

THE
DANIEL
PLAN

COOKBOOK



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HEALTHY EATING *for* LIFE

RICK WARREN D.MIN.
DANIEL AMEN M.D.
MARK HYMAN M.D.

featuring The Daniel Plan Signature Chefs,
SALLY CAMERON, JENNY ROSS, AND ROBERT STURM

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The Daniel Plan Cookbook

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If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional. Stop exercising immediately if you experience faintness, dizziness, pain, or shortness of breath at any time. Please do not disregard, avoid, or delay obtaining medical or health-related advice from your healthcare professional because of something you may have read in this guide.







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The Daniel Plan Approach to Healthy Eating for Life

The *Daniel Plan Cookbook* is based on the Essentials written about in *The Daniel Plan: 40 Days to a Healthier Life*. The foundational principle for Daniel Plan eating is one of abundance, not deprivation. This is not a diet; it's a plan that you adopt for the rest of your life. It's a new way to live.

When you focus on eating The Daniel Plan way, health, healing, weight loss, balance, and increased energy are the natural result.

Food truly is medicine, and learning to cook is invaluable for your health. Food becomes a powerful healing force when you cook and eat whole, unprocessed, fresh foods made by God. So let's dive into Daniel Plan cooking.

American Classics, Made Healthy

For this cookbook we have created more than a hundred delicious, healthy recipes, transforming some of our favorite dishes. They are full of flavor, yet packed with benefits for your body. These wonderful foods taste good and promote a long and healthy life. We have also included tips for a Daniel

Plan pantry and kitchen, plus tips on how to shop, plan menus, save time, prepare ahead, and snack smartly.

Maybe this is your first brave foray into the world of cooking. Maybe you are a seasoned home chef. Wherever your cooking skills fall on this spectrum, we have created delicious, easy recipes to make mealtime enjoyable for everyone.

We began by thinking about you and what most people like to eat. We then created versions that fit with The Daniel Plan. Included are American classics such as burgers, tacos and meatloaf, soups, salads, and stews. We created great recipes for chicken, beef, and fish as well as meatless dishes. Of course, you will find lots of vegetables, side dishes, and fabulous sauces. We have got you covered from breakfast and appetizers to snacks and dessert.

Read more about The Daniel Plan at danielplan.com.

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A Note from Pastor Rick Warren

On a typical summer morning when I was growing up, I would find my mom in the kitchen preparing all sorts of fruits and vegetables that we had picked from our garden. We lived on five acres, and my dad was an organic farmer before organic farming became an “in-thing.”

As a sixth grader, I remember reading his monthly *Organic Gardening* magazine.

My mom always cooked with fresh ingredients straight from the garden. She would can, pickle, and freeze foods such as corn and strawberries and give away the rest.

As a result, one of my favorite things to do now is gather my kids and grandkids to cook and grill fresh food from our garden. Last year, even as a busy pastor, I grew fifty-eight varieties of vegetables and ten varieties of fruit trees. There is nothing better than homemade salsa and grilled veggies that were just picked

Over the years, gardening not only has provided our family with fresh, nutritious food, but has also cultivated my appreciation for what God provides. God’s intention from the beginning (see Genesis 1:29) was to provide us with real, whole food — the

kind of food that allows us to stay healthy and live fully. God loves variety, and I see that in the abundant harvest of seasonal fruits and vegetables we get to enjoy.

When Kay and I got married, we were a great match because, for one thing, I love to eat and she loves to cook. Kay is an incredible baker, and in this cookbook you will see some of our family favorites.

In this cookbook you will find a menu of American classics that don’t compromise taste and that will help you live healthier and give you energy to fulfill your God-given purpose. Food is one of the great ways to create fellowship and build relationships. So gather your friends and family and enjoy each other around the table. Get back in your kitchen, and rediscover how easy it is to cook fresh, delicious whole foods. God bless you.

