11.9 g

Protein: 12.1 g

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Directions

Dump all ingredients into a crockpot and cook:

- HIGH for 4 – 5 hours

or

- LOW for 7 – 8 hours

Easy Salsa and Chips

Planned for Snacks on Wednesday, February 18, 2026

Source: www.inspiredtaste.net

Prep 15 min

Total 15 min



Yields Makes 3 cups originally Makes 3 cups

Serving: 3.0

Skip the store-bought jar and make this salsa from scratch instead. This recipe takes less than 15 minutes to make, is adaptable to your desired spice level, and lasts a week in the fridge. For recipe variations, see our article above. The recipe below can be used with fresh or canned tomatoes. When using canned tomatoes, we love fire-roasted tomatoes, which add a bit of smokiness to the salsa.

Ingredients

- 2 (15oz) cans **fire-roasted tomatoes** or use 4 cups *chopped fresh tomatoes*, (1 $\frac{3}{4}$ pounds)
- $\frac{1}{2}$ teaspoon **fine sea salt** plus more to taste
- 1/3 cup **sweet onion** or *chopped white onion*
- 2 medium cloves **garlic**
- 2 medium **jalapeño** or *serrano peppers*
- 1 cup **chopped fresh cilantro**
- 2 medium **limes**

Directions

Place the chopped tomatoes in a colander set over a large bowl to drain. Reserve the drained tomato juice for later use (either to thin the salsa or add flavor to soups or other dishes).

Cover the chopped onion in a medium bowl with cold water. Let it sit for 10 minutes, drain the water, and rinse the onion.

Prepare the peppers according to your desired spice level. For mild salsa, remove all the white membrane and seeds from inside the pepper. For medium salsa, leave some of the membrane and seeds. If you prefer hot salsa, leave the membrane and seeds intact and use 1 to 2 peppers.

Add the garlic to a blender or food processor and pulse until finely chopped.

Scrape down the sides of the blender or food processor, then add the drained tomatoes, drained and rinsed onions, prepared peppers, cilantro, 1/4 teaspoon of salt, and the juice of half a lime.

Pulse the ingredients until you reach your desired texture. Taste the salsa and season with additional salt or lime juice as needed. (We usually add 3/4 teaspoon of salt in total.) If the salsa is too thick, add a little reserved tomato juice from earlier.

For the best flavor, allow the salsa to sit in the refrigerator for at least 30 minutes before serving. The flavors will meld and develop over time.

Vegetarian Sheet Pan Dinner with Chickpeas and Veggies

Planned for Dinner on Thursday, February 19, 2026

Source: www.allrecipes.com

Prep 25 min

Cook 45 min

Total 1 hr 10 min

Yields 8 originally 8

Serving: 8.0

This chickpea and vegetable sheet pan dinner features seasoned butternut squash, sweet potato, carrots, and onion and couldn't be any easier to make.

Ingredients

- 3 medium **russet potatoes** 1-inch pieces
- 2 (15 ounce) cans **chickpeas** rinsed and drained
- $\frac{1}{2}$ **butternut squash** - peeled 1-inch pieces
- 1 **sweet potato** peeled and cut into 1-inch cubes
- 1 **onion** diced
- 2 large **carrots** cut into 1 inch pieces
- 3 tablespoons **vegetable oil**
- 1 teaspoon **salt**
- 1 teaspoon **onion powder**
- 1 teaspoon **garlic powder**
- 1 teaspoon **ground fennel seeds**
- 1 teaspoon **dried rubbed sage**
- $\frac{1}{2}$ teaspoon **ground black pepper**
- 2 **green onions** chopped



Course: Main Course

Amount Per Serving

Calories: 273

Fat: 6 g

Saturated Fat: 1 g

Sodium: 542 mg

Sugar: 6 g

Carbohydrate: 50 g

Fiber: 9 g

Protein: 7 g

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a large sheet pan.

Place russet potatoes, chickpeas, butternut squash, sweet potato, onion, and carrots on the prepared sheet pan. Drizzle with oil and toss to coat.

Combine salt, onion powder, garlic powder, fennel seeds, sage, and black pepper in a small bowl. Sprinkle over vegetables and toss to coat.

Bake in the preheated oven for 25 minutes. Stir and continue baking until vegetables are soft and lightly browned and chickpeas are slightly crisp, 20 to 25 minutes more.

Season with more salt and black pepper to taste. Top with green onions to serve.

