



# The Daniel Fast... *Simplified*

**What to Eat!**

**What NOT  
to Eat!**

**&**

**Meal Plan  
Ideas!**

*Reaching for The Hem Ministries*

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# Daniel Fasting: POWERFULLY SIMPLE!

The Daniel fast has gained popularity in recent years. A huge reason for this is that our lifestyles have changed a great deal since Biblical times. Our lives are not as simple. We are not as free to take weeks off from our day to day lives to simply seek the face of God.

And yet God has continued to draw those who truly love Him to set themselves apart. To consecrate themselves unto Him through fasting.

True, most of us can not go off by ourselves into the wilderness for 30 days like Jesus, or up on a mountain top for 40 days like Moses. But, our souls still thirst for those mountain top moments with our Lord.

Though totally shutting ourselves off from our earthly obligations is possible occasionally, most of us have responsibilities that will require us to be actively involved in our lives throughout our time of fasting.

But that doesn't mean we have to miss out on the power of the fasting experience!

The Daniel fast allows you to consecrate yourself, while still maintaining the strength to go to work, care for your family, and fulfill other earthy obligations.

What makes this fast so unique is that its level of restrictiveness buffets the flesh, without robbing your body of the nutrients it needs to sustain itself.

## Is Partially Fasting Food EVEN BIBLICAL?

Many people wonder if the Daniel fast is actually Biblical.

If we look back at the word used in the New Testament for fasting, *Nēsteuō*, it means "to abstain as a religious exercise from food and drink: either entirely, if the fast lasted but a single day, or from customary and choice nourishment, if it continued several days."

This helps us to see that completely abstaining from specific foods has traditionally been looked at as a form of fasting.



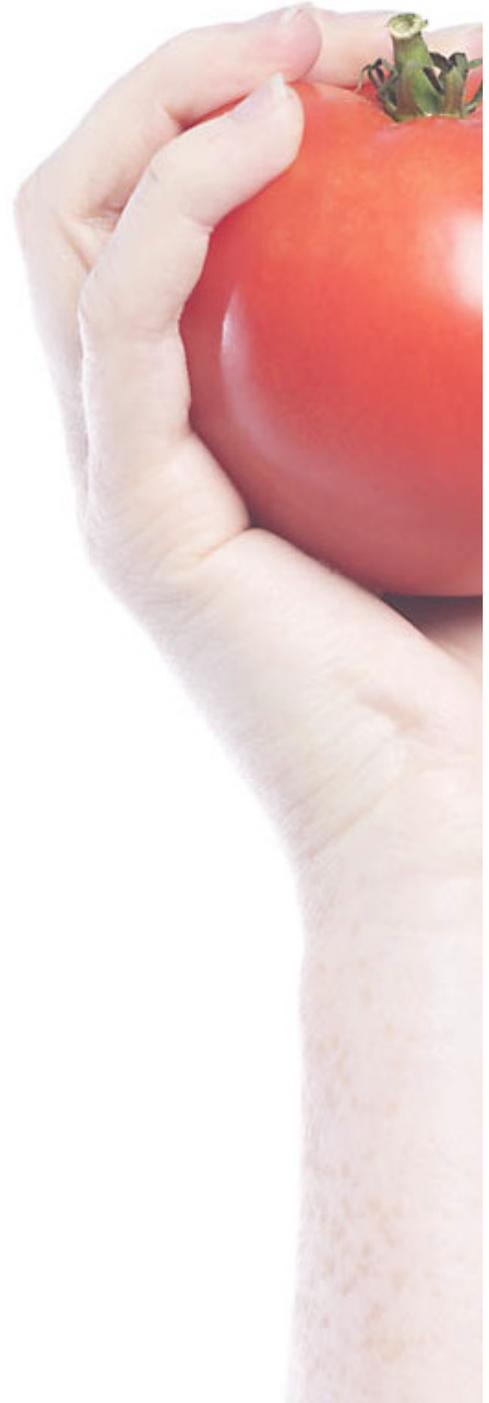
# WHERE THE DANIEL FAST CAME FROM

Like all good things, it came from God's Word! The Daniel fast is based on Daniel 1.

