

UC Davis Integrative Medicine

© The Regents of the University of California, Davis campus IPHI, 2018. All rights reserved.

ucdim.com /ucdim @ucdim @ucdim



The 21-Day Plant-Based Challenge

3 Weeks of Menus, Recipes, and Tips to Explore the Plant-Based Lifestyle — One Bite at a Time

\$25.00
 ISBN 978-1-7327512-0-0
 5 25 00 >

9 781732 751200

Introduction

A WARM WELCOME!

We are excited that you are joining us for a nutrition revolution that will change your life and health forever!

This Menu Book was created for the 2016 Food Day Challenge, an annual event hosted by UC Davis Integrative Medicine and held every October–November in honor of World Food Day.

During the event, participants take steps to transition to a healthier lifestyle by following a 100 percent whole food, plant-based diet for 3 weeks.

The 2016 Challenge is complete but with this Menu Book, you can take (and repeat) the challenge at any time!

LET'S GET STARTED!



BEFORE YOU START...

Download your shopping list from the link below:

bit.ly/21fdc-2016





Table of Contents

Introduction	1-5
Week 1: Latin American Cuisine	8-9
Week 2: Mediterranean Cuisine	8-9
Week 3: Asian and Middle Eastern Cuisine	8-9
Breakfast	10-23
Lunch	24-49
Snacks	50-59
Dinner	60-87
Resources	88
Advance Preparation/Batch Cooking	89-91
How to Cook Dried Beans	92-93
Oil-Free Salad Dressings.....	94-102
About	103
Index	104-115

Week 1 | Latin American Cuisine

	Day 1	Day 2	Day 3
Breakfast	For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 10-23		
Weekly Salad	Slaw Salad 26		
Lunch	Golden Beet and Kale Salad, Corn Fritters 27	Black Bean Burrito 28	Roasted Veggie Salad 29
Snack	For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 50-59		
Dinner	Black Bean Chili, Cashew Sour Cream 62	Asparagus Soup 63	Baked Potato 64 Mushroom Gravy 65

Week 2 | Mediterranean Cuisine

	Day 1	Day 2	Day 3
Breakfast	For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 10-23		
Weekly Salad	Italian Salad 34		
Lunch	Summer Squash With Pesto 35	Chickpeas and Tomato Stew 36	Farmer's Market Salad 37
Snack	For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 50-59		
Dinner	Fusilli Alla Puttanesca 71 Kale and Chickpea Salad 72	Roasted Garlic Mashed Cauliflower 73 Oven Roasted Autumn Vegetables 74	Vegetable Lasagna Rolls 75 Fresh Mixed Greens and Berry Salad 76

Week 3 | Asian & Middle Eastern Cuisine

	Day 1	Day 2	Day 3
Breakfast	For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 10-23		
Weekly Salad	Asian Chop Salad 42		
Lunch	Banh Mi Bowl 43	Cauliflower Couscous 44	Turkish Chickpea Salad 45
Snack	For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 50-59		
Dinner	Drunken Noodles 81	Moroccan Tofu 82	Five-Spice Cauliflower 83

Latin American Cuisine

Day 4	Day 5	Day 6	Day 7
For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 10-23			
Slaw Salad 26			
Hummus Veggie Wrap 30	Yummy Black Bean, Beet and Shiitake Burger, Apple and Endive Salad 31	Roasted Rice and Kale Stuffed Peppers 32	Spicy Black Bean and Corn Salad 33
For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 50-59			
Mango Fried Rice 66 Sautéed Brussels Sprouts With Caramelized Onions 67	Hummus Veggie Tortilla Pizza 68	Southwestern Sweet Potato Chips 69	Steamed Broccoli 70 Mushroom Gravy 65 Wholesome Power Wedges 70

Mediterranean Cuisine

Day 4	Day 5	Day 6	Day 7
For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 10-23			
Italian Salad 34			
Sweet Potato Salad 38	Un-Tuna Sandwich 39	Waldorf Salad 40	Holiday Wild Rice With Cranberries and Pecans, Sautéed Spinach 41
For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 50-59			
Wild Rice With Chickpeas 77	Pappa Al Pomodoro (Bread and Tomato Soup) 78	Spaghetti Squash With Roasted Garlic and Tomatoes 79	Vegan Shepherd's Pie 80

