

GUIDELINES FOR DANIEL FAST

FOODS TO EAT

WHOLE GRAINS:

BROWN RICE, OATS, BARLEY

LEGUMES:

DRIED BEANS, PINTO BEANS, SPLIT BEANS, LENTILS, BLACK EYED PEAS

FRUITS:

APPLES, APRICOTS, BANANAS, BLACKBERRIES, BLUEBERRIES, BOYSENBERRIES, CANTALOUPE, CHERRIES, CRANBERRIES, OATS, FIGS, GRAPEFRUIT, GRAPES, GUAVA, HONEYDEW MELON, KIWI, LEMONS, LIMES, MANGOES, NECTARINES, PAPAYAS, PEACHES, PEARS, PINEAPPLES, PLUMS, PRUNES, RAISINS, RASPBERRIES, STRAWBERRIES, TANGELOS, TANGERINES, WATERMELON

VEGETABLES:

ARTICHOKES, ASPARAGUS, BEETS, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, CELERY, CHILI PEPPERS, CORN, CUCUMBERS, EGGPLANT, GARLIC, GINGERROOT, KALE, LEEKS, LETTUCE, MUSHROOMS, MUSTARD GREENS, OKRA, ONIONS, PARSLEY, POTATOES, RADISHES, RUTABAGAS, SCALLIONS, SPINACH, SPROUTS, SQUASHES, SWEET POTATOES, TOMATOES, TURNIPS, WATERCRESS, YAMS, ZUCCHINI

SEEDS, NUTS, SPROUTS

LIQUIDS:

SPRING WATER, DISTILLED WATER, 100% ALL-NATURAL FRUIT JUICES, 100% ALL-NATURAL VEGETABLE JUICES

FOODS TO AVOID

MEAT

WHITE RICE

FRIED FOODS

CAFFEINE

CARBONATED BEVERAGES

FOODS CONTAINING PRESERVATIVES OR ADDITIVES

REFINED SUGAR

SUGAR SUBSTITUTES

WHITE FLOUR AND ALL PRODUCTS USING IT

MARGARINE

SHORTENING

HIGH FAT PRODUCTS

THE FIRST THREE DAYS OF THE DANIEL FAST MAYBE YOUR HARDEST, HERE ARE SOME SPIRITUAL THOUGHTS TO HELP KEEP YOU FOCUS AND GET YOU THROUGH THE FIRST THREE DAYS:

GETTING STARTED DAY ONE:

ON YOUR FIRST DAY OF FASTING, REMEMBER:

1. DRINK LOTS OF WATER
2. KEEP YOUR FOCUS AND AVOID TEMPTATION
3. REMEMBER YOUR FAST AND ITS PURPOSE
4. GET WITH AN ACCOUNTABILITY PARTNER OR GROUP

PHYSICAL EFFECTS:

1. HUNGER PANGS AND CRAVINGS

GETTING STARTED DAY TWO:

ON YOUR SECOND DAY OF FASTING, REMEMBER:

1. DRINK LOTS OF WATER
2. REST TO CONSERVE YOUR ENERGY
3. PRAY... THE SECOND AND THIRD DAYS ARE THE HARDEST

PHYSICAL EFFECTS:

1. TONGUE BEGINS TO COAT
2. HUNGER PANGS INCREASE
3. CRAVINGS ARE INTENSE AT TIMES
4. HEADACHES CAN BEGIN
5. YOUR BODY STARTS BURNING FAT FOR ENERGY, THIS IS CALLED KETOSIS

GETTING STARTED DAY THREE:

ON YOUR THIRD DAY OF FASTING, REMEMBER:

1. DRINK LOTS OF WATER
2. CHEW ON SOME SUGAR FREE BREATH MINTS OR GUM
3. PRAY FOR ENCOURAGEMENT
4. AVOID SMELLS AND OTHER TEMPTATIONS
5. THIS WILL BE THE TOUGHEST DAY OF THE FAST

PHYSICAL EFFECTS:

1. TONGUE IS COATED OVER FULLY
2. HUNGER PANGS INCREASE
3. CRAVINGS ARE INTENSE AT TIMES
4. KETOSIS IS IN FULL PROCESS
5. NOTICEABLE WEIGHT LOSS BEGINS
6. HEADACHES MIGHT STILL BE APPARENT

THE SPIRIT

DANIEL WAS NOT VAGUE IN HIS OBJECTION TO THE BABYLONIAN DIET. HE DEFINED THE PROBLEM IMMEDIATELY.

- THE KING'S FOOD WAS AGAINST DIETARY LAWS.
- DANIEL AND HIS FRIENDS HAD VOWED AGAINST WINE.
- THE KING'S FOOD HAD BEEN OFFERED UP TO IDOLS/DEMONS.

