

# **The Church Of The Open Door**

## **2020 Vegan Fast Food Regimen**

**Week One February 27<sup>th</sup> – March 7<sup>th</sup>**

**Thursday, February 27, 2020**

### **Breakfast**

Vegan Sausage any brand

Vegan eggs any brand

Vegan Toast any brand

Hash Browns

Juice/ Coffee/ Water

### **Lunch**

Salad

Get creative

Lettuce/ spinach/ arugula/ Kale

Onions/ Mushrooms/ Olives/ Tomatoes

Avacado/ Nuts/ Berries/ Cucumber

Zucchini

Balsamic Vinaigrette/ house made/ or any other vegan

Dressing you come across

### **Dinner**

Curry Veggies

Chop onions, peppers all colors, ginger, turmeric, garlic

Cut up corn on the cob and red potatoes into smaller pieces

Put into a pot with olive oil or whatever oil you choose.

add seasonings like jerk seasoning and curry powder to your taste

And whatever seasonings you like. Cook until the potatoes are aldente

Spiralize zucchini, squash, chop up whatever greens you like

As well as cabbage and all veggies you like add the rest of the veggies cook

To your likings add coconut milk if you like

Make a pot of whatever kind of rice you eat

## **Friday, February 28, 2020**

### **Breakfast**

Smoothie

Spinach or any other green you like

Carrots, ginger, turmeric, peanut butter optional

Almond or any kind of milk that's not animal based

Optional, any fruit you like

### **Lunch**

Spinach and or kale and or collard greens and or

Cabbage, carrots, mushroom which ever ones you like, onions, any bell peppers,

Garlic, and ginger sautéed over vegan noodles with olive oil. Seasoned to your liking.

### **Dinner**

You should have food from the night before

**Saturday, February 29, 2020**

**Breakfast**

Braised Collard Greens over

Grits cooked to your liking with vegan butter

3 bunches of collard greens

Cleaned and cut

4 quarts of water

2 vegetable bouillon cubes

Kosher salt, teaspoon of black pepper, onion powder,

garlic powder, smoked paprika, cajun seasoning (sugar optional)

garlic cloves, 4-6 dashes of liquid smoke

4-6 cups of fresh cabbage, olive oil

**Lunch**

Veggie Burger

Buy veggie burger

Sauteed onions, pickles, sliced tomatoes, lettuce, Avocado

Vegan Mayo- relish, roasted peppers, ketchup, whatever

Seasonings you like, on vegan bread of your choice

**Dinner**

Fried Cauliflower

Season to your liking

Soak in nondairy milk or half n half (your choice)

Mix flour with corn starch season to your liking

Heat up whatever kind of oil you fry food in

Dip your cauliflower in the liquid then the dry 2x

Drop into the hot oil fry until golden set aside

On rack to drain with paper towels

Make a gravy

Whatever vegetables like and rice

## **Sunday, March 1, 2020**

### **Breakfast**

Vegan eggs

Hash Browns

Vegan Sausages

Bushes Baked Beans optional

Fruit medley

### **Lunch**

Smoothie

Spinach or any greens you like

Whatever combination of fruits you like

Turmeric/ Ginger

Blend with Ice

### **Dinner**

Creamy Veggie Pasta with Sausage

2 Vegan sausages (which ever ones you like)

2 tablespoons of olive oil

1 cup of diced onions

3 cloves of garlic, minced

Salt and pepper to taste

1 cup of good white wine

1 cup of vegetable stock

1 cup of vegan half and half

½ teaspoon of water mixed with ½ teaspoon of cornstarch

1 pinch of red pepper flakes

½ teaspoon of dried fennel

½ teaspoon of dried basil

½ teaspoon of dried thyme

½ teaspoon garlic powder

½ teaspoon of onion powder

½ pound of cooked pasta

4 cups of kale or whatever greens you like

Chopped up

**Monday, March 2, 2020**

**Breakfast**

Coconut Yogurt Bowl with Granola

Buy coconut Yogurt which ever one you like

Buy granola which ever one you like

½ cup of maple syrup or vegan honey

1 teaspoon of cinnamon

½ teaspoon of allspice

½ cup of pecans

½ cup of pumpkin seeds

½ cup of raisins

½ cup of dried mango

½ cup of dried apples

½ cup of cranberries

Mix in fresh fruits also

**Lunch**

Smoothie

Use your imagination

**Dinner**

You should have leftovers from yesterday

**Tuesday March 3, 2020**

**Breakfast**

A bowl of fresh fruits  
Granola and Yogurt  
Be creative

**Lunch**

Shroom sandwich  
Oyster mushrooms  
Batter however you would chicken  
Either air fry them or fry them over the stove  
Get vegan rolls  
Lettuce / tomatoes/ pickles/ sautéed onions  
Avocado slices, roasted peppers, vegan mayo  
Assemble the ingredients however you like on the bread