Combine salt, onion powder, garlic powder, fennel seeds, sage, and black pepper in a small bowl. Sprinkle over vegetables and toss to coat.

Bake in the preheated oven for 25 minutes. Stir and continue baking until vegetables are soft and lightly browned and chickpeas are slightly crisp, 20 to 25 minutes more.

Season with more salt and black pepper to taste. Top with green onions to serve.

Vegan lunch bowl (may be made in advance for a work lunch)

Planned for **Lunch** on **Friday, February 20, 2026**

Source: www.lazykatkitchen.com

Prep 30 min

Cook 30 min

Total 1 hr

Yields serves 2-3 originally serves 2-3

Serving: 3.0

Vegan lunch bowl is a healthy, time-saving dish. Most items can be prepared in bulk, in advance and thrown together quickly on the day. Gluten-free.



Ingredients

SPICED CHICKPEAS RECIPE

- 2 cans chickpeas for SPICED CHICKPEAS
- 2 tbsp olive oil for SPICED CHICKPEAS
- 2 tsp ground cumin for SPICED CHICKPEAS
- 1 ¼ tsp smoked paprika for SPICED CHICKPEAS
- ½ tsp chilli powder for SPICED CHICKPEAS
- ½ tsp salt for SPICED CHICKPEAS

BOWL INGREDIENTS

- 10 large romaine lettuce BOWL INGREDIENTS
- 1 Cucumber sliced thinly - BOWL INGREDIENTS
- 16 cherry tomatoes quartered - BOWL INGREDIENTS
- 4 avocados peeled and diced - BOWL INGREDIENTS
- ¼ cup capers chopped very finely - BOWL INGREDIENTS
- 2 cup cooked quinoa BOWL INGREDIENTS

PICKLED ONIONS RECIPE

- 2 lg red onion, sliced very thin for PICKLED ONION
- 1 tsp black pepper for PICKLED ONION
- ½ cup apple cider vinegar for PICKLED ONION
- 1 tbsp sugar for PICKLED ONION
- ½ cup water for PICKLED ONION

Course: Lunch

Amount Per Serving

Calories: 359.5
 Fat: 23.7 g
 Saturated Fat: 3.24 g
 Cholesterol: 1.17 mg
 Sodium: 1096.7 mg
 Sugar: 12.49 g
 Carbohydrate: 31.24 g
 Fiber: 7.95 g
 Protein: 7.19 g

- $\frac{1}{2}$ tsp **salt for PICKLED ONION**

DRESSING RECIPE

- 2 tbsp **extra virgin olive oil for DRESSING**
- 2 tbsp **lemon juice for DRESSING**
- $\frac{1}{2}$ -1 tsp **sambal oelek (Indonesian chilli paste) - for DRESSING**

Directions

Place chickpeas in a colander for at least 15 minutes to drain them well. If you have time, leave your chickpeas on the sieve for a few hours so that they dry out a bit, you could also towel them with a paper towel if you wish.

Mix all the spices and salt together in a tiny bowl. If you haven't salted your chickpeas during cooking, use 1 tsp of salt. If you have or you are using tinned chickpeas, go easy on the salt (start off with $\frac{1}{2}$ tsp and adjust to taste afterwards).

Heat up a heavy-bottomed pan on a medium-high heat. Pour 2 tablespoons of olive or avocado oil on the hot pan and wait a few seconds for the oil to heat up - it will start rippling gently but don't get it so hot that it will start to smoke!

Chuck dry chickpeas into the hot oil - they should sizzle as soon as they hit the pan. Let them roast lightly, stirring them regularly so that they don't burn. Once the chickpeas are lightly roasted and charred in places, sprinkle them with spice and salt mixture and mix everything well until all the chickpeas are evenly coated in spices.

Take the pan off the heat and let the spices finish roasting in the pan's residual heat, moving the chickpeas around the pan. Taste and adjust with salt if necessary. Set aside.

Prepare quick-pickled onion by bringing vinegar, sugar, salt and $\frac{1}{2}$ cup water to the boil.

Place sliced onions in a sterilised jar. Pour hot pickling liquid over the onions. Let the mixture cool first and put aside in the fridge. Although you can start using the onions after about 1 hour, their flavor will benefit from being stored in the fridge overnight. (For this recipe, I often use them straight-away, however, and they work fine.)

Rinse the quinoa very well.

Place the 2 cups quinoa in a pot with 3 cups of water. Cover the pot and set stovetop to low heat.

