



THE **D**DANIEL PLAN

**21 DAY**

**CHALLENGE**

SIMPLE STEPS | LASTING RESULTS

SUPER BOWL  
RECIPE GUIDE



# Rock My Fancy Guac

## INGREDIENTS:

- 3 ripe avocados
- 2 tablespoons fresh lime juice plus 1 teaspoon grated zest
- 1 small jalapeño, seeded and finely diced
- 2 tablespoons fresh cilantro, minced
- 2 tablespoons minced red onion
- 2-3 cloves garlic, crushed
- 1 teaspoon smoked sea salt
- ½ teaspoon white pepper
- ½ teaspoon ground cumin

## DIRECTIONS:

1. Slice avocados in half. Remove stone and scoop out flesh with a large spoon into a medium sized bowl.
2. Mash avocados with the back of a spoon and add in lime juice and tequila and mix until well incorporated.
3. Add jalapeño, cilantro, onion, zest, garlic and remaining seasonings. Allow guac to set up for at least an hour in the fridge before serving with Xica Jicama chips or alongside taquitos.

# Crockpot Turkey and Kale Chili

Serves 6-8

## INGREDIENTS:

- 2 tsp raw coconut oil
- 1 medium red onion, diced
- 3 cloves garlic, minced
- 1 ½ pounds lean ground turkey
- 1 tablespoons chili powder
- 1 tablespoons cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1 teaspoon cinnamon
- 2 tablespoons tomato paste
- 2 packages Melissa's Six-Bean Medley
- (white kidney, cranberry, white navy, red kidney, black-eyed and black beans) OR 4 cups of your favorite beans
- 2 cups water or low sodium vegetable broth
- 3-4 carrots and chopped into ½ inch coins
- 1 small bunch kale, tough stems removed and chopped into 2 inch pieces
- *Optional:* avocado slices to top

**Vegan Swap:** Substitute turkey with soy chorizo or omit altogether.

## DIRECTIONS:

1. In a large skillet, heat coconut oil over medium high heat. Add the onions and garlic and cook until translucent.
2. Add ground turkey and cook, breaking apart into crumbles with a wooden spoon, until cooked through, about 6 to 8 minutes. Remove meat and drain off fat. Season with chili powder, cumin, sea salt, black and white pepper, and cinnamon in a small bowl, mixing with a fork.
3. Transfer ground turkey mixture to a crockpot and add remaining ingredients. Mix well with a wooden spoon and cook over low heat up to 7-8 hours or high heat up to 3-4 hours. If you're not using a crock pot, cook in a stock pot or dutch oven on the stove over low heat for 1 hour. Serve with optional avocado slices.

# Touchdown Taquitos

**Baked Butternut Squash and Caramelized Onion Taquitos | Gluten-Free**

**Serves 6-8**

## INGREDIENTS:

- 1 butternut squash, cooked until fork tender (baked in the oven at 400F for about 45 minutes)
- 1 teaspoon dried oregano
- 1 ½ tsp chili powder
- 2 tsp white pepper
- 4 oz goat cheese
- 2 Tbsp raw coconut oil
- 1 sweet onion, chopped
- 1 ½ tsp sea salt
- 24 Xica Jicama Taco Shells, or gluten-free taco sized tortillas (sprouted grain or organic corn preferably)
- 2 tablespoons raw coconut oil
- 1 tablespoon ground cumin
- 2 teaspoons smoked paprika
- 1 teaspoon turmeric

**Vegan Swap:** Substitute turkey with soy chorizo or omit altogether.

## DIRECTIONS:

1. Preheat oven to 375 F. In a food processor, add cooked butternut squash, oregano, chili powder and goat cheese. Process until smooth and creamy.
2. In a medium skillet, heat coconut oil over medium heat and reduce to low heat. Add chopped sweet onion and sea salt and cook until onions are sweated out, about 10 minutes, taking care for them not to brown. In a medium sized bowl, combine butternut squash mixture with caramelized onions.
3. Mix raw coconut oil with cumin, smoked paprika and turmeric together and brush each side of tortilla. Place about 2 tablespoons of mixture in the first third of each tortilla and spread across the length of it evenly. Roll tightly until the taquito is formed and place seam side down.
4. Place rolled taquitos in a large baking pan and bake for 15 minutes.
5. Serve with 'Rock My Fancy Guac' (recipe above) on the side.