**Dinner**

Pomegranate Potato skillet with Avocado  
Red peppers  
Red onions, garlic sliced  
Salt n pepper, smoked paprika, garlic and onion  
Powder, cumin to taste. Olive oil  
To garnish  
Sliced scallions  
Pomegranate seeds  
Sliced Avocado  
Sea salt

Directions – heat large skillet over medium heat  
Slice potatoes about 1-inch pieces add them, along with the onions and  
Garlic, cook until the potatoes are tender  
Season the potatoes with the seasonings  
Top with the toppings

**Wednesday, March 4, 2020**

**Breakfast**

Make a Smoothie to your liking  
Be creative  
Have some fresh fruit on the side

**Lunch**

Salad  
Any combination of greens you like  
Cucumbers/ tomatoes/ avocado/ red onions/ raisins  
Whatever Beans you like along with  
Any dry fruits you like  
Dressing  
Get creative

**Dinner**

Cauliflower or fried shrooms Tacos  
Fry the cauliflower or the mushrooms like the previous  
Days  
For the avocado crema to top the tacos  
1 cup of plain cashews soaked in water for at least an hour  
2 table spoons of reserved water, lime juice a pinch of salt and a  
Whole avocado. Put all the ingredients in a food processor.  
Or use whatever topping you choose to buy from the store  
Make a picco de gallo  
1 cup of diced tomatoes  
1 tablespoon of minced onion  
1 teaspoon of minced jalapeno  
Salt n pepper to taste  
Sugar optional  
The juice of 1 lime  
Teaspoon of olive oil  
Chop in a food processor  
Or just buy from the store  
Buy vegan tortillas and put your ingredients in the tortillas and enjoy

## **Thursday, March 5, 2020**

### **Breakfast**

Vegan sausage/ or bacon

Vegan eggs

Vegan toast

Avocado sliced

Fresh fruits

### **Lunch**

Salad

Be creative

### **Dinner**

3 Bean Chili

Red, black, pink beans

Cut up, fresh garlic, onions, all color peppers

Seasonings of your choice

Cook until beans are ready add

Tomato sauce and chilli powder

Make a pot of rice

**Friday, March 6, 2020**

**Breakfast**

A bowl of fruit  
Granola  
Yogurt

**Lunch**

Wild Mushroom Crostini  
Ingredients  
Extra virgin olive oil  
Garlic cloves peeled and crushed  
1 vegan whole wheat baguette, sliced  
Assorted mushrooms sliced  
Kosher salt, black pepper  
Finely chopped parsley  
Minced chives  
Shaved vegan parmesan

**Dinner**

You should have leftovers from yesterday

**Saturday, March 7, 2020**

**Breakfast**

Berry butter milk pancakes

1 ¼ cup of all purpose flour

2 table spoons of sugar

2 teaspoons of baking powder

1/8 teaspoon of salt

1 ¼ cup of water

2 tablespoons of vegetable oil

1 cup of frozen berries (which ever ones you like)

Butter drizzle

1 stick of butter room temperature

2 tablespoons of brown sugar

1 pinch of salt

1/2teaspoon of vanilla extract

With whatever vegan sausage or bacon you like

**Lunch**

Creamy Vegetable Pot Pie

For the roasted vegetables

1 cup of carrots, leeks, red potatoes, fennel,

or whatever veggies you like

Salt and pepper and olive oil

For the Biscuits

2 cups of all purpose flour

½ cup of vegetable shortening

½ cup of vegan butter

½ teaspoon of salt

4 tablespoons of baking powder

1 teaspoon of sugar

1 cup of vegan half and half

1/2teaspoon of apple cider vinegar

For the filling

½ cup of diced onion

½ cup of diced bell pepper

2 cloves of garlic, minced

2 tablespoons of olive oil

2 tablespoons of all purpose flour

1/2vegetable bouillon  
1/2 teaspoon of garlic powder  
1/2 teaspoon of ground fennel  
1/2teaspoonof Italian herbs  
2 cup of vegan half n half  
1/2 teaspoon of fresh thyme  
1/2 teaspoon of fresh rosemary