Let the water come to the boil and simmer until all the water has been absorbed (check by tilting the pot slightly seeing if any water flows from underneath the quinoa). Once all the water has been absorbed, switch the heat off and keep the quinoa covered for another 5 minutes so that it finishes off cooking in its own steam.

Once cool, store in an airtight container in the fridge.

Prepare the dressing by whisking olive oil, lemon juice, and sambal oelek together. (Refrain from using salt as the chances are that the chopped capers will add a sufficient amount of salt to the dish.)

If Eating Straight-Away:

Divide all the salad ingredients, quinoa, and roasted chickpeas between four bowls. Drizzle with the dressing and season with a touch of black pepper. Top with finely chopped capers and pickled onions.

If Packing for a Work Lunch the Next Day:

Once all ingredients are cooled, divide all the salad ingredients, quinoa, and roasted chickpeas between four bowls. Drizzle with the dressing and season with a touch of black pepper. Top with finely chopped capers and pickled onions.

15 Minute Lo Mein asian noodles

Planned for Dinner on Friday, February 20, 2026

Source: [search.app](#)

Prep 5 min

Cook 15 min

Total 20 min

Yields 4 originally 4

Serving: 4.0

15 Minute Lo Mein! Made with just soy sauce, oyster sauce, sesame oil, a pinch of sugar, ramen noodles or spaghetti noodles, and any veggies or protein you like. SO YUMMY!

Ingredients

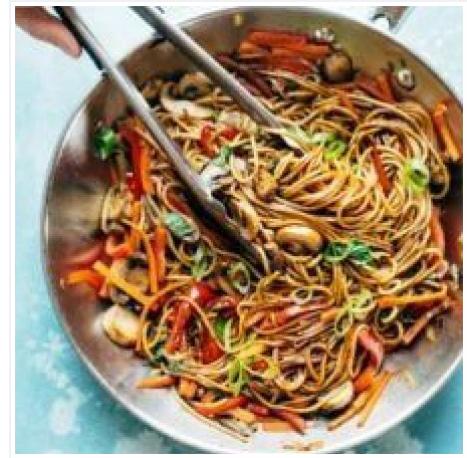
- 3 tablespoons **soy sauce** (*sub regular soy sauce if needed*) ([Affiliate link](#))
- 3 tablespoons **oyster sauce**
- 1 teaspoon **sesame oil**
- 1 teaspoon **sugar**
- 1 clove **garlic grated (optional)**
- 6 ounces **uncooked ramen noodles** ([Affiliate link](#))
- 1 tablespoon **sesame oil**
- 3 **green onions** *chopped (separate green parts from white parts - you'll use both separately)*

Directions

Shake all the sauce ingredients together in a jar.

Cook the noodles according to package directions. Drain and set aside.

Heat the sesame oil in a large wok or skillet. Add the green onions (white parts) and vegetables to the hot pan. Stir fry until fork-tender, about 5 minutes. Add the mirin to loosen the browned bits up off the bottom of the pan. Add the cooked noodles and about half of the sauce – toss around in the hot pan to combine. Add more sauce if needed (I usually gauge the amount of sauce I want by the color of the noodles – you want a medium brown color, not too light, not too dark). Serve topped with remaining green onions!



Course: Main Course

Amount Per Serving

Calories: 237

Fat: 5.9 g

Saturated Fat: 0.7 g

Cholesterol: 0 mg

Sodium: 785.9 mg

Sugar: 7.9 g

Carbohydrate: 38.5 g

Fiber: 4.5 g

Protein: 7.9 g

Edamame with Rosemary, Salt, and Garlic

Planned for Dinner on **Friday, February 20, 2026**

Source: kathleenashmore.com

Cook 5 min

Total 5 min

Yields 4 originally 4

Serving: 4.0

This is a stunning appetizer or side that takes just 5 minutes to create.

Ingredients

- 1 16 ounce bag frozen edamame *thawed*
- 3 tablespoons **garlic powder**
- 2 tablespoons **olive oil**
- 2 tablespoons **ground rosemary**
- 2 tsp **salt for serving**

Directions

Heat the edamame in the microwave (box instructions) or, if purchasing frozen, thaw it and then add to a large skillet with olive oil set over medium heat. Stir to coat in the oil, and cook for about 2 minutes, stirring constantly to keep the edamame from burning, until the edamame has begun to brown.

Add the garlic powder, rosemary, and salt; mix well.

