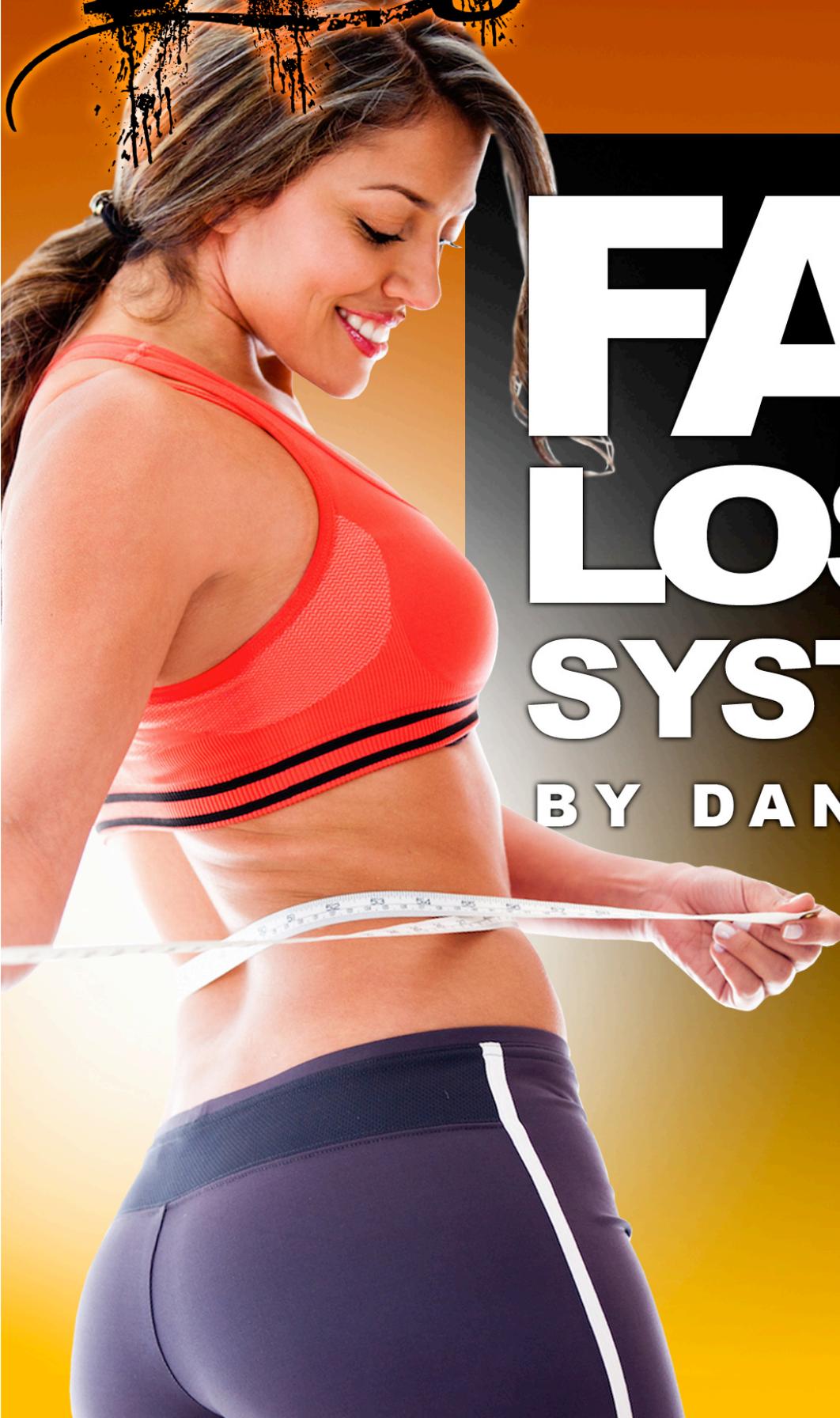


**Dangerously  
Fit**



**FAT  
LOSS  
SYSTEM**  
BY DAN CLAY

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# Vegan Recipes

## Carrot and Ginger Soup (Serves 4)

### Ingredients:

1 Tbsp. margarine  
1 x brown onion, chopped  
1 x organic carrot peeled and diced  
1 tsp. fresh ginger, grated  
2 tsp. coriander seeds, crushed  
4 cups vegetable stock or water  
Salt and pepper, to taste

### To Make:

Heat the margarine and fry the onions for about 5 minutes until transparent.

