

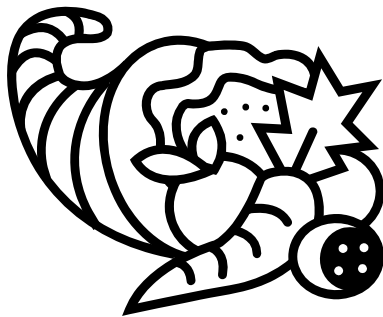


## Prepare for your Daniel Fast

During the Daniel Fast you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms.

You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period.

Anytime you have concern about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!



### The Daniel Fast

For more information, lots of recipes, and answers to frequently asked questions, visit the Daniel Fast Blog at:

<http://DanielFast.wordpress.com>

## The Daniel Fast



*In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.*

Daniel 10:2, 3



### The Daniel Fast Guidelines

Use this guide when preparing menus, choosing recipes and shopping for your Daniel Fast meals.



# The Daniel Fast Food List

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific health needs.

## Foods to include during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach,

sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed foods products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

When you shop for food remember to READ THE LABELS to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are not allowed on the Daniel Fast.

## The Daniel Fast

For more information, lots of recipes, and answers to frequently asked questions, visit the Daniel Fast Blog at:

<http://DanielFast.wordpress.com>

## DANIEL FAST FOOD LIST

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

### **Foods to include in your diet during the Daniel Fast**

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

### **Foods to avoid on the Daniel Fast**

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

## **Food Preparation**

You will quickly find that most of the prepared meals you find in grocery stores contain ingredients that are not acceptable for the Daniel Fast. Consequently, you will need to prepare most of your meals from scratch!

Meal preparation can take more time during the Daniel Fast, but you can also adopt some habits to streamline this essential part of your fasting experiences.

**Meal Planning** - Plan all of your meals for one week. Make sure you have all the ingredients you need along with snack foods!

**Set a Cook Day** - I frequently use Saturday as the day when I plan all my meals for the coming week and then cook several meals in advance. I make pots of soup, vegetable chili, chapatis and many other dishes. This saves me hours of time and lots of frustration in the coming week, plus it's fun!

**Salad Prep** - I wash and trim all my salad ingredients as soon as I get home from the grocery store. I then store each item in a container for easy use later in the week. I can make a lovely salad in less than a minute because all the ingredients are already prepared!

# Meal Planning Worksheet

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Use this sheet to plan your meals. Keep in mind that this is a spiritual fast, not just changing your eating habits. Simplicity and moderation are in order.

Day	Breakfast	Lunch	Dinner	Snacks
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## FAQ

**What is the Daniel Fast?** It's a biblically based partial fast based on two accounts of the Prophet Daniel's fasting experiences (see Daniel 1 and 10) and typical Jewish fasting principles. The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast Food List for a more complete outline of foods to include and foods to avoid.

**Why are fruits and grains allowed when the Bible says Daniel ate only vegetables and drank water?** The early translations (including KJV) use the word **pulse** instead of vegetables. That word is rightly translated as "foods grown from seed." Therefore, the Daniel Fast includes fruits, vegetables and whole grains.

**Can I take medications during the Daniel Fast?** If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Fasting should never bring harm to the body, so medications should be continued.

**Are supplements okay to take during the Daniel Fast?** Yes, but read the label to make sure they are of good quality and that the ingredients comply with the Daniel Fast Guidelines.

**Why can't I have herbal tea on the Daniel Fast?** This is a common question! The reason that no tea is allowed is because the only beverage on the Daniel Fast is water (see Daniel 1). This is based on the prophet's fasting practice in Daniel 1 where he and his companions ate only pulse (food grown from seed) and drank only water. Tea is not water and therefore is not allowed on the Daniel Fast.