Serve right away!



Course: Main Course

Amount Per Serving

Calories: 67

Fat: 7 g

Saturated Fat: 1 g

Sodium: 1 mg

Sugar: 0.03 g

Carbohydrate: 1 g

Fiber: 0.2 g

Protein: 0.2 g

Mongolian Chickpeas or Tofu

Planned for Dinner on Friday, February 20, 2026

Source: www.veganricha.com

Prep 10 min

Cook 20 min

Total 30 min

Yields 4 originally 4

Serving: 4.0

Sticky-sweet-spicy Mongolian chickpeas is a one-pot meal that's super versatile. Try this sauce with different plant-based proteins and dish it up over rice or quinoa. It makes great lettuce wraps, too!

Ingredients

FOR THE MONGOLIAN SAUCE:

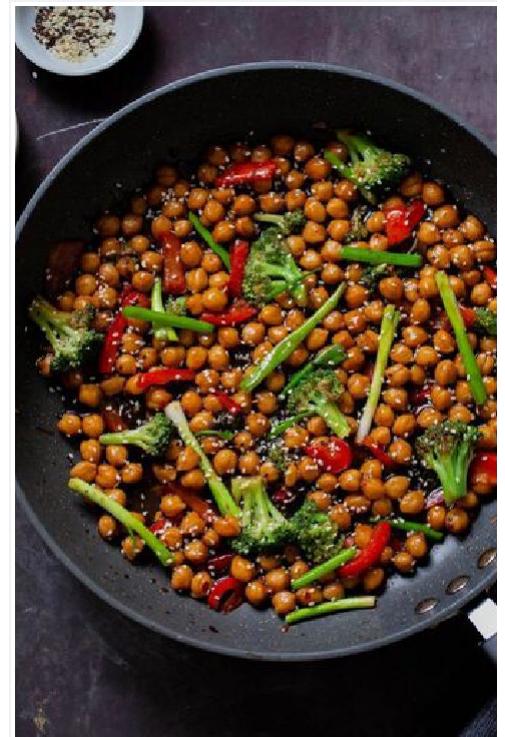
- 3 tablespoons **soy sauce** or use tamari for gluten-free
- 1 tablespoon **dark soy sauce** or use sweet soy sauce or hoisin sauce (Use gluten-free versions, if needed.)
- 1 teaspoon **red pepper flakes**
- 1 tablespoon **brown sugar**
- 1/4 cup **water**
- 2 teaspoons **cornstarch**

FOR THE STIR FRY:

- 1 teaspoon **oil**
- 2 cloves **garlic minced**
- 1/2 " piece of **ginger minced**
- 1 **bell pepper** sliced or chopped into 1/2 inch petals. Or use a mix of 1/2 green, 1/2 red for more color!
- 1 cup small **chopped broccoli** or more, if you like
- 15 ounce can **chickpeas or tofu** drained, or 1 1/2 cups of cooked chickpeas, or use any other beans or crisped up tofu
- 3-4 **green onions** chopped. Keep some of the green portions for garnish, and chop the rest of the green onion into 1"
- **sesame seeds** for garnish

Directions

Make the sauce.



Course: Main Course

Amount Per Serving

Calories: 234

Fat: 4 g

Saturated Fat: 0.4 g

Sodium: 713 mg

Sugar: 10 g

Carbohydrate: 39 g

Fiber: 10 g

Protein: 12 g

Add all of the sauce ingredients to a bowl, mix really well, and set aside.

Make the Mongolian chickpea stir fry.

Heat a skillet over medium heat, and add the oil. Once the oil is hot, add in the ginger and garlic and cook for a minute or so, or until the garlic is turning golden.

Then, add in the peppers, broccoli, and a pinch of salt. Mix well, cover the pan, and cook for 2 to 4 minutes, or until broccoli is bright green. At this point you can remove the broccoli to add back later, so that it doesn't overcook, or continue with the broccoli in the pan.

Add the mixed sauce to the pan along with the chickpeas. Mix in, cover, and cook for 2 to 3 minutes to bring it to a boil. The sauce will thicken at this point.

Simmer for another minute or so, then add in the green onion and fold in the broccoli again, if you removed it. Switch off heat, then taste and adjust flavor by adding a pinch of salt or a few drops of vinegar while still hot, if you like, and mix in.

Garnish with some sesame seeds and serve over rice or quinoa. Or you can make lettuce wraps!