Add the carrots, ginger, and crushed coriander seeds and stir on medium heat for 5 minutes.

Add the stock or water and bring to a boil. Cover and cook until the carrots are tender.

Purée the soup in a blender and then strain through a sieve.

Reheat the soup and season with salt and pepper, ladle into bowls, and serve hot with bread.



## Grilled Portobello Mushroom Steaks (Serves 4)

### Ingredients:

4 x large portobello mushrooms  
1/2 cup extra virgin olive oil  
1/4 cup dry white wine  
1 x lemon, juiced  
2 x cloves garlic, minced  
Salt and pepper, to taste

### To Make:

Remove the stems of the mushrooms and brush off any dirt to clean. In a medium bowl or pan, combine the oil, wine, lemon juice, and garlic, stirring until combined. Add the cleaned mushrooms caps and submerge in the marinade. Let sit for 20 - 30 minutes. Remove from the marinade and season with salt and pepper to taste. Place the caps on a grill over medium-high heat and cook for 3 to 4 minutes per side, until just tender.



## Roasted Vegetable Pasta (Serves 5)

### Ingredients:

1 x medium eggplant, cut into bite-sized pieces  
2 x small squash, sliced and then quartered  
1/2 x red onion, sliced  
8 x button mushrooms, quartered  
2 x carrots, sliced  
3 Tbsp. olive oil  
1 tsp. dried oregano  
1 tsp. dried basil, 1 tsp. dried thyme  
1/2 tsp. pepper  
1/2 cup favorite pasta (or slim pasta)

### To Make:

Preheat the oven to 400°F.

In a large mixing bowl, combine all the chopped vegetables, then add the olive oil and toss to coat.

Add the herbs, salt, and pepper and toss again until well coated.

Pour the vegetables into a casserole or baking dish, cover with foil, and cook in the preheated oven for 20 to 30 minutes, depending on the size of your vegetable pieces.

Meanwhile, fill a large pot with water and bring to a boil over high heat.

Add the pasta and cook according to the package directions. When done, drain and then place in a large mixing bowl.

Add the cooked vegetables to the bowl and toss until well combined.



## Vegetable Soup (Serves 4 - 5)

### Ingredients:

1 x cup carrot, sliced  
1 x cup celery, sliced  
1 x cup zucchini, sliced  
3 x cups pumpkin, small diced  
1/2 cup onion, chopped  
1 -2 teaspoon garlic, crushed  
1/2 cup dried soup mix (barley/split peas etc)  
2 teaspoons vegetable stock powder (or to taste)  
6 cups water  
Salt and Pepper to taste

### To Make:

Chop up all the vegetables.

In a large non-stick pot cook the onions and garlic until softened.

Add all of the vegetables and cook stirring for about 5 minutes.

Add all of the water, soup mix and stock powder.

Simmer for about 40 - 50 minutes.

Time can be more or less depending on how small you diced your vegetables or how long you soaked your soup mix, or just how mushy you want the vegetables!



## Lentils and Green Bean Salad

### Ingredients:

250g dried brown lentils, rinsed  
2 tsp olive oil  
1 x brown onion, finely chopped  
2 x garlic cloves, crushed  
2 tsp finely grated fresh ginger  
2 tsp garam masala  
1 tbs fresh lime juice  
200g green beans, topped  
1 x 250g punnet cherry tomatoes, quartered  
4 x celery sticks, ends trimmed, cut into 4cm matchsticks  
1/2 cup fresh coriander leaves

### To Make:

Place the lentils and 1.5L (6 cups) cold water in a large saucepan and bring to the boil. Reduce heat to low. Simmer for 25 minutes or until the lentils are just tender. Drain.