## Foundational Scripture:

“And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king. But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

Then said Daniel to Melzar... Prove thy servants, I beseech thee, ten days; **and let them give us pulse (fruit, vegetables, whole grains) to eat, and water to drink.** Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. **As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.**(Daniel 1:5, 8, 11, 13, 15, 17)



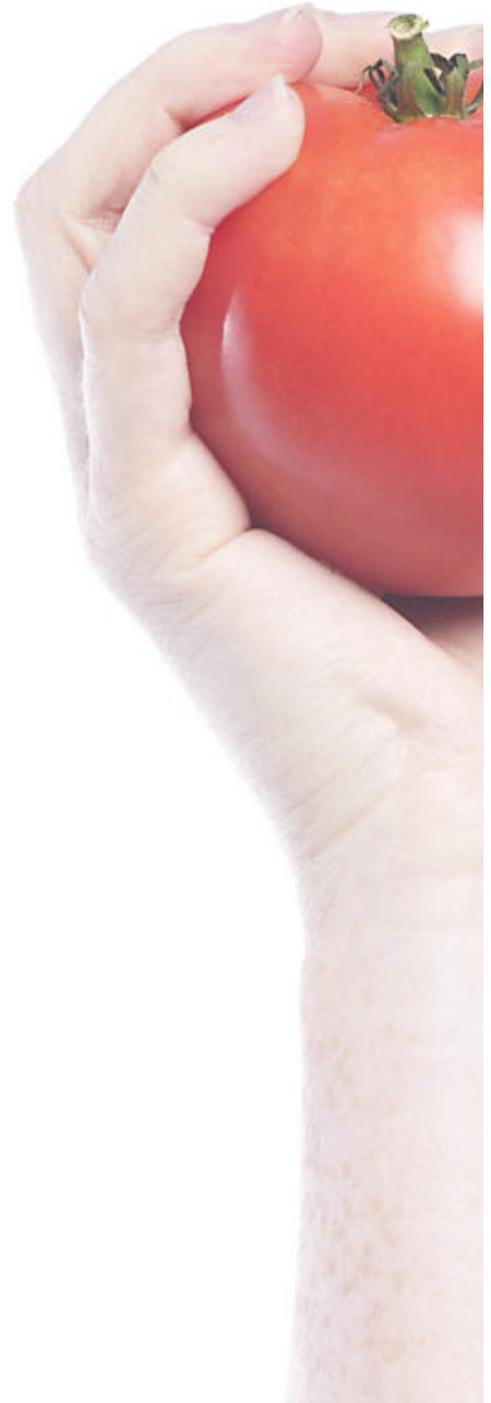
# What Can I Eat on the DANIEL FAST?

Well...it depends on what literature you read. But, if we are basing our fast solely on scripture, we see that Daniel only ate “pulse and water.”

The word translated here as *pulse* means “something that was sown.” That means that the fast, in its purest form, only includes things that grow from seeds that were sown.

So, here is the breakdown of what you can and can't eat.

<u>Foods to Eat</u>	<u>Foods NOT to Eat</u>
† All fruits.	† All meat, poultry and fish.
† All vegetables.	† All milk products, margarine, and vegetable oil or shortening.
† Whole unprocessed grains (brown rice, whole wheat, oatmeal, corn, etc). This includes whole grain pasta and tortillas**	† All sugar and sweeteners, even natural ones like honey or stevia.
† Beans and lentils. This includes hummus**.	† Coffee, soda, fruit juice, herbal teas and all other beverages. Daniel ONLY drank water.
† Seeds and nuts including unsweetened peanut butter.**	† White flour, white rice, and all products containing them. This includes white bread and white flour pasta.
† You may also include olive oil, vinegar, salt, pepper and herbal seasonings, known to have been staples in Daniel's time.	† Yeast is also to be avoided, which means only whole grain flat breads and tortillas are allowed.
† Be sure to consume LOTS of water.	



**\*\* Read the labels of any packaged foods to make sure that they only contain permitted ingredients.**

# Is This Fast Healthy?

Yes! The Daniel fast is actually a very healthy diet! It provides all of the nutrients your body needs, even for an extended time of fasting.

If you are concerned about protein consumption, combine your whole grains with nuts, seeds or beans. This combination creates a complete protein much like what we get from meat, poultry and fish.

There is no specific limit to how much *pulse* you can eat. But, remember that we are still fasting. So, we don't want to let our flesh get the best of us. We should be eating to our true hunger.

Pregnant and nursing mothers, or those under the care of a doctor, should prayerfully adjust the fast to meet their nutritional needs while maintaining the heart of it. All vitamins and medications ARE permitted on the fast.