Have some for dinner also

The Church Of The Open Door  
201 Gold Street, Brooklyn, NY 11201  
Rev. Dr. Mark V. C. Taylor, Pastor



**Vegan Diet for Lent**  
**Ash Wednesday - Easter Sunday**  
**February 26, 2020 to April 12, 2020**

# Vegan Diet for Lent

**From Ash Wednesday, February 26, 2020 to April 12,  
2020 Easter Sunday☒**

**\*\*Please note – Anyone Fasting with the Vegan Diet should consult their doctor for clearance, especially, those who have medical condition(s), those who are under a Doctor’s care, and those who are pregnant.**

**Please consult with your Doctor regarding your participation.**

## **Things to avoid while on a Vegan Fast:**

**Meat and poultry: beef, lamb, pork, veal, horse, organ meat, wild meat, chicken, turkey, goose, duck, quail, etc.**

**Fish/Seafood: All types of fish, anchovies, shrimp, squid, scallops, calamari, mussels, crab, lobster, etc.**

**Dairy: Milk, yogurt, cheese, butter, cream, ice cream, etc.**

**Eggs: From chickens, quails, ostriches, fish, etc.**

**Bee products: Honey, bee pollen, royal jelly, etc.**

**(Helpful hint\*\* anything that has a face is off limits )**

**Vegan Diet: A Vegan Diet is a diet based on a wide variety of whole plant foods such as fruits, vegetables, whole grains, legumes\*, nuts and seeds.**

## Balancing food groups

The table below gives you further ideas about how to balance your vegan diet:

<i>Food group</i>	<i>Suggested intake</i>
Fruit and vegetables (fresh, tinned, frozen or dried), including orange varieties and leafy greens	At least 5 x 80g portions per day (30g for dried fruit)
Starchy foods – ideally higher fiber choices, such as oats, sweet potato, whole meal bread, whole-wheat pasta and brown rice	Every meal
Protein-rich foods, such as beans, lentils, chickpeas, tofu, soya alternatives to milk and yogurt and peanuts	Most meals
Nuts and seeds, especially those rich in omega-3 fat	Daily
Calcium-rich foods, such as calcium-fortified foods and calcium-set tofu	Examples that could be included in your daily diet:  400ml of calcium-fortified plant milk provides about two thirds of the recommended daily intake for adults  100g of calcium-set tofu (raw weight) might provide about half of the recommended daily intake for adults

## Vegan lifestyle guide

The tips below will help you to get the most out of your vegan lifestyle:

- Make sure that your diet contains a variety of fruit and vegetables – eat a rainbow!
- Choose higher fiber starchy foods, such as oats, sweet potato, whole meal bread, whole-wheat pasta and brown rice
- Include good sources of protein in most meals, such as beans, lentils, chickpeas, tofu, soya alternatives to milk and yogurt, or peanuts
- Eat nuts and seeds daily, especially those rich in omega-3 fat
- Eat calcium-rich foods daily, such as calcium-fortified products and calcium-set tofu

Types of foods that can be eaten (Be mindful of your personal intolerances and allergies)

### What You Can Eat

#### **Vegetables /Veggies.**

**Fruits:** No limits on nature's candy.

**Grains:** Whole grain bread (made without dairy) pasta, and rice. Think couscous and farro and barley.

**Legumes:** (can serve as protein sources) Peas, Chickpeas, Split peas, Navy beans, Kidney beans, Soybeans, Cow peas, Pigeon eastbound Black eyed peas, Beans, Pinto beans, Lentil, Peanuts, Lima beans etc

#### **Nuts and seeds**

**Tofu and tempeh:** There's a whole world of non-boring tofu recipes out there.

**Plant-based oils:** Cold-pressed is best.

**Natural sweeteners:** Honey isn't allowed (y'know, bees), but sweeten up life (in moderation) with coconut sugar, maple syrup, agave, stevia.

Research Sources:

[www.Health.usnew.com](http://www.Health.usnew.com), [www.vegansociety.com](http://www.vegansociety.com), [www.healthline.com](http://www.healthline.com)