Kitchen Talk with Dr. Amen & Dr. Hyman

Pastor Warren recruited three nationally known doctors — Daniel Amen, M.D.; Mark Hyman, M.D.; and Mehmet Oz, M.D. — to coach him in getting healthy and help design The Daniel Plan. All three doctors graciously volunteered their expertise and time for free because they care

about our health. Dr. Hyman and Dr. Amen have transformed thousands of lives with their medical insight. Their passion to help people get well started years ago and affected their own lives. Get to know a little bit about their journey toward health and the impact that eating and cooking well has had on both of them.

What was the turning point for you that changed how you eat?

Dr. Amen: When I read the study that showed that as your weight went up the size of your brain went down, it just horrified me. I knew my brain was one of my most precious resources.

For thirty years I had been trying to lose weight. So when I got really serious about changing my eating habits, the big

surprise for me was that I wasn't hungry. I took out the high-glycemic foods and got my vitamin D level normal. (It was 17 when I started, while normal is between 30 and 100). Plus, I realized that you actually have to eat to lose weight, but eating well got my appetite under control.

Dr. Hyman: I visited my sister at her college when I was fifteen years old, and she introduced me to the “veggie” room in her cafeteria. That’s when I learned about crunchy organic peanut butter — rich, deep, and flavorful — slathered onto dense multi-grain homemade bread. The vegetarian food was so good, so delicious, that I became a vegetarian for eight years.

Then, in college I lived in a community house with eight people. Each of us cooked for everyone else one night a week. Making fresh, delicious, and inexpensive meals



Dr. Amen and Dr. Hyman visit one of Saddleback Church's campuses.



Dr. Hyman demonstrates one of his favorite smoothies for Daniel Plan Director Dee Eastman.





Dr. Amen, Dr. Hyman, Pastor Warren, and Dr. Oz at the first Daniel Plan rally

from scratch (we had little money) for a bunch of hungry college students, and sharing the joy and pleasure of real food made with love was the beginning of a lifelong passion.

How have your eating choices changed your life?

Dr. Amen: In every way. If I am more conscious about my eating, I am also more conscious about my overall health and brain. If I am conscious about my eating, I am also more conscious about how I feed my loved ones. If I am conscious about my eating, I am now more conscious about the health of our planet and how agriculture affects many aspects of life.

Dr. Hyman: I love food. I eat almost anything, as long as it is made by God, not man. Food is the fabric that ties everything together for me—my health, my work, my family, my friends, and the health of our

environment, even our global, social, and economic prosperity. Food is the medicine I use to treat my patients. It is more powerful than anything else I have at my disposal as a doctor to prevent, treat, and even reverse disease. Think about that the next time you take a bite of something.

How long did it take for your food tastes to change?

Dr. Amen: Literally less than two weeks. It was more my mind that had to change. When I realized that I was loving to eat right, what was good for me tasted a whole lot better.

Dr. Hyman: It took one week for me. Once you unhook from processed food, sugar, flour, and industrial packaged foods, your taste buds change, your brain chemistry gets reset, and you quickly stop craving the junk and start craving vegetables—really!

Dr. Amen: You should see us [Dr. Hyman, Dr. Oz, and me] when we are together: we're like squirrels. We take healthy food with us wherever we go; we stash it in our desks, our pockets, and our briefcases. That's how vigilant we are about healthy eating.

What are some foods that you used to love that you can't imagine eating today?

Dr. Amen: Brownies, Snickers, Rocky Road ice cream, pancakes, muffins ...

simple carbohydrates that boost the risk of diabetes and Alzheimer's disease. For me, I have to be really careful, because I can easily get triggered to dive back into those foods. So I am irritatingly vigilant for the health of my brain and my body. My treat is 65 percent dark chocolate that has DHA [an omega-3 fatty acid] in it. Eating well means there is no suffering required.