Commonly acceptable additions for pregnant and nursing moms are milk, eggs, and lean proteins such as fish, and poultry.

**If you are on medication, or otherwise under the care of a doctor be sure to walk in wisdom.** You may want to do some research on the condition you are battling to find the absolute healthiest diet recommended, and use that new diet as the base for your fast. Of course junk food, soda, coffee, fried foods, etc are not on any recommended diet, so those would still be off limits 😊

\*\*Be sure to check the labels of any pre-made foods you consume to make sure that they only contain permitted ingredients. You'd be amazed how much hidden sugar you'll find when you start checking for it.

## ADDING TO THE DANIEL FAST

You have just read about the Daniel Fast in its purest form – **Just Pulse and Water.**

Some literature out there allows for other foods that are considered to be “natural alternatives” to the foods many crave during a fast. This is GREAT for families with children who will all be fasting together.



As an adult, physically and spiritually, a large part of fasting is self-sacrifice. Try to keep your foods as close to the way that originally God created them as possible, and be prayerful before adding in foods that are not *pulse* and water.

Ask yourself, ‘*why am I adding this?*’ Is it because my flesh wants it? Or, do I really feel God’s Spirit leading me in this direction?

Remember, we are starving our flesh through this fasting process. Making little allowances for your flesh, and excusing them because something is supposed to be “all natural,” can feed your flesh instead of starving it. On the other hand, there are unique situations where God may lead you to alter the fast for one reason or another.

So, be prayerful in all things.

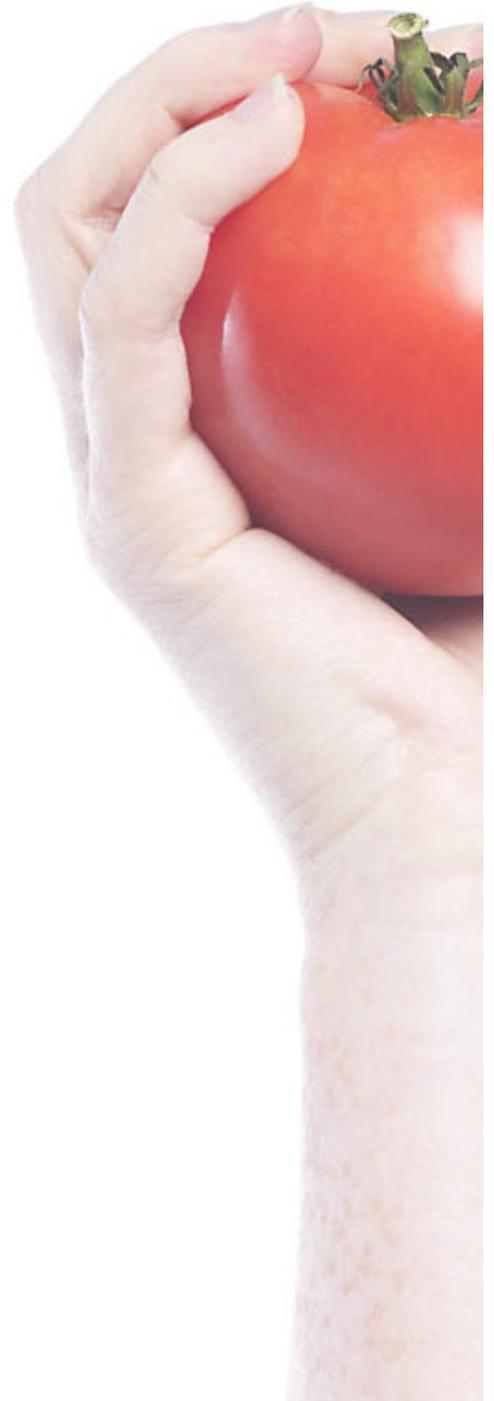
Before beginning the fast, pray and ask God for wisdom in applying the fast to your life. Seek His guidance as to whether you will need to modify the fast at all. Then, make the commitment to follow what He has given you.

It is always better to decide how you will need to modify the fast based on God’s leading from the beginning. This will curb the temptation to modify it haphazardly in the middle of your fast, because you will have already made your commitment to God.

Any and all modifications should add nutrition while maintaining the heart of self-sacrifice and submission.

If you will need to modify the fast, write your modifications below.