Asian & Middle Eastern Cuisine

Day 4	Day 5	Day 6	Day 7
For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 10-23			
Asian Chop Salad 42			
Vietnamese-Style Spring Rolls With Baked Tofu 46	Red Cabbage and Avocado Salad 47	Spicy Peanut Tofu Lettuce Wraps 48	Baked Falafel, Tomato Cucumber Salad 49
For entire week, choose 2-3 options, to your preference, and rotate one per day from recipes on pages 50-59			
Vegetable Coconut Curry With Rice 84	Mango and Cauliflower Stir Fry 85	Soba Noodles With BBQ Tofu and Vegetables in Peanut Sauce 86	Bulgur and Lentil Pilaf With Leeks 87

Weekly Salad – Slaw Salad

Prep Time 10 min, Cook Time 0 min, Serves 2



INGREDIENTS

- 1 cup arugula
- 1 cup green cabbage, shredded
- ½ cup carrots, shredded
- ½ cup red cabbage, shredded
- ½ cup red onion, thinly sliced
- ¼ cup green bell pepper, roasted
- ¼ cup green onion, chopped
- 2 tablespoons cilantro, fresh, chopped
- 1 tablespoon mint, fresh, chopped

DIRECTIONS

1. Add all salad ingredients into a large bowl and mix well.
2. Add dressing to the salad and toss.

Notes

Suggested Salad Dressing: Smoky Citrus, Citrus or Avocado (pages 94-100)

Use this weekly salad recipe to add greens to your meals (and balance out their energy density). For variation, combine ingredients in different proportions and use different dressings throughout the week. To make this salad a meal in itself, add one cup roasted sweet yellow corn (thawed if using frozen) and one cup cooked black beans (drained and rinsed).

Golden Beet and Kale Salad With Corn Fritters

Salad: Prep Time 20 min, Cook Time 0 min, Serves 2 | Corn Fritters: Prep Time 5 min, Cook Time 15 min, Serves 2

INGREDIENTS

Golden Beet and Kale Salad

- 2 cups kale, thinly sliced
- ¾ cup golden beets, peeled, shredded
- ½ cup carrots, peeled, shredded
- ½ cup red bell pepper, diced
- ½ cup yellow bell pepper, diced
- ¼ cup broccoli sprouts
- ¼ cup green onions, thinly sliced
- ¼ cup hemp seeds • (optional)

Corn Fritters

- 1 cup sweet yellow corn, frozen, thawed
- ¼ cup cornmeal
- ¼ cup flour, whole wheat or gluten-free
- ¼ cup water
- 2 tablespoons chives, finely chopped
- 2 tablespoons shallots, finely chopped
- 1 tablespoon garlic, fresh, chopped
- Black pepper, freshly ground, to taste

DIRECTIONS FOR GOLDEN BEET AND KALE SALAD

1. Place kale, beets, carrots, green onion, hemp seeds, bell peppers, and broccoli sprouts in a large mixing container.
2. Pour dressing over kale mixture and toss until kale is well coated.

Notes

Suggested Salad Dressing: Basil Tahini (page 96)

Massaging the kale for 2 to 3 minutes will make it softer.

DIRECTIONS FOR CORN FRITTERS

1. Heat a flat griddle pan or flat plates on a panini pan to medium heat.
2. Mix ingredients in a bowl, adding the water until mixture is firm enough to scoop into balls.
3. Drop a spoonful of mixture onto the pan and flatten until fritters are ½-inch thick.
4. Cook on medium heat until light brown. Flip over and cook the other side.

Notes

Whole wheat flour can be used instead of gluten-free flour but you will want to use less water to make sure the mixture becomes firm.