Heat the oil in a non-stick frying pan over medium heat. Add the onion and cook, stirring, for 5 minutes or until soft. Add the garlic, ginger and garam masala, and cook, stirring, for 1-2 minutes or until aromatic. Transfer the onion mixture to a large heatproof bowl. Add the lentils and lime juice, and stir until well combined. Season with pepper. Set aside to cool completely.

Cook the beans in a saucepan of boiling water for 3-4 minutes or until bright green and tender crisp. Refresh under cold running water. Drain. Add the beans, tomato, celery and coriander to the lentil mixture, and stir until just combined.



## Scrambled Tofu (Serves 4)

### Ingredients:

1/4 cup cashews, raw  
1 pound tofu, extra firm  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
2 tablespoons chopped chives  
4 teaspoons vegetable broth powder  
1/2 teaspoon onion powder  
2 teaspoons nutritional yeast — (the yellow kind)  
1/4 teaspoon turmeric  
1/2 cup bell peppers — chopped  
1/2 cup onions — chopped  
1/2 cup water

### To Make:

Drain the tofu. Wrap in several layers of clean paper towels. Let sit for at least 15 minutes, or up to an hour.

Blend cashews with 1/2 cup water for five minutes. Add the salt, garlic powder, vegetable broth powder, onion powder, nutritional yeast, and turmeric.

Saute the onions, peppers, and chives (all or none) in a little bit of water in a nonstick frying pan. When the onions and peppers are soft, crumble the tofu into the pan. Pour the blended cashew mixtures over the tofu and mix well. Heat until flavors are blended.



## Vegan Tacos (serves 4)

### Ingredients:

1/2 cup brown rice  
3/4 cup water  
1/4 cup salsa  
1/2 cup black beans or veggie burger crumbles  
Corn or flour tortillas  
Diced tomato (optional)  
Shredded vegan cheese (optional)  
Shredded lettuce (optional)  
Parsley (optional)

### To Make:

In a saucepan over medium heat, combine the rice, water, and salsa. Bring to a boil. Reduce the heat and simmer for 40 to 50 minutes, or until the rice is cooked.

Heat the beans or veggie burger crumbles and stir into the rice. Place in a thermos while hot.

Wrap the tortillas in plastic wrap. Pack in a lunch box with the thermos and preferred taco toppings.



## **Spinach Salad with Orange Sesame Dressing (serves 4)**

### **Ingredients:**

- 1 bunch fresh spinach (about 6 cups of leaves)
- 1 red or yellow bell pepper, cut into strips
- 1/4 to 1/2 cup thinly sliced red onion
- 1 orange, peeled and sliced into thin rounds
- 1 Tbsp. sesame seeds
- 2 Tbsp. seasoned rice vinegar
- 1 Tbsp. orange juice concentrate
- 1 Tbsp. water

### **To Make:**

Trim the spinach stems and carefully wash the leaves. Dry, then tear any large leaves into bite-size pieces. Place in a salad bowl along with the pepper, onion, and orange slices. Toast the sesame seeds in a 400°F toaster oven or regular oven for 10 minutes. Transfer to a blender and grind into a powder. Add the vinegar, orange juice concentrate, and water. Blend to mix. Pour over salad and toss just before serving



## Tomato Soup (Serves 2 – 3)

### Ingredients:

1 x carrot  
1 x stick celery  
1 x medium brown onion and 1 clove garlic  
1 tsp olive oil, 1 vegetable stock cubes  
1 x 400 g tinned plum tomatoes (or crush 6 x tomatoes in blender)  
6 x large ripe tomatoes  
1 small bunch fresh basil  
Sea salt, freshly ground black pepper

### To Make:

Peel and roughly slice the carrot. Slice the celery. Peel and roughly chop the onion. Peel and slice the garlic. Put a large pan on a medium heat and add a couple of lugs of olive oil. Add all your chopped and sliced ingredients and mix together with a wooden spoon.