**MY DANIEL FAST MODIFICATIONS:**



# Daniel Fast Meal Plan Ideas

## KEEPING IT SIMPLE!

I recommend keeping your meals simple during your time of fasting. You don't want to fall into the trap of the food being your focus.

Since the diet is new to you, it is easy to get preoccupied with the thought, "What's for Dinner?" Spending tons of time in the kitchen can be a huge distraction during your fast, and take your eyes off of Jesus.

Here are some simple meal ideas that I have used during my own times of fasting.

I pray that they free you up to focus your fast on *God's* heart and not *your* belly!

### PLAIN OATMEAL WITH FRUIT AND NUTS:

This simple breakfast also works great as a snack! Here are a few good combinations:

- Raisins and chopped walnuts
- Banana and chopped pecans
- Strawberries and macadamia nuts
- Apple, walnut and raisin

\*In a hurry? Toss plain organic instant oatmeal, raisins and walnuts in a Ziploc bag. Just add water when you get where you're going!

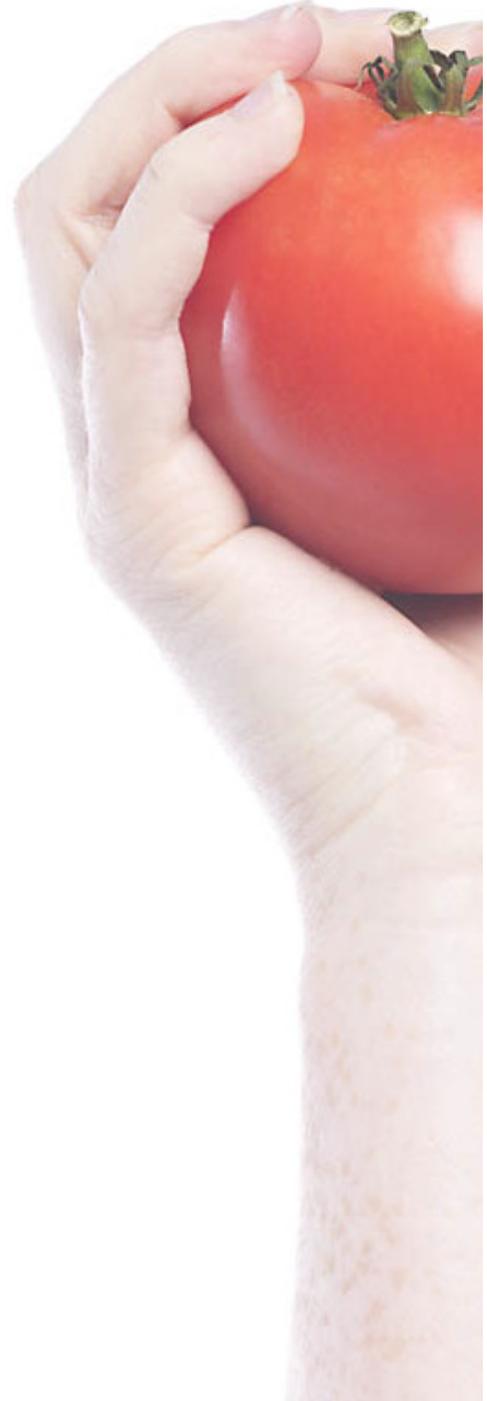
### FRUIT SMOOTHIES:

#### **Strawberry Banana Smoothie:**

1 cup orange juice, ½ avocado, 1 cup frozen strawberries, 1 banana, 1 handful spinach (optional). ¼ cup oatmeal, raw or cooked (optional). Blend in blender until smooth.

#### **Tropical Smoothie:**

1 cup Apple juice, 1 banana, 1/2 avocado, 1 cup frozen mango, ½ cup frozen pineapple, ½ cup frozen strawberries, 1-3 chopped kale leaves (optional). ¼ cup oatmeal, raw or cooked (optional). Blend in blender until smooth.



### SWEET POTATO PORRIDGE

Bake medium sized sweet potato at 350 degrees for 75 minutes. Mash sweet potato well. Stir in chopped walnuts, raisins and cinnamon. Can be served hot or cold.

**TIP:** Bake several sweet potatoes at once to simplify breakfast throughout the week.

### PEANUT BUTTER AND BANANA TACO

Spread unsweetened peanut butter on a whole grain tortilla. Top with sliced banana. Fold in half like a soft taco. Serve with a sliced apple on the side.