**Can I have honey on the Daniel Fast? It's natural with no preservatives.** No sweeteners are allowed on the Daniel Fast. This is based on Daniel's fast recorded in Daniel 10 where he ate no meat and consumed no precious foods. So even though honey is natural and free of chemicals, it would be considered a "precious food" and therefore not allowed during the Daniel Fast.

**I am pregnant. Can I still engage in the Daniel Fast?** First, you will want to contact your doctor and explain that the Daniel Fast is a vegan diet with additional restrictions (leavened breads, caffeine, alcohol, sweeteners and chemicals).

Generally, pregnant and nursing mothers follow the Daniel Fast guidelines, but add enough chicken or fish to meet the additional protein demands.

**What about marital relations during the Daniel Fast?** The Bible does speak of husbands and wives abstaining from sexual relations during fasts. However, this is to be a mutual agreement by both the husband and wife. Many couples do refrain from sex while fasting and find their relationship strengthened as they intentionally express love for one another in other ways.

So, abstaining from sex during the Daniel Fast is not required, however it is an opportunity to experience growth in your marriage and in your relationship with the Lord.

**Are there ever situations when I should "pause" from the fast?** Yes, there are times when it would be appropriate to briefly pause from the fast, but do so after consulting with the Holy Spirit. For example, last year when I was fasting I visited my son and his wife who live about 120 miles from me. My son is adopted from Ethiopia and three years ago he returned to Ethiopia and while there married a lovely woman. They now live in Seattle.

During my visit, she had prepared a very special Ethiopian meal for me (parents are very honored in Ethiopia) with lamb. I quickly consulted the Holy Spirit who showed me the way of love for her would be for me to pause my fast. She followed the meal with an Ethiopian Coffee Ceremony, again an act of honor toward me. I felt the freedom to engage in both the meal and coffee ceremony and then returned to my fast the next day. It was the loving thing to do . . .

**How much food can I have on the Daniel Fast?** The Scriptures don't really state an amount of food that can be consumed. However, I do encourage people to keep in mind that this is a fast (restricting food for a spiritual purpose). With that in mind, eating no more than three moderate meals and two small snacks would be appropriate.

**Can I eat food during the daylight hours?** Many fasts begin at sunrise and end at sunset. However, the Daniel Fast does not require this modification to our eating patterns. If you choose to add this step to your fast, then that would still be okay, but it is not a required step for the Daniel Fast.

**How do you know what Daniel really ate?** I don't! That's why the fast is based on the fasting experiences recorded in Daniel 1 and

Daniel 10. If you want to "eat as Daniel ate," then I encourage to research what that could have been. But my guess is that you will soon realize that you can't be sure. That's why the fast is only based and modeled after Daniel 1, Daniel 10 and typical Jewish fasting principles.

**Can I have (fill in the blank)?** You can have all foods that include ingredients that comply with the Daniel Fast approved food lists. READ THE LABEL on any prepared or packaged foods to make sure all of the ingredients comply. Even foods marked as "natural" may still contain sweetener or other foods that are not allowed on the fast.

**What foods can I eat straight from the grocery store?** You will quickly learn that most of the prepared foods found in grocery stores include sweeteners, chemicals or other ingredients that are not allowed on Daniel Fast. That's why most meals are made from scratch and the reason I've written two eCookbooks and included a cookbook in the new paperback edition.

**What if I want to do the Daniel Fast for dietary reasons and not spiritual purposes?**

The definition of *fasting* is to restrict food for a spiritual purpose. Using the Daniel Fast eating plan for strictly health purposes would be a Daniel Diet rather than a fast. Many people do use the Daniel Fast eating plan to improve their health and for weight loss.

**What about gum and breath mints?**

I have yet to find either gum or breath mints that don't have sweeteners or chemicals included in the ingredients. So alternatives like mint leaves, parsley, whole cloves and cinnamon sticks can be used. Also, adding lemon slices to your water will freshen your mouth. You will also find that eating a plant-based diet produces a "sweeter" breath than eating meats and animal products.