Dr. Hyman: When I was a kid, I loved Twinkies, Hostess Cup Cakes, Lik-m-aid, Smarties, and Peanut M&Ms. I used to pour powdered colored flavored sugar into my mouth. Now my body rejects those things. I walk by the candy aisle, and no matter how hungry I am, it just doesn't register as food. In fact, when I eat food-like substances, my body now knows immediately. I get sores in my mouth, my tongue feels weird, and I get a strange cloudy feeling in my head. So I can't imagine eating junk or candy; I love the naturally sweet things—fruit, maple syrup, honey.

For someone just starting, what important first steps would you suggest?

Dr. Amen: Prayer, education, motivation, support, and brain envy. It all comes down to our minds and what we believe about ourselves. If you start today, think about what your life will be like in thirty or sixty or ninety days. Then think about what your life will be like ninety days from now if you don't change your health. If you are like most people who start The Daniel Plan, you

will feel better, your clothes will be loose, and you will have to go shopping.

Dr. Hyman: I agree. The first step in changing how you eat is to connect to why you want to change. Once you realize you want to change, I recommend a very short detox. It can be a powerful way to realize just how bad the food you were eating truly makes you feel, and how quickly and easily you can feel better. It is also important to design your life for success. Clean up your pantry. Put real food in your kitchen. Stock emergency food packs so you always have something to eat that will nourish you.

When you cook, what are the go-to ingredients that you have to have on hand?

Dr. Amen: Tana—my wife! When I met her, she didn't know how to cook. I didn't even want her to cook! She would make a mess in the kitchen. But as she became more familiar with my work, and because she had cancer that came back three times, she began to take health seriously. So she figured out how to become masterful at taking healthy foods and making them taste great.

Besides Tana, in our kitchen we always have lean protein powder, frozen berries, spinach, and sugar-free dark chocolate.

Dr. Hyman: I stock my kitchen so that even if I don't have time to shop or plan, I always have something to eat or can make a simple meal in less than thirty minutes. I was recently gone for three weeks, but

when I got home, I was able to cook a delicious meal from scratch from the foods I had on hand. Buying a few fresh vegetables on my way home from work once or twice a week allows me to make a simple meal anytime.

Do you have any tips for getting kids involved with cooking?

Dr. Amen: Cook with them. Give them skills, and let them have success with healthy food.

Dr. Hyman: Make it fun. Put on fun music in the kitchen. Dance and sing in the kitchen so they have good memories of being there. When my children were little, we made cooking a family adventure. Children naturally love to help, to play with food and learn. So bake with them. Teach them to chop vegetables. Make a pie. Teach them how to grill ribs or make shish kebabs.

Dr. Amen: Tana and I cook with my grandkids. One of my grandchildren came to live with us for six months. We would cook with her, and she learned how to cook healthy food. My daughter, who is ten, spends a lot of time in the kitchen with her mom. She is so proud of herself because she can make a totally healthy pumpkin spice cake. One of my grandkids helps herself to the shelf in our pantry that has all kinds of ingredients for smoothies and shakes—she makes her own. If we make them teachers, then they teach their friends and families.

Dr. Hyman: Why not grow a small garden and allow them to plant, weed, water, and harvest their food so they have a real connection to where food comes from? Take kids shopping. Teach them to choose real food, such as how to know if a vegetable is fresh or a fruit is ripe, or how to shop from a recipe. Make it a family event.

Tell us one of your favorite meals and who you shared it with?

Dr. Amen: Tana and I were traveling together in Texas and went out for dinner. We ate Cioppiono, grass-fed New York steak, sautéed spinach, and asparagus. It was amazing! I looked at her and said, “This is not really suffering.” Eating well is about believing that you are worth it and that you are more valuable than your cravings.

Dr. Hyman: Every summer I go to Cape Cod for vacation with my family and friends. We have a tradition of a seafood feast with lobster, steamed local clams, fresh summer corn on the cob, a big salad of summer tomatoes, arugula, and avocados. We make a mess and laugh and tell stories on the deck outside.