REFLECT INNER DESIRE BY OUTER DISCIPLINE

MANY PEOPLE HAVE AN INNER DESIRE FOR BETTER HEALTH, BUT THEY CAN'T DISCIPLINE THEMSELVES TO AVOID JUNK FOOD, AND OTHER FOODS THAT WERE NOT GOOD FOR HEALTH. THE PHYSICAL HEALTH YOU SEEK FROM GOD MAY BE MORE THAN AN ANSWER TO PRAYER. YOUR PHYSICAL HEALTH MAY BE LINKED TO ANY OF THE FOLLOWING FACTORS:

1. YOUR FOOD CHOICES – SEE THE SECTION “GUIDELINES FOR THE DANIEL FAST.”
2. THE LEVEL OF YOUR SPIRITUAL COMMITMENT AS REFLECTED IN CONSTANT PRAYER DURING THE FAST.
3. TIME COMMITMENT. IF YOU DETERMINE TO FAST FOR A CERTAIN TIME, KEEP IT. FOR EXAMPLE, IF YOU DETERMINE TO FAST 10 DAYS, DON'T STOP ON DAY 9 – FOR THIS FAST WE ARE COMMITTING TO 21 DAYS.
4. TESTIMONY COMMITMENT. YOUR FAST IS A STATEMENT OF FAITH TO GOD THAT YOU WANT HIM TO HEAL YOUR BODY.

PRAY TO PERCEIVE SIN'S ROLE IN POOR HEALTH - NOTICE JAMES 5:13-16:

- SIN IS SOMETHING RELATED TO THE CAUSE OF SICKNESS.
- LACK OF HEALTH/HEALING MAY BE THE RESULT OF SPIRITUAL REBELLION.
- LACK OF HEALTH/HEALING MAY BE DUE TO SIN OF WRONG INTAKE, DRUGS, TV, INTERNET, PORNOGRAPHY AND ETC.
- REPENTANCE IS LINKED TO HEALTH ACCORDING TO JAMES.
- ELDERS HAVE A ROLE IN HEALING BOTH SPIRITUAL AND PHYSICAL HEALTH.
- SICK PEOPLE MUST DESIRE TO BE WELL.
- PRAYER ALONE MAY NOT GAIN HEALING, FAITH IS THE MAJOR FACTOR.
- IN GREEK THERE ARE SEVERAL WORDS FOR “SICK”. JAMES USES “KANINO”, WHICH NOT ONLY INCLUDES DISEASE, BUT ALSO MEANS WEAK OR WEARY.
- ATTITUDE IS IMPORTANT. JAMES SAID, “ARE THERE ANY AMONG YOU SUFFERING? LET HIM PRAY. IS ANYONE CHEERFUL? LET HIM SING PSALMS.”

FAST AS A STATEMENT OF FAITH TO OTHERS

DANIEL WAS MAKING A STATEMENT OF FAITH WHEN HE ASKED FOR ONLY VEGETABLES TO EAT AND WATER TO DRINK, THEN DARED THE OVERSEER TO COMPARE THE APPEARANCE OF THE FOUR SONS OF ISRAEL WITH THE YOUNG MEN WHO ATE THE KING'S FOOD.

LEARN THE EFFECTS OF THE FOOD YOU EAT

WHY ARE SOME FOODS GOOD FOR US, AND OTHER FOODS NOT? WHAT DOES CERTAIN FOOD DO TO YOUR BODY? IF WE REALLY KNEW, THERE WOULD LIKELY BE SOME THINGS WE WOULD NEVER EAT AGAIN.

YIELD ALL RESULTS TO GOD

DANIEL SAID, “AS YOU SEE FIT, DEAL WITH YOUR SERVANTS” (DAN. 1:13).

REMEMBER:

- THE DANIEL FAST WILL LEAD TO SPIRITUAL INSIGHT. “TO THOSE FOUR YOUNG MEN GOD GAVE KNOWLEDGE.”
- THE DANIEL FAST IS LONGER THAN ONE DAY. THESE YOUNG MEN FASTED FOR TEN DAYS.
- THE DANIEL FAST IS A PARTIAL FAST. THEY ATE, BUT ONLY VEGETABLES AND WATER.
- THE DANIEL FAST REQUIRES ABSTINENCE FROM PARTY OR JUNK FOODS.
- THERE IS NO INDICATION THAT THEY EVER BEGAN TO EAT THE KING'S FOOD.