## BREAKFAST

### **Apple and Oat Porridge**

Ingredients:

4 cups water

1 ½ cups oat bran (not oatmeal)

1 large apple - peeled/cored and chopped into very small pieces

1/3 cup raisins

½ teaspoon ground caraway seeds

½ teaspoon cinnamon

½ teaspoon salt

Soy milk for serving (optional)

Preparation:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

Yield: 4 servings

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## Potato and Green Onion Frittata

(This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish.)

Preheat the oven to 350°F.

1/4 cup olive oil

1 onion, finely chopped

4-5 green onions, chopped with the green and white parts separated

4 cloves garlic, minced

2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)

2 tsp. salt, divided

1/2 tsp. pepper, divided

2 lb. firm tofu

2-3 Tbsp. soy sauce, to taste

Preparation:

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

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## **Tofu Breakfast Scramble**

Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

### Ingredients:

- 1 box firm tofu
- 1 zucchini, diced small
- 1 tomato, diced
- ½ onion, diced
- 1 red bell pepper, diced
- 2 green onions, finely sliced
- 1 tablespoon fresh cilantro, minced
- 1 clove garlic, minced
- Salt and pepper to taste
- Tomato paste if desired

### Preparation:

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

Tip: You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.

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## MAIN COURSES

### **Bean and Rice Casserole**

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:

- 1 medium onion, chopped
- 2 cup uncooked brown rice
- 1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
- 1 can black beans (15 1/4 - 19 oz), drained and rinsed
- 1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
- 1 can stewed tomatoes (14 1/2 - 16 oz), drained
- 1 can chopped mild chilies (4 oz), drained
- 10 ounces frozen green peas, thawed by placing under running water
- 1 cup frozen corn, thawed by placing under running water

Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

Yield: four servings

These recipes are all from the Daniel Fast Cookbooks available at [Daniel-Fast.com](http://Daniel-Fast.com) These recipes are all from the Daniel Fast Cookbooks available at [Daniel-Fast.com](http://Daniel-Fast.com)

## Stir Fry Vegetables with Brown Rice

You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

Ingredients:

- 1 tablespoon sesame oil
- 3 green onions, finely chopped
- 3 tablespoons fresh ginger, minced
- 4 cups fresh broccoli, chopped
- ½ pound fresh green beans, chopped
- 2 carrots, peeled and sliced on diagonal
- 2 cloves garlic, minced
- 4 cups greens, chopped (kale, bok choy, spinach, collards, etc)
- 1 can sliced water chestnuts, drained
- 3 cups cooked brown rice
- 2 tablespoons soy sauce
- 1 ½ cups peas (if frozen run under water to thaw)
- ½ cup toasted sliced almonds

Preparation:

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Yield: four servings

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

## **Bean Curry and Rice**

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

Ingredients:

- 2 tablespoons olive oil
- 1 large white onion, chopped
- 1/2 cup dry lentils
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 pinch cayenne pepper
- 1 can crushed tomatoes (28 ounce)
- 1 can garbanzo beans, drained and rinsed (15 ounce)
- 1 can kidney beans, drained and rinsed (8 ounce)
- 1/2 cup raisins
- salt and pepper to taste
- 8 cups cooked brown rice

Preparation:

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Yield: eight servings

These recipes are all from the Daniel Fast Cookbooks available at [Daniel-Fast.com](http://Daniel-Fast.com)

## FLATBREAD

These recipes are all from the Daniel Fast Cookbooks available at [www.Daniel-Fast.com](http://www.Daniel-Fast.com)

### **Chapattis or Indian Flat Bread**

Chapattis are similar to tortillas, but made with no baking powder. They are easy to make and keep well if stored in an air-tight container. Chapattis are common in Southeast Asia and throughout Africa.