### FRESH-N-FAST FRUIT SALAD

1 large apple, 1 pear, 1 banana, all chopped. ½ cup chopped walnuts, ½ cup raisins. Mix well, cover and chill in refrigerator. Makes 2-3 servings.

### QUICK TRAIL MIX

You can find a trail mix that is unsweetened, and only has nuts, seeds and dried fruit. Or, make your own!

Combine your favorite nuts, seeds and dried fruit. Then, sprinkle with sea salt to taste. That's it! Store in an air tight container with a measuring cup for easy scooping! Serve 1 cup trail mix with 1 piece of fresh fruit for a quick breakfast or snack.

### TORTILLA WEDGES

In a small bowl, combine 3 table spoons of olive oil, salt, pepper, garlic powder, oregano, and basil. Top whole grain yeast free tortillas with a few teaspoons of your olive oil mixture, and reserve the rest for dipping. Place tortillas in oven on broil for 2-7 minutes. Once crispy, slice into wedges. Great for dipping in olive oil mixture, or hummus. Serve with salads, or as a replacement for bread at dinner.

### FROZEN BROWN RICE

Brown rice takes a while to cook. To save time, cook it according to package instructions, doubling the batch. Then, measure 1-2 cups of cooked rice into small Ziploc freezer bags. Place all of the small bags into one large freezer bag. That way, when you need cooked brown rice, it is already on hand.



## SALADS

### **Strawberry Pecan Salad**

2 handfuls spinach greens, 1 cup sliced strawberries, 1/8 cup chopped pecans for crunch. Season with salt, pepper and garlic powder to taste. Dress with 2 teaspoons olive oil, 1/2 teaspoon balsamic vinegar OR Newman's Own Oil and Vinegar salad dressing. Toss well.

### **Apple and Walnut Salad**

2 handfuls torn romaine lettuce, 1/2 apple, chopped, 1/8 cup UNSWEETENED dried cranberries, 1/8 cup chopped walnuts. Season with salt and pepper to taste. Dress with 1/2 teaspoon apple cider vinegar and 2 teaspoons olive oil.

### **Mediterranean Style Salad**

2 cups cooked brown rice, 1 can chick peas (garbanzo beans), drained and rinsed, 1/2 can diced tomatoes, 1 teaspoon dried oregano, 1 teaspoon dried basil, 1/2 tablespoon vinegar, 2 tablespoons olive oil, salt and pepper to taste. Serve over fresh baby spinach OR \*swap brown rice with whole grain pasta for a filling pasta salad. Great for lunch or dinner.

### **Southwestern Salad**

1/2 can black beans, drained and rinsed; 1 cup cooked corn, 1/2 can diced fire roasted tomatoes, 1 cup cooked brown rice, 1/2 cup unsweetened salsa\*. Mix thoroughly. Serve on top of mixed salad greens with tortilla wedges. Makes 3 servings. \*Check salsa ingredients!