Cook for around 10 to 15 minutes with the lid askew, until the carrots have softened but are still holding their shape, and the onion is lightly golden.

Put the stock cubes into a jug or pan and pour in 750 ml of boiling water from the kettle. Stir until the stock cubes are dissolved, then add to the pan with your tinned and fresh whole tomatoes, including the green stalks that may still be attached to some of them. Give it a good stir and bring to the boil. Reduce the heat and simmer for 10 minutes with the lid on. Meanwhile, pick your basil leaves.

To serve your soup: Remove the pan from the heat. Season with salt and pepper and add the basil leaves. Using a hand blender or liquidizer, pulse the soup until smooth.



## Tofu and Spinach Lasagna

### Ingredients:

1 packet lasagna  
1 bunch fresh spinach chopped finely  
50 grams soft tofu  
50 grams hard tofu  
1/4 cup soy milk  
1/2 tsp garlic powder (or 1 clove fresh garlic)  
2 tbsp. lemon juice  
3 tbsp. minced fresh basil  
2 tsp salt  
1 x 400gr tin of crushed tomatoes (or 6 crushed tomatoes)

### To Make:

Prepare the lasagna noodles according to package directions. Drain carefully and set aside on a towel. Pre-heat oven to 200 degrees.

Squeeze the spinach as dry as possible and set aside. Place the tofu, sugar, soymilk, garlic powder, lemon juice, basil and salt in a food processor or blender and blend until smooth.

Cover the bottom of a 9x13 inch baking pan with a thin layer of tomato sauce, then a layer of lasagne sheets . Follow that with a layer of half the tofu and half the spinach. Continue in the same order, using half the remaining tomato sauce and noodles and the rest of the tofu mixture and spinach. End with the remaining lasagne sheets covered by the remaining tomato sauce.



## Lentil Burgers (serves 4)

### Ingredients:

1/2 cup uncooked lentils  
1/2 cup uncooked brown rice  
1 cups carrots, finely grated  
1/2 tsp garlic powder (or fresh garlic clove crushed)  
1-cups uncooked oatmeal  
1 tsp season salt  
1 x small brown onion, finely grated  
1/2 avocado (optional)

### To Make:

Cook lentils and rice in 4 cups water for 45 minutes, simmering over low heat in a covered pan.

Allow to cool.

Add remaining ingredients and mix well.

Shape into patties and cook on griddle or pan (may spray with non-stick spray) over medium heat, until nicely browned (about 6 minutes per side).

Add tomato / avocado to rye bread roll.



## Chick Pea Fritters (Serves 2 – 4)

### Ingredients:

1 x can Chickpeas  
2 x garlic Cloves, minced  
3 tbs extra virgin olive oil  
1/2 tsp cumin  
1/2 tsp curry powder  
1/2 tsp cayenne  
1 tbs flour  
1 tsp Nutritional Yeast  
Chili Paste (Optional) or fresh chilli seeded

### To Make:

Add the chickpeas into a food processor / magic bullet along with the minced garlic, cumin, curry, cayenne, nutritional yeast and 1 tbs of oil and blend until you form a chickpea paste.

Lay out a cutting board and/or some parchment paper and sprinkle with some whole wheat flour. Form patties with the chickpea mixture and pat both sides of patty in the flour.

Add 2 tbs oil to a heated pan and sauté the patties on each side for about 4 minutes. Place sautéed patties on a baking sheet covered in parchment paper and bake for 20 minutes.

Can serve on a bed of baby spinach with chopped cherry tomatoes



Use this list of vegan recipes as a guide or if you're short on time and ideas, you can find more great healthy recipes at the following websites;

<http://blog.fatfreevegan.com/>

<http://www.choosingraw.com/>

<http://www.jamieoliver.com/recipes/>

<http://www.bbcgoodfood.com/recipes/>

(Note: If you use the above websites always check the ingredients)