How do you plan out your meals for the week? Any tips?

Dr. Amen: I say, “Fail to plan, then plan to fail.” We get together at the beginning of the week and decide what we will eat for dinners. Breakfast is usually a protein

shake, and lunch can be sushi or a chicken salad or stir-fry minus the rice.

Dr. Hyman: I make it simple. I have one or two breakfasts, one or two lunches, and three to four dinners that I can whip up quickly. I save the more elaborate recipes and meals for special occasions or weekends when I have more time. For breakfast I stick with my whole foods protein shake (page 76) or a couple of eggs, poached or lightly fried in olive oil, and an avocado. For lunch I have salad with avocado, toasted nuts, cherry tomatoes, arugula, and a can of wild salmon on top. For dinner: grilled chicken or fish, or sautéed tofu, stir-fried broccoli, asparagus or broccoli rabe or broccolini in olive oil with a little mirin (Japanese rice wine), salt, and pepper. I make some black rice for the week and store it in the fridge, then just reheat it in a pan.

What is the one health tip you tell people that has profoundly changed your life?

Dr. Amen: I always ask myself, *Then what?* If I eat this, then what? How will I feel in thirty–sixty minutes? How will I look next week or next month?

Dr. Hyman: Have protein for breakfast. Every day. No exceptions. Protein is a powerful way to start the day and is a key to weight loss and health.

How do you create healthy mealtimes for birthday, holidays, and family gatherings?

Dr. Amen: Often people celebrate with food that makes us sick. They soothe others with food or drink that is bad for us. So in my house, we create brain-healthy treats instead: fruit plates, nuts, fresh no-sugar-added sorbets (fruit has enough sugar), and frozen bananas.

Dr. Hyman: The happiest times for me are inviting friends and family over and cooking a fabulous (but often simple) meal for us all to share and enjoy together. We go to the garden together and pick our dinner. Or they help cut veggies or just hang out in the kitchen with good music playing in the background. Building family traditions around food is a wonderful way to create happy memories and build lifelong connections with family and friends.

The Daniel Plan Detox

Pick up a copy of *The Daniel Plan: 40 Days to a Healthier Life* for more information on the detox meal plan to reset your body and your tastes.



Sally Cameron



Jenny Ross



Robert Sturm



The Daniel Plan Signature Chefs

The Daniel Plan Signature Chefs developed, created, cooked, tested, and did it all over again and again to create delicious, nutritious recipes made from real whole foods and ingredients.

Sally Cameron is a professional chef, certified health coach, speaker, and author. Sally's passion is to inspire people to create great-tasting meals at home using healthy ingredients and easy techniques. Sally is the publisher of the popular food blog *A Food Centric Life*. Sally works with clients, including professional athletes and public figures, to help them achieve their individual health goals through optimum food choices and culinary and nutritional coaching. She holds a culinary degree from The Art Institute and health coaching certification from The Institute for Integrative Nutrition.

Jenny Ross is an internationally recognized chef, author, and educator, and the force behind Jenny Ross Living Foods, including the raw food restaurants 118 Degrees, the popular Raw Basics detox meal programs, and nationwide grocery product

line 118 Degrees. She has been an early pioneer of the raw movement, coaching clients about the healing power of living foods, while motivating them to adopt a more vibrant, healthy lifestyle. Find more about raw food in *Healing with Raw Foods*, *Raw Basics*, *Simply Dehydrated* or *The Art of Raw Living Food* cookbooks. She has a degree in holistic nutrition and certificates as a health and life coach.

Robert Sturm is one of California's premier chefs and food designers. He has been in the food service industry for more than thirty years, working as an independent consultant to leading restaurant chains around the country. He has been featured in many publications, appears on television and radio, and has been a featured chef at the United Nations, the White House, and the Kremlin.





