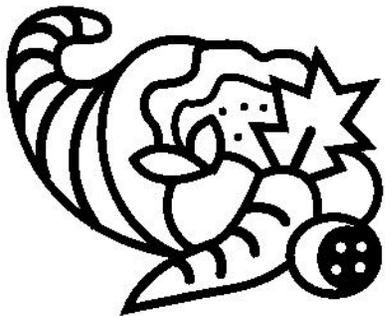


Prepare for your Daniel Fast

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 is based on two of the fasting experiences of the Prophet Daniel along with Jewish fasting principles.

In Daniel 1 we learn that the Prophet and his companions ate only vegetables (which would have included fruit) and drank only water. So with this reference we conclude that we eat only fruits and vegetables and we drink only water.

Daniel 10 tells us that the Prophet ate no meat or any precious foods, and he drank no wine. Precious foods would include sweet foods.

During fasts, as in Passover, the Jews remove all types of leavening from their homes and consume no leavened breads.

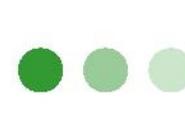
These points of reference are the anchors that serve as the foundation for the Daniel Fast.

The Daniel Fast

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

www.Daniel-Fast.com

The Daniel Fast



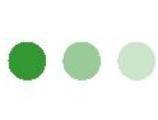
In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

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

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Garden Vegetable Soup

3-4 Sliced Carrots
1 White Onion
3 Fresh Garlic Cloves
Vegetable Stock or Water
1 Can Green beans
1/2 Green Cabbage 1-
2 Diced Zucchini
1/2 Can Tomato Paste
Dried Basil
Dried Oregano
Salt & pepper

Put Olive Oil in Large Saucepan, Sauté' carrots, onion, garlic over low heat until softened, about 5-7 minutes. Add broth or water, cabbage, beans, tomato paste, basil, oregano and salt & pepper; bring to a boil. Reduce heat, simmer, covered, about 15-20 minutes, until beans are tender. Add Zucchini, heat 3-5 minutes. Serve hot.

- Measure amounts of ingredients to your liking, also you can add other vegetables, Can of fire roasted tomatoes, & corn.

Vegetable Soup

Make your recipe, minus the beef

Potato Hash

8-10 Red skin Potatoes (diced)
Bag of Baby Spinach
4 Roma Tomatoes (seeded & cut)
White Onion (diced)
Fresh Garlic Cloves
Olive Oil (minced)
Sliced Baby Portabellas Mushrooms or
Slice White Mushrooms

In large skillet over medium heat, sauté onions & fresh garlic cloves in olive oil. The add cut red skin potatoes, let them cook until almost tender, then add mushrooms, let them cook a few minutes & then slowly add baby spinach, after spinach has cooked down, turn of heat & add roma tomatoes.

Fried Potatoes

Potatoes
Onions
Fresh Garlic
Olive Oil

Sauté onions & fresh garlic in olive oil in large skillet , when soften add cut potatoes.

Sweet Potato Fries

Slice sweet potatoes, add olive oil, cinnamon, chili powder, & salt
Bake at 425 - 25-30 minutes, until tender.

Spaghetti Squash

Spaghetti Squash
Olive Oil
Salt & Pepper
Garlic Powder
Marinara Sauce

Preheat the oven to 450 degrees

Split the squashes in half and scrape out seeds. Line an oven tray with aluminum foil. Season the spaghetti squash with olive oil, garlic powder, salt, & pepper. Place flesh side down and roast for 30 to 40 minutes until fully cooked. Remove from the oven and let rest until cool enough to handle.

When squash is cool enough to handle, using a large kitchen spoon scrape the strands of squash from the inside of the skin. Toss the spaghetti squash in the pan with the hot marinara for just long enough to get hot.

Eggplant

Eggplant
Olive Oil
Salt & Pepper
Marinara Sauce

Slice Eggplant, season & grill for 5-7 minutes, then add sauce.

Roasted Squash Toss

2-3 Fresh Garlic Cloves Minced
1/4 Cup Olive Oil
2 teaspoons ground cumin 2
teaspoons red chili flakes
1 teaspoon cinnamon

Kosher Salt & fresh ground black pepper

1 (2 pound) **Butternut Squash**, peeled, seeded & cut into 1/2 inch cubes

1 (1 1/2 pound) **Acorn Squash**, seeded & cut into 1/2 inch cubes
1/2 cup almond slivers (optional)

Preheat oven 425. In large bowl, mix together garlic, olive oil, cumin, chili flakes, & cinnamon. Add squash cubes & toss well to evenly coat. Season with salt & pepper. Place a large sheet pan (not overlapping) bake until caramelized & soft when poked w/ fork, stirring squash halfway through baking, about 25-30 minutes. While baking, place almonds in a dry skillet over medium heat and toast, stirring often, until lightly golden, about 4 minutes. Transfer squash and almonds in large serving bowl & toss.

Vegetable Barley Soup

3 Fresh Garlic Cloves
1 Tsp. Olive Oil
4 Cups Vegetable Stock
2 Med. Onions
3/4 Cups Thinly Sliced Celery
1 Can Fire Roasted Tomatoes
1 1/2 tsp. dried Basil
1 tsp. dried Thyme
Salt & Pepper
1/2 Cup Quick -Cooling Barley

In a Large Saucepan, add olive oil, garlic, onion & celery, for about 4 minutes until soften.

Add Vegetable Stock & bring to a boil, about 10 minutes.

Then add whole can of tomatoes & barley, bring back to a boil, reduce heat. Simmer covered for about 10 minutes or until barley is tender.

Potato Soup

Potatoes
*Potato Flaks -
(For Thickening) optional
Onion, Carrots, Celery, Vegetable Stock or Water, Olive Oil
Salt & Pepper

In a large saucepan, sauté in Olive Oil, onions, carrots & celery, add stock or water, then potatoes. Cook all together.

Meatless Chili

2 Light Red Kidney Beans
2 cans Tomato sauce
2 cans Fire Roasted Tomatoes
1 white Onion
Chili Powder or Packet of mix

Put all ingredients I large saucepan & heat

Portabella Mushrooms

Large Mushroom Caps
Olive Oil
Salt, Pepper, Garlic Powder

Clean Mushrooms, season with olive oil, etc... Grill until tender, about 5-7 minutes each side.

Grilled Veggies

Zucchini
Yellow squash
Mushrooms
Tomatoes
Onions
Corn on Cob

Olive Oil, Salt & Pepper, Garlic Powder

Slice veggies, add olive oil seasonings & grill for a 3-5 minutes.

• Breakfast Meals

Plain Oats W/ Fruit
Mix Fruit Bowl

• Snacks

Nuts (Your Favorite)
Raisins
Natural Popcorn
Fruits

Notes

- Please remember to drinks plenty of water, up to a gallon a day.
- To make this successful, this will take some preparation & meal planning ahead of time.
- Use the Internet to find recipes, there is a lot out there. If you find something, remember you can change to your preference or even eliminate ingredients, like dairy, sugar, meat, etc...
 - foodnetwork.com
 - daniel-fast.com
- Go to the Grocery Store once a week, this helps you be prepared with your meal planning.
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*40 Days of
Prayer & Fasting*