Ingredients:

2 ½ cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)

2 cups water (or enough to make a soft dough)

1 pinch salt

Preparation:

1. Mix flour and salt in a large mixing bowl.
2. Make a hole in flour and using your hand, mix in water to make soft dough.
3. Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.
4. Heat a cast iron skillet over medium high heat until very hot.
5. Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on each side.
6. Once turned, press gently with a towel, until brown.
7. Repeat until all dough is used.

Yield: About 10 chapattis

## Homemade Crackers

Making crackers is quick, easy and fun. They can be made with various seasonings and many different kinds of grain. Try cornmeal with chili powder, rye with caraway or dill seeds, or whole wheat with garlic powder.

Experiment! If made from cornmeal, buckwheat or other non-gluten grains, they can safely be eaten by gluten-intolerant individuals. This recipe makes a semi-crisp, dense cracker.

Preheat oven to 400°

### Ingredients

1 ¼ cups whole wheat flour, divided (rye, buckwheat or cornmeal can be substituted)

½ teaspoon salt

2 tablespoons canola oil or olive oil; more as needed

4 tablespoons water; add more as needed

1 teaspoon seasoning such as dried herbs, chili powder, garlic powder, onion powder, etc. (optional)

1. Using a food processor to mix 1 cup of the flour, ½ teaspoon salt and oil.
2. Add 3 tablespoons water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour.
3. Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8th inch thickness, trying to get it fairly uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary to prevent sticking, dust your hands and the rolling pin with a little more flour.
4. Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet)
5. Bake for 10 - 15 minutes, until light brown.
6. Cool and break into pieces. If making several batches, mix another while the first one bakes. You can re-use the parchment paper several times.

Yield: Makes about a pound of crackers



## SALADS

### **Southwest Corn and Black Bean Salad**

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

Ingredients:

1 ½ cups corn kernels (fresh or frozen)

1/3 cup pine nuts

1/4 cup lime juice

2 tablespoons extra-virgin olive oil

1/4 cup chopped fresh cilantro

2 (14.5 ounce) cans black beans, rinsed

2 cups shredded red cabbage

1 large tomato, diced

1/2 cup minced red onion

Preparation:

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.
3. Freshly ground pepper and salt to taste just before serving.

Yield: four servings

These recipes are all from the Daniel Fast Cookbooks available at [Daniel-Fast.com](http://Daniel-Fast.com)

## **Simple Orange and Red Onion Salad**

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes

Ingredients:

- 4 cups torn romaine
- 2 medium navel oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions:

On a serving platter, arrange the romaine, oranges and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad; serve immediately.

Yield: 4 servings.

## **Beautiful Green Salad**

This is a basic green salad with a little “zip” to it.

Ingredients:

8 cups baby spinach leaves

1/2 medium red onion, sliced and separated into rings

1 cucumber, seeds removed and cut into ½” chunks

1 sweet orange, sliced into sections or triangles

1 1/2 cups naturally sweetened dried cranberries

1 cup roasted sliced almonds

1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

1. Place servings of spinach onto salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order.
2. Drizzle dressing over each salad.

Yield: 6 servings

These recipes are all from the Daniel Fast Cookbooks available at [Daniel-Fast.com](http://Daniel-Fast.com)

## **Salad Dressings**

Many salad dressings call for sugar or honey. I have chosen to exclude those in this Journal, however many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you! More salad dressing recipes are available on The Daniel Fast weblog.

### Lemon Olive Oil Dressing

½ cup fresh lemon juice (1 large or 1½ small lemons)

¾ cup olive oil (or sometimes I mix canola and olive)

1-2 tablespoons tamari soy sauce

2 large cloves garlic, crushed

Fresh ground black pepper to taste

Shake all ingredients in a bottle. Toss with fresh salad greens. Store leftover dressing in the refrigerator.

## **Tofu Mayonnaise**

4 ounces tofu

1/3 cup olive oil

2 tablespoons lemon juice

2 teaspoons Dijon mustard

1 teaspoon grated lemon rind

Salt and pepper -- to taste

Puree the tofu with 1/4 cup of water, oil, lemon juice and mustard until smooth. Add grated lemon rind and season with salt and pepper.