Better Together



Gather Around The Daniel Plan Table

If we told you that you could be two to three times more successful on The Daniel Plan, would you want to know how? We would! The “secret sauce” — as we like to call it — is friends. It’s that simple.

We are better together, and The Daniel Plan is proof that our friends help transform our lives — even when it comes to our physical health. A community

that offers support and inspiration keeps you moving forward toward a healthier life.

One of the oldest pastimes is gathering for meals at a communal table. Humans have been hunting, gathering, and eating together for centuries. Families eat together. Kings and queens feast. Warring tribes agree to treaties over meals. We celebrate and find comfort around food. Around the dining table and kitchen, we can cheer our successes, commiserate about our challenges, and encourage one another. What a perfect place to also focus on our health!

The more people you can share The Daniel Plan with, the more you will find success with and enjoyment of your food choices. So while this cookbook is all about giving you the tools to cook healthy real

food, we invite you to do it with others.

Make dinner together, share recipes, plan potlucks, and explore new foods with your friends and family.

In the simple process of meeting together over food, your ideas of “social eating” will begin to shift toward healthier choices. One group of friends who were discovering The Daniel Plan together started including and focusing on healthy foods at each get-together. After several weeks on The Daniel Plan, more than 80 percent of the group had marked improvements in their health. Two individuals got off blood pressure medications, one member met her weight goal, and another member reported an increased level of energy and vitality after eliminating coffee from his diet.



These friends supported each other between meetings by calling one another throughout the week, sharing success stories, asking for help, and encouraging one another after natural slip-ups or unhealthy choices. Their tastes changed, and they started craving foods that are good for them. To infuse fun learning into their journey, they even invited a local health foods chef to demo a few Daniel Plan recipes for their whole group. Together they discovered new food items and learned cooking tips.

The secret sauce of community can come from your own family, coworkers, neighbors, or small groups. You may be inspired or called to lead your own group of Daniel Plan participants. Leading others into The Daniel Plan lifestyle can be as simple as sharing the fun and fulfilling recipes from this cookbook at the next

neighborhood block party and being open about your own health journey. If you love cooking already, you could be a health champion and show others the ropes in the kitchen.

Some basic things you might try with friends or family: Share a healthy meal each week, each of you bringing a dish that you enjoy; visit local health workshops; or attend culinary classes geared toward wellness. Potlucks, parties, and make-your-own dinners get everyone involved in the kitchen, while also promoting health and the joy of shared meals.

Ultimately, the secret sauce is the one ingredient we want you to use over and over. The power of two or more can remind you of how far you have come on The Daniel Plan and provide tangible inspiration as you continue on your journey.

Share a Meal

For more great ideas on how to set the “community table” on The Daniel Plan, check out [Mealtime Celebrations](#) on pages 250 – 263.

Turn Ordinary Moments into Special Moments

Sitting down to eat a meal together around the table is a great time to learn how everyone is doing. Whether you are enjoying a meal with friends on the weekend or sitting down to a family supper during the week, mealtimes help people stay connected. With demanding schedules

and a multitude of activities, it's easy to see why plans to eat together can often get derailed. But shared meals are a practice you will want to preserve. Consider a meal a date with your loved ones, a reservation that reveals how much you care.

Take time at the table for everyone to share about what's happening at school or work and talk about upcoming events. It's a chance to listen and an opportunity to

be heard. One approach that gets things started is called "highs and lows." Each person talks about a high point and a low point of the day or week. Letting each person open up in this way often leads to deeper conversations. Then go around the table and affirm each other. You will be surprised how much you learn during just one meal!

Once a week or month, set the table for a party to celebrate milestones and special

Family, Food, and Kids

The latest research shows that kids, especially teenagers, are less likely to get lured into trouble and experiment with drugs if they eat regularly with their family. The family bonding and support also fosters their academic life. Kids who go to school hungry don't learn as well. A hearty breakfast is a must for everyone.



achievements. Designate a special plate or table decorations for the occasion. When you stop to think about it, there is always something to celebrate besides the big events of a birthday, graduation, or anniversary. Recognize an accomplishment at work or school, a deadline that was met, a new skill learned, an answered prayer, or a new friend made. Celebrating together is a joy generator. With a life full of commitments and obligations, isn't it nice to welcome a little bliss whenever we can?