Baked Oatmeal with Apples, Pecans, and Cranberries

Planned for Breakfast on Saturday, February 21, 2026

Source: platedcravings.com

Prep 10 min

Cook 50 min

Total 1 hr

Yields 6 originally 6

Serving: 6.0

Baked Oatmeal made with apples, pecans, and cranberries is a delicious and comforting breakfast casserole!

Ingredients

- 2 cups **old-fashioned oats** (280g)
- 1 teaspoon **baking powder**
- $\frac{1}{4}$ cup **light brown sugar** (50g)
- 1 teaspoon **ground cinnamon**
- $\frac{1}{2}$ teaspoon **salt**
- 2 **Granny Smith apples** peeled, cored, and diced
- 2 large **eggs**
- 2 cups **milk of your choice** (480ml)
- $\frac{1}{2}$ teaspoon **vanilla extract**
- 3 Tablespoons **unsalted butter melted**
- 2 Tablespoons **maple syrup**
- $\frac{1}{2}$ cup **pecans** chopped (60g)
- $\frac{1}{2}$ cup **dried cranberries** (60g)



Course: Breakfast

Amount Per Serving

Calories: 398

Fat: 17 g

Saturated Fat: 6 g

Cholesterol: 77 mg

Sodium: 256 mg

Sugar: 30 g

Carbohydrate: 54 g

Fiber: 5 g

Protein: 8 g

Directions

Preheat oven to 325°F (160°C) and grease a 2-quart casserole dish. Set aside.

In a medium bowl combine eggs, milk, vanilla extract, melted butter, and maple syrup.

In another bowl, combine oats, baking powder, brown sugar, cinnamon, and salt. Add to the milk mixture together with the diced apples, pecans, and cranberries. Stir until combined.

Transfer to the greased baking dish and bake for about 45-50 minutes, until set and golden brown on top.

Serve warm or at room temperature.

Vegan Bean Taco Filling

Planned for **Lunch** on **Saturday, February 21, 2026**

Source: www.allrecipes.com

Prep 15 min

Cook 15 min

Total 30 min

Yields 4 servings originally 4 servings

Serving: 4.0

Black beans mingle with onions, peppers, garlic, cornmeal, and spices in this tasty taco filling. Try it in burritos or as a dip for tortilla chips. No black beans? Red, pink, or pinto beans are great subs.

Ingredients

- 1 tablespoon **olive oil**
- 1 **onion diced**
- 2 cloves **garlic minced**
- 1 **bell pepper chopped**
- 2 (14.5 ounce) cans **black beans rinsed, drained, and mashed**
- 2 tablespoons **yellow cornmeal**
- 1 $\frac{1}{2}$ tablespoons **cumin**
- 1 teaspoon **paprika**
- 1 teaspoon **cayenne pepper**
- 1 teaspoon **chili powder**
- 1 cup **salsa**
- 12-16 **taco shells or corn tortillas**
- 1 tbs **lime juice**
- 4 **avocados slice as garnish**
- 1 head **cilantro chopped as garnish**

Directions

Heat olive oil in a medium skillet over medium heat. Stir in onion, garlic, and bell pepper; cook until tender. Stir in mashed beans. Add the cornmeal. Mix in cumin, paprika, cayenne, chili powder, and salsa. Cover, and cook 5 minutes.



Course: Main Course

Amount Per Serving

Calories: 142

Fat: 3 g

Saturated Fat: 0 g

Sodium: 596 mg

Sugar: 2 g

Carbohydrate: 24 g

Fiber: 9 g

Protein: 8 g

Unleavened Bread - An Israeli Classic

Planned for Dinner on Saturday, February 21, 2026

Source: thebiblicalanutritionist.com

Prep 10 min

Cook 10 min

Total 20 min

Yields 8 originally 8

Serving: 8.0

Learn how to make scrumptious and nutritious unleavened bread today. With just 6 ingredients you can enjoy feasting on a Biblical food!

Ingredients

- 2 cups **Whole Wheat Flour** *hard white or spelt*
- $\frac{3}{4}$ cup **Cold Water**
- 2 tablespoons **Organic Olive Oil**
- 1 teaspoon **Salt**

Directions

Preheat oven 450°F (260°C).

Combine all ingredients with the water to form dough and knead for 3 minutes.

Divide into 8 balls. Flatten each into a thin round and prick with a fork.

Bake on a greased cookie sheet for 10 minutes in oven.