Index

S CONTINUED

SMOKY CITRUS DRESSING, 100

**SOBA NOODLES WITH BBQ TOFU AND
VEGETABLES IN PEANUT SAUCE, 86**

SOUTHWESTERN SWEET POTATO CHIPS, 69

**SPAGHETTI SQUASH WITH ROASTED GARLIC
AND TOMATOES, 79**

SPAGHETTI SQUASH

Spaghetti Squash With Roasted Garlic
and Tomatoes, 79

SPICY BLACK BEAN AND CORN SALAD, 33

SPICY PEANUT TOFU LETTUCE WRAPS, 48

SPINACH

Fresh Mixed Greens and Berry Salad, 76

Hummus Veggie Tortilla Pizza, 68

Mango Cauliflower Stir Fry, 85

Sautéed Spinach, 41

Sweet Potato Salad, 38

Vegetable Lasagna Rolls, 75

SPRING ROLL PAPERS

Vietnamese-Style Spring Rolls With Baked Tofu, 46

STEAMED BROCCOLI, 70

SUMMER SQUASH WITH PESTO, 35

SUMMER SQUASH

Hummus Veggie Tortilla Pizza, 68

Summer Squash With Pesto, 35

SWEET AND SPICY ASIAN DRESSING, 101

SWEET AND TART BAKED APPLES, 56

SWEET POTATO HASH, 23

SWEET POTATO SALAD, 38

SWEET POTATO

Black Bean Chili, 62

Southwestern Sweet Potato Chips, 69

Sweet Potato Hash, 23

Sweet Potato Hummus (Crudités With Spreads), 55

Sweet Potato Salad, 38

SWEET RASPBERRY DRESSING, 101

T

TAHINI DRESSING, 101

TOFU 'OMELET,' 21

TOFU SCRAMBLE, 20

TOFU

Banh Mi Bowl, 43

Baked Tofu, 53

Moroccan Tofu, 82

Roasted Rice and Kale Stuffed Peppers, 32

Smoky Citrus Dressing, 100

Soba Noodles With BBQ Tofu and Vegetables
in Peanut Sauce, 86

Spicy Peanut Tofu Lettuce Wraps, 48

Tofu 'Omelet,' 21

Tofu Scramble, 20

Vegetable Lasagna Rolls, 75

Vietnamese-Style Spring Rolls With Baked Tofu, 46

Waldorf Dressing, 102

TOMATO CUCUMBER SALAD, 49

TOMATO

Chickpeas and Tomato Stew, 36
Drunken Noodles, 81
Farmer's Market Salad, 37
Fusilli Alla Puttanesca, 71
Italian Salad, 34
Mango Fried Rice, 66
Moroccan Tofu, 82
Pappa Al Pomodoro, 78
Roasted Rice and Kale Stuffed Peppers, 32
Roasted Veggie Salad, 29 (sun-dried)
Southwestern Sweet Potato Chips, 69
Spaghetti Squash With Roasted Garlic and Tomatoes, 79
Tomato Cucumber Salad, 49
Wild Rice With Chickpeas, 77

TORTILLA

Black Bean Burrito, 28
Hummus Veggie Tortilla Pizza, 68
Hummus Veggie Wrap, 30

TURKISH CHICKPEA SALAD, 45

U

UN-TUNA SANDWICH, 39

V

VEGAN SHEPHERD'S PIE, 80

VEGETABLE BROTH

Asparagus Soup, 63
Black Bean Chili, 62
Chickpeas and Tomato Stew, 36
Drunken Noodles, 81

Fusilli Alla Puttanesca, 71
Hummus Veggie Tortilla Pizza, 68
Pappa Al Pomodoro, 78
Roasted Garlic, 73
Roasted Rice and Kale Stuffed Peppers, 32
Spaghetti Squash With Roasted Garlic and Tomatoes, 79
Vegan Shepherd's Pie, 80
Wild Rice With Chickpeas, 77

VEGETABLE COCONUT CURRY, 84

VEGETABLE LASAGNA ROLLS, 75

VIETNAMESE-STYLE SPRING ROLLS WITH BAKED TOFU, 46

W

WALDORF DRESSING, 102

WALDORF SALAD, 40

WHOLESOME POWER WEDGES, 70

WILD RICE WITH CHICKPEAS, 77

Y

YAM

Vegetable Coconut Curry, 84

YUMMY BLACK BEAN, BEET AND SHIITAKE BURGER, 31

Z

ZUCCHINI

Farmer's Market Salad, 37
Summer Squash With Pesto, 35

Are Your Unhealthy Habits Holding You Back?

Join Our Bite-Sized Community to Get All the Tools,
Resources and Support You Need — One Bite at a Time



bite-sized.com/amazon