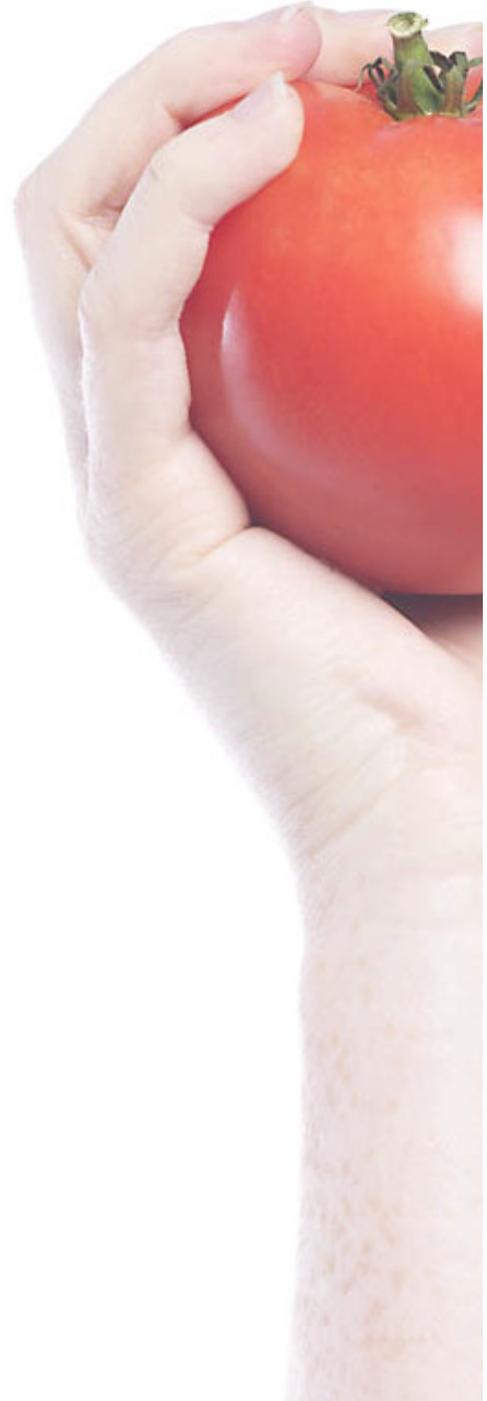
### **Simple Side Salad**

Start with fresh baby spinach. Top with carrots, sunflower seeds, olive oil, balsamic vinegar, salt, pepper and herbs. Quickly add to any dinner to make it more filling and more nutritious!

## **QUICK VEGGIE WRAP**

Spread humus on a whole grain tortilla. Stuff tortillas with fresh vegetables like lettuce, tomato, cucumber, sugar snap peas, etc. Season to taste with salt and pepper.

\*Check ingredients for tortillas and humus.



*Quick Alternative:* Fill a tortilla with left over cooked vegetables, brown rice and/or beans from last night's dinner for a simple and satisfying lunch!

### PORTABELLA MUSHROOM STEAKS

Very Hearty! Remove stems from mushrooms. Marinate large portabella mushroom caps in 3 parts olive oil, 1 part balsamic vinegar, sea salt, garlic powder and pepper in refrigerator for 1 hour. Broil in oven for 5-7 minutes on each side, or until tender. Serve with baked sweet potato and side salad.

### BLACK BEAN FAJITA (OR BOWL)

*Ingredients:* ½ red onion, 1 green bell pepper, ½ can black beans, drained and rinsed; 1 cup cooked corn, ½ can diced fire roasted tomatoes, chopped cilantro, chopped avocado, 1 cup cooked brown rice, \*½ cup unsweetened salsa\* Whole grain tortillas (optional)  
\*Check salsa and tortilla ingredients!

*Cooking:* Sauté red onion and green pepper until tender. Add in cooked brown rice and remaining vegetables except avocado and salsa. Season with coriander, salt and pepper to taste. Reduce heat and cook 5-7 minutes. Chop avocado, and mix with salsa. Serve in a bowl, or on whole grain tortilla. Top with avocado/salsa blend.

### VEGGIE SPAGHETTI

*Ingredients:* 1 zucchini squash, chopped; 1 yellow squash, chopped; 1 onion, chopped; 3 cloves garlic, crushed; 2 cups mushrooms, chopped; 2 cups chopped spinach; 1 can fire roasted diced tomatoes; 1 can fire roasted crushed tomatoes; ½ table spoon olive oil. \*Check pasta ingredients!

*Cooking:* Cook Brown rice or whole wheat pasta\* according to box directions. In a large frying pan, add olive oil and sauté onion over medium heat. Once onions are translucent, add in remaining chopped vegetables except spinach. Sauté until all vegetables are tender. Add canned tomatoes, chopped spinach and cooked spaghetti. Reduce heat to low, cover and simmer for 7 minutes. Makes 5-7 servings



## EASY CHICKPEA CURRY

*Ingredients:* 1 table spoon olive oil; 1 can chickpeas (garbanzo beans), drained and rinsed; ½ can diced tomatoes; 1 onion, chopped; 1 cup frozen peas; 1 cup diced carrots; 1 handful spinach; salt, pepper and curry powder to taste\*; cooked brown rice. \*Check curry powder ingredients.

*Cooking:* Cook brown rice according to package directions. Sautee onion and carrot in olive oil over medium heat until onion is translucent. Add all remaining vegetables except spinach. Season with salt, pepper, and curry powder to taste. Cover and simmer on low for 10 minutes. Add in spinach, cover and cook for 5 minutes. Serve over brown rice.