Serve with other recipes from The Biblical Feasts



Course: Breads

Amount Per Serving

Calories: 133

Fat: 4 g

Saturated Fat: 1 g

Sodium: 293 mg

Sugar: 1 g

Carbohydrate: 22 g

Fiber: 3 g

Protein: 4 g

Daniel Fast Black Bean Burger

Planned for Dinner on Saturday, February 21, 2026

Source: thebiblicalthnutritionist.com

Prep 10 min

Cook 15 min

Total 25 min

Yields 8 burgers originally 8 burgers

Serving: 8.0

Make this black bean burger recipe that goes well on your Daniel Fast! High in protein, loaded with fiber, and packed with nutrition with every bite!

Ingredients

- 3 Cups **Cooked Black Beans or kidney**
- 2 **Garlic Cloves** *finely chopped*
- 3 Tablespoons **Tomato Paste**
- 1 Tablespoon **Red Wine Vinegar** or *balsamic*
- 1 Teaspoon **Dijon Mustard**
- $\frac{3}{4}$ Cup **Green Onions** *sliced - green tops and white onion*
- $\frac{1}{4}$ Cup **Parsley** *fresh, chopped*
- 2 Tablespoon **Oregano** *fresh, chopped (substitute 1 - 2 tsp dried oregano)*
- $\frac{1}{2}$ Teaspoon **Sea Salt**
- **Black Pepper** *to taste*
- 1 $\frac{1}{4}$ Cups **Rolled Oats** or *cornmeal*
- $\frac{1}{2}$ Cup **Corn** *organic*
- $\frac{1}{3}$ Cup **Olives** *chopped, optional*
- $\frac{1}{4}$ Cup **Bell Pepper** *chopped, optional*
- 2 **tomatos** *sliced for toppings*
- 1 head **lettuce** *sliced for toppings*
- $\frac{1}{4}$ cup **all natural ketchup** *toppings*
- $\frac{1}{4}$ cup **all natural mayo** *toppings*
- 8-10 buns **unleavened bread** if Daniel's Fast

Directions



Course: Main Course

Amount Per Serving

Calories: 166

Fat: 2 g

Saturated Fat: 1 g

Sodium: 292 mg

Sugar: 2 g

Carbohydrate: 29 g

Fiber: 9 g

Protein: 8 g

In a food processor or blender, combine the beans, garlic, tomato paste, vinegar, and mustard. Pulse until pureed.

Add the green onions, parsley, oregano, salt, and pepper to taste, and process to break up and blend. Add the oats and pulse to begin to incorporate.

Transfer the mixture to a large bowl and stir in the olives, corn and red pepper.

Refrigerate the mixture for 30 to 45 minutes, then shape into patties with your hands.

Skillet Option:

Lightly coat skillet with oil and cook on medium/ medium-high heat.

Cook the patties for 6 to 8 minutes per side, or until golden brown.

Oven Option:

Bake the patties for about 15-20 minutes at 400 ° on an oiled pan, flipping once through cooking.

Top with salsa or guacamole to make it extra delicious!

Air Fryer Sweet Potato Fries

Planned for Dinner on Saturday, February 21, 2026

Source: www.allrecipes.com

Prep 10 min

Cook 10 min

Total 20 min

Yields 2 originally 2

Serving: 2.0

These air fryer sweet potato fries, seasoned with garlic and paprika, are crisp, savory, and delicious and take just 10 minutes to cook.

Ingredients

- 1 medium **sweet potato** peeled
- 1 tablespoon **canola oil**
- $\frac{1}{2}$ teaspoon **kosher salt**
- $\frac{1}{4}$ teaspoon **pepper**
- $\frac{1}{8}$ teaspoon **garlic powder**
- $\frac{1}{8}$ teaspoon **ground sweet paprika**

Directions

Preheat the air fryer to 400 degrees F (200 degrees C).

Cut sweet potato into 1/2-inch wide fries. Place in a bowl with canola oil; toss to coat. Season with salt, pepper, garlic powder, and paprika; mix until all fries are evenly coated.

Working in batches if necessary, place an even layer of fries in the air fryer basket.

Cook in the preheated air fryer until golden, about 10 minutes. Repeat to cook remaining fries.

Serve hot and enjoy!



Course: Side Dishes

Amount Per Serving

Calories: 114

Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 335 mg

Sugar: 4 g

Carbohydrate: 12 g

Fiber: 2 g

Protein: 1 g