Take the leap. Set a schedule and send out the invitation. You will wonder why

you didn't do it sooner. It's just a healthy way to nurture the ones you love. At some point, take it a step further and invite others to join your family, perhaps a friend who lives alone, a neighbor who has recently divorced, or anyone who could use some loving care. Hospitality offers comfort and acceptance to whoever accepts the invitation. Open your door and your heart to share your meals and moments around the table. You will likely be inspired to make it an ongoing tradition.



The Family Kitchen

Naturally, you may be wondering exactly how you will engage your children, older family members, and maybe even your spouse in The Daniel Plan menu. Anyone who has children knows that change in the dinner time routine can be a source of conflict and stress. Just dining in can be a new concept for your family, especially if you have a busy schedule. To avoid this, we recommend planning ahead.

The most important thing you can share as you begin to discover real, whole foods together is the reason behind the change. Families who are united for better health can create a foundation for a well-balanced life. Take the time to talk about why health is important. Encourage everyone to take The Daniel Plan as a family exploration adventure. It's okay that not everyone will like every option; don't let it be a downer or source of tension. Instead, make it fun by encouraging everyone to be adventurous and try everything at least once. You might consider posting a food ranking chart in your kitchen or dining room and ask everyone to offer two to three words to describe the flavor and texture of foods—even if those descriptions are the reason they don't like something.

Kids of all ages can become Daniel Plan chefs. When family members encourage them, many children are excited about the prospect of creating something in the kitchen. Kids in particular display a proud sense of ownership for meals they create, so engage them in food preparations as often as possible—and be patient with them.

Starting on page 15 we talk about some easy ways to plan ahead and organize your kitchen with the basic ingredients for making quick and easy Daniel Plan meals throughout the week. Kids and teens can help by labeling containers, washing vegetables, and having shopping duties. With your strong readers, consider putting them on a “search and destroy” mission in the pantry to help you clean it out. Love



of good food begins with picking out the ingredients, so involve your children in all steps of the process for best results and a long-lasting relationship with healthy food.

We also have a few tricks for helping family members get some important Daniel Plan basics into their diet. For greens, we recommend smoothies such as the Green Smoothie on page 79. It looks green, but does not taste “green.” For fruits and vegetables, we recommend plating them in interesting ways. We eat with our eyes first, so the more interesting the food looks, the more likely we are to be willing to try it. Here are a few ideas:

- The Zucchini Pasta on page 113 can be served piled high using a compression mold to stack the pasta and create a tower. Your little ones might have even more fun by adding castle windows and doors, using baby tomatoes.
- Instead of tossing or layering salads, arrange items to create shapes and characters (e.g., tomato for a head, lettuce for a body, carrots for arms and legs). There are reasons why fun pasta and cereal shapes sell! Put those kid-friendly tactics to work in your kitchen.
- Occasionally set up interactive family meals, such as creating a salad, taco, or sandwich bar where family members can add their favorite toppings to healthy basics.

As you explore your Daniel Plan preferences with your family, you may experience certain meal-planning challenges when accommodating a variety of food restrictions in your family. View this as an opportunity for the whole family to try new versions of certain dishes. For example, if one family member is lactose intolerant, have the entire family show their support by choosing a dairy-free meal each week. As you model healthy habits and supportive choices at the dinner table, your children will begin to see the table as a safe and fun place for health and family time.

A little creativity can go a long way toward inspiring health for the whole family. For more ideas on creative family expressions of The Daniel Plan, check out our Facebook page with ongoing posts on creative Daniel Plan feasts for the whole family.







Getting Started