You can add 4-6 garlic cloves, mashed with 1/2 teaspoon salt, to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped white onion or scallion to zip it up.

Serving Size: Just under 1 cup of finished mayo

These recipes are all from the Daniel Fast Cookbooks available at [Daniel-Fast.com](http://Daniel-Fast.com)

## SNACKS

### Snacks for the Daniel Fast

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." I suggest you still take snacks in "servings," so you don't over eat on these sometimes high-calorie foods.

™ Rice cakes, just plain old crunchy patties

™ Rice cakes with peanut butter and raisins

™ Almonds

™ Dried fruit including apricots

™ Apples dipped in nut butter

™ Sliced fruit

™ Veggies with dip

™ Popped popcorn

™ Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit

™ Fruit kabobs

™ Frozen fruit including grapes, blueberries, strawberries and bananas

™ Whole wheat crackers\* with nut butter

™ Hummus with flat bread\*

These recipes are all from the Daniel Fast Cookbooks available at [Daniel-Fast.com](http://Daniel-Fast.com)

## SOUPS AND STEWS

### Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

Ingredients:

4 tablespoons olive oil

2 cups chopped leeks, white part only (from approximately 3 medium leeks)

2 tablespoons finely minced garlic

Kosher Salt

2 cups carrots, peeled and chopped into rounds (approximately 2 medium)

2 cups peeled and diced potatoes

2 cups fresh green beans, broken or cut into 3/4-inch pieces

2 quarts vegetable broth

4 cups peeled, seeded, and chopped tomatoes

2 ears corn, kernels removed

1/2 teaspoon freshly ground black pepper

1/4 cup packed, chopped fresh parsley leaves

1 - 2 teaspoons freshly squeezed lemon juice

Preparation:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

Yield: 6 servings

## **Greek Vegetable Stew**

The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

Ingredients:

- 2 tablespoons oil
- 2 onions, chopped
- 1 pound green string beans, broken in half
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 2 cups celery leaves
- 4 tomatoes, quartered
- 1 teaspoon salt
- 8 slices lemon
- 1 tablespoon dried oregano
- 3 tablespoons fresh basil
- 2 cloves chopped garlic
- 2 tablespoons lemon juice

Preparation:

1. Lightly brown onions in a hot dry skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups water and tomatoes. Cook 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl.

Yield: eight servings

## Red Bean Soup

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

Ingredients:

- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onions
- ¼ cup chopped green bell peppers
- 1 tablespoon minced garlic
- 4 bay leaves
- 2 cups dried red kidney beans, soaked overnight
- 1 tablespoon Special Seasoning, (recipe follows on next page)
- 2 quarts vegetable stock
- 1 teaspoon salt
- 3 tablespoons chopped parsley
- 1 cup diced carrots
- 1 ½ cups cooked long-grain brown rice, warm
- 6 tablespoons chopped green onions

Preparation:

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.
4. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

Yield: six servings



## Special Seasoning

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

Ingredients:

2 ½ tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried leaf oregano

1 tablespoon dried thyme

Preparation:

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

Yield: about 2/3 cup

Tip: Play around with this recipe and make it your very own family spice!

## DANIEL FAST RESOURCES

### BOOKS

Daniel Fast by Susan Gregory (ISBN 9781414334134) \$13.99 @ Family Christian Stores

The Daniel Fast Cookbook (Available on the Daniel Fast website) \$8.95

### WEB SITES

[www.danielfast.wordpress.com](http://www.danielfast.wordpress.com)

[www.Daniel-Fast.com](http://www.Daniel-Fast.com)

[www.danielfastresearch.com](http://www.danielfastresearch.com)

### OTHER

You can find recipes made only from Daniel Fast Friendly ingredients in the Daniel Fast Cookbook – Version II