# Smoky Veggie White Bean Chili

Vegan | Gluten-Free

Serves 6-8

## INGREDIENTS:

- 1 ½ teaspoon grapeseed oil
  - ½ cup onion, chopped
  - ½ cup red bell pepper, chopped
  - 2 teaspoon minced garlic
  - 2 teaspoon ground cumin
  - 2 teaspoons chile in adobo, minced, plus 1 tablespoon adobo liquid (this is VERY spicy so if you don't like the heat, omit this or scale way back)
  - 1 teaspoon dried oregano
  - 1 teaspoon smoked paprika
  - 14 oz low sodium diced tomatoes
  - 8 oz vegetable broth
  - 15 oz white beans (rinsed drained)
  - 2 tablespoons tomato paste
  - 1 tablespoons brown sugar
  - Pinch of Kosher salt
  - Black pepper to taste
- 'Sour Cream' Topping:**
- ¾ cup unsweetened coconut yogurt
  - Juice of a lime plus 1 tsp zest
  - 2 tablespoons cilantro, cleaned with Eat Cleaner Triple Action Fruit + Veggie Wash, finely chopped

## DIRECTIONS:

1. Heat oil in a large pot over medium-high heat. Add onion and sauté for 3 minutes. Add chilis in adobo and adobo sauce with bell pepper and sauté for another 2 minutes.
2. Add garlic and spices and cook for one minute. Add chopped tomatoes and broth and bring to boil.
3. Cover and reduce heat to low and simmer for 15 minutes.
4. Stir in beans and tomato paste, bring back to a boil, reduce heat back to low and simmer for 15 more minutes.
5. In a separate bowl, combine ingredients for 'sour cream' topping. Spoon topping onto chili and finish with a spoon of pepper jack.

# MedMex Chicken & Veggie Nachos with Mango Salsa

## INGREDIENTS:

- 2 containers Xica Jicama Chips
- 1 tablespoon ground cumin
- 2 teaspoons smoked paprika
- 1 teaspoon turmeric
- 1 cup grilled chicken breast,
- 1 can black beans, drained and rinsed

### **Yogurt Sauce:**

- 1 teaspoon cumin
- 1 cup unsweetened coconut yogurt
- Juice of one fresh lime
- Dash of Kosher salt

### **Mango Tomato Salsa (combine ingredients, refrigerate for at least an hour)**

- 1 ripe mango, peeled, pitted, and diced (if mango is unavailable, swap out 1 small can no sugar added pineapple, drained and diced)
- ½ medium red onion, finely chopped
- 2 medium tomato, finely diced
- 1 jalapeño, seeds and stem removed, minced
- 3 tablespoons fresh cilantro, finely chopped
- Juice of a fresh lime
- Nonstick cooking spray

**Meat-free option:** Omit chicken.

## DIRECTIONS:

1. Combine cumin, smoked paprika and turmeric in a plastic bag. Place jicama tortilla chips in bag and rub seasonings onto chips so they are thoroughly coated.
2. In a small bowl, combine yogurt, lime juice and kosher salt in a bowl and set aside.
3. On a large platter, position Xica Jicama Chips evenly spaced apart. Layer cubed chicken and black beans on top.
4. Dab with yogurt sauce and finish generously with mango salsa.

## About Mareya Ibrahim

With over 25 years in the food industry, Mareya Ibrahim thrives on sharing her passion for the Fit Life, where food, nutrition, products, fitness and lifestyle all come together, deliciously. She is the co-inventor of the patented, award-winning line of Eat Cleaner products ([eatcleaner.com](http://eatcleaner.com)), is a chef for the NYTimes bestseller *The Daniel Plan*, and the author of the upcoming book, “Eat Like You Give a Fork,” (St. Martin’s Press, available on pre-order on [AMAZON](https://www.amazon.com)). Her podcast, Recipes For Your Best Life, can be heard on iTunes, Spotify and Stitcher and her regular column, *The Fit Foodie*, appears in *Edible Orange County Magazine*.



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