## BLACK BEAN CHILI

*Ingredients:*

1 tablespoon olive oil  
1 onion, diced  
2 cloves garlic, minced  
3 celery ribs, diced  
3 carrots, diced  
2 potatoes, diced  
1 jalapeño, diced (take out seeds unless you want it really spicy)  
2 cans black beans, drained and rinsed \*keep liquid to add back in  
1 can corn  
1 can diced tomatoes  
1 cup vegetable broth\*  
Cumin, oregano, salt, and pepper to taste  
\*check ingredients in vegetable broth!

*Cooking:* Heat olive oil in large pot. Sautee onion, celery and carrots until onions are translucent. Add in all other ingredients and stir well. Bring to low boil. Reduce heat. Cover and simmer for 60 minutes, or until potatoes are tender. Remove ¼ of the chili to blender and pure. Add puree back in to pot. Stir well. Serve over baked potato or cooked brown rice with a side salad and tortilla wedges.



# SIMPLE SNACK IDEAS

To keep yourself safe from temptation, be sure to keep several simple snacks on hand. Many of the foods already mentioned, like trail mix and fruit salad, make great snacks. Here are even more *Simple Snacking Solutions*.

- Sliced apples dipped in 2 tablespoons of peanut butter or almond butter.
- Banana, smothered in peanut butter, rolled in chopped nuts (for kids, put it on a stick!).
- Home made pop corn with olive oil and sea salt.
- Sliced Vegetables (carrots, cucumbers, bell peppers, snap peas, etc) dipped in humus.
- Fresh fruit with ¼ cup nuts (apples and almonds work well).
- Banana & Peanut Butter Pizza- Toasted whole grain tortilla, covered in peanut butter, topped with sliced bananas and slivered almonds
- Tortilla wedges with humus
- Whole grain crackers with peanut butter
- Brown Rice Rice Cakes topped with peanut butter and sliced banana
- Unsweetened dried fruit such as dried apples, apricots, peaches, etc. Try your local health food store for a great variety of tasty options!



# Simple Sample

## WEEKLY MENU PLAN

Planning out your Daniel Fasting meals a week in advance helps you keep your focus off of what you're going to eat throughout the week. There's a printable blank menu for you in the back of this booklet. I pray that it will help you simplify your time of fasting.

Here's a sample meal plan to get you started. **TIP:** *Double recipes like chickpea curry, black bean chili and spaghetti. Then freeze your left overs to simplify next week's meals.*

	BREAKFAST	SNACK	LUNCH	DINNER
SUNDAY	Oatmeal with apples and walnuts	1 cup trail mix, banana	Strawberry and Pecan Salad	Black Bean Chili
MONDAY	Strawberry Banana Smoothie	Sliced apple with ¼ cup walnuts	Left over black bean chili	Chickpea curry
TUESDAY	Fruit Salad	Carrots and humus	Left over chickpea curry wrapped in whole grain tortilla	Veggie Spaghetti
WEDNESDAY	Peanut Butter and Banana Taco and sliced apple	Home Made Popcorn with olive oil and sea salt.	South Western Salad	Left Over Veggie Spaghetti
THURSDAY	Tropical Fruit Smoothie	Sliced apple with 2 table spoons peanut butter	Easy Veggie wrap with humus, carrots, cucumber and sugar snap peas	Mediterranean salad
FRIDAY	Oatmeal with macadamia nut and raisins	Sugar snap peas and humus	Left over Mediterranean Salad wrapped in whole grain tortilla	Portabella Mushroom Steaks, baked sweet potato, braised kale *bake extra sweet potato for breakfast
SATURDAY	Sweet Potato Porridge with extra sweet potato from last night's dinner	1 cup trail mix, pear	Apple and Walnut Salad	Black Bean Fajitas

*“...But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat: let them give us pulse to eat, and water to drink. As for these four children, God gave them knowledge and skill in all learning and wisdom.” (Excerpts from Daniel 1)*

## MY DANIEL FAST WEEKLY MENU PLAN

	BREAKFAST	SNACK	LUNCH	DINNER
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# MY DANIEL FAST GROCERY LIST

<u>FRESH PRODUCE</u>	<u>FROZEN FOODS</u>	<u>PROTEIN</u>
		<b>Beans:</b>  <b>Nuts/Seeds:</b>
	<u>CANNED GOODS</u>	<b>Other:</b>
		<u>GRAINS</u>
	<u>SNACKS</u>	
<u>MISCELLANEOUS</u>	<u>NOTES</u>	