FOOD SUGGESTIONS

- BAKED OR BROILED SWEET POTATOES WITH NATURAL PINEAPPLES AND ITS JUICE. YOU MAY ADD APPLES, NUTS OR CINNAMON.
- BOILED OR BAKED APPLES WITH CINNAMON AND RAISINS.
- STEWED TOMATOES ADD WITH MIXED VEGETABLES, THINLY SLICED ONIONS, OREGANO, BASIL, FRESH GARLIC, PEPPER. IF DESIRED, YOU MAY WANT TO ADD POTATOES.
- OATS WITH BANANAS (CHOPPED OR MASHED), RAISINS, HONEY OR PEPPER
- BAKED POTATO SLICES DRIZZLED WITH EXTRA VIRGIN OLIVE OIL, ITALIAN SEASONING OR OTHER NATURAL SEASONING THAT YOU PREFER. MIX SPICES, OIL, GARLIC AND PEPPER TOGETHER AND BRUSH ON POTATOES; BAKE.
- PINTO BEANS SEASONED WITH YOUR FAVORITE NATURAL, NO ADDED ‘ANYTHING’ SPICES. IF YOU WANT MEXICAN, MASH AND MAKE AS A BEAN DIP. GUACAMOLE MAY BE SERVED WITH THIS.
- FRUIT BOWL WITH HONEY AND LEMON JUICE. KIWI, CANTALOUPE, GRAPES, MANGO, HONEYDEW MELON, ETC.
- SALAD WITH ALL VEGETABLES: TURNIP ROOTS, RADISHES, MUSHROOMS, SNOW PEAS, BLACK OLIVES, CARROTS, BEAN SPROUTS, ETC., WITH OIL AND VINEGAR * (FLAVORED VIRGIN OLIVE OIL) OR RED VINAIGRETTE.
- FRUIT SALAD. ADD CRANBERRIES, NUTS, STRAWBERRIES, ORANGE SLICES, PEPPER AND/OR VINEGAR TO LEAFY GREENS OR SPINACH LEAVES.
- MARINADE MUSHROOMS WITH OLIVE OIL AND VINEGAR.
- MARINADE FRESH STRAWBERRIES WITH BALSAMIC VINEGAR AND PEPPER
- GRILL PINEAPPLES, MANGOS, FRESH PEACHES, TOMATOES, GREEN PEPPERS. EITHER OUTSIDE OR ON THE ‘GEORGE FOREMAN’. YOU CAN ALSO BAKE THIS.
- CABBAGE SEASON WITH AN ALL NATURAL SOUTHWESTERN SEASONING SPICE AND PEPPER.
- STEAMED CABBAGE LEAVES ROLLED WITH JULIENNE CARROTS, JULIENNE CELERY, BEAN SPROUTS, OR OTHER VEGETABLES THAT YOU DESIRE.
- LENTIL SOUP
- DICED POTATOES, HONEY, VINEGAR, *NATURAL MUSTARDS (LIKE A POTATO SALAD). DILL MAY BE ADDED.
- MASHED POTATOES WITH ITALIAN SEASONING OR OTHERS.
- SMALL FROZEN TREATS. MASH OR PUREE BANANAS AND/OR PEACHES AND/OR STRAWBERRIES AND MIX WITH HONEY AND FREEZE.
- THINLY SLICED CUCUMBERS AND ONIONS AND TOMATOES MIXED WITH PEPPER, A VINAIGRETTE, AND EXTRA LIGHT VIRGIN OLIVE OIL.
- BAKED SLICED TOMATOES WITH BASIL OR OREGANO OR OTHER ITALIAN SEASONINGS; YOU MAY ADD THINLY SLICED ONIONS OR CHOPPED GREEN ONIONS, OTHER VEGGIES AND/OR EXTRA VIRGIN OLIVE OIL.
- ICED SOUP (ICED GAZPACHO) CUCUMBER, RED BELL PEPPERS, VINE TOMATOES (SKINNED, SEEDED AND COARSELY CHOPPED), OLIVE OIL, LITTLE RED VINAIGRETTE, PEPPER. IF PREFER, YOU MAY ADD GARLIC. CHOP UNTIL SMOOTH OR USE FOOD PROCESSOR – CHILL FOR ABOUT 4 HOURS.

- BOILED CRANBERRIES WITH ORANGES, RAISINS OR PINEAPPLES.
- GRILLED OR BAKED ZUCCHINI, YELLOW SQUASH, BELL PEPPERS, ASPARAGUS AND/OR OTHER VEGETABLE BRUSHED WITH OLIVE OIL, GARLIC, PEPPER AND FRESH LEMON JUICE MIXTURE.
- FROZEN RASPBERRIES, STRAWBERRIES OR GRAPES.
- PUREE FRUITS
- ROAST/BAKED OATS, AND NUTS WITH CINNAMON AND HONEY.
- LETTUCE TOPPING AND DRESSING. GREEN ONION TOPS, CILANTRO, LEMON AND/OR LIME JUICE, EVOO OIL, GARLIC, PEPPER.
- MANGO SALSA. GARLIC – CHOPPED AND PRESSED, OLIVE OIL, DASH OF SALT, BLACK PEPPER, LIME JUICE, GREEN ONIONS, FINELY CHOPPED RED BELL PEPPER, MANGO COARSELY CHOPPED – TOSS ALL TOGETHER.
- VEGGIE BLACK BEAN BURGER. 15OZ. OF COOKED BLACK BEANS, RINSED AND SMASHED, FINELY CHOPPED ONIONS, CORN, THINK AND CRUNCHY SALSA (MADE WITH TOMATOES, GREEN PEPPERS, SPICES AND JALAPENO PEPPERS), GARLIC, PARSLEY, PEPPER, AND DRIED WITH WHEAT BREAD.
- BOILED CARROTS. MAY ADD RAISINS AND SIMMER.
- CARROTS, ONIONS, LEMONS, GARLIC, POTATOES, PEPPER, PARSLEY, CILANTRO AND BROWN RICE. COOK RICE AND SET ASIDE; COOK CARROTS UNTIL MILDLY FIRM; ADD THE REST OF THE INGREDIENTS AND THEN RICE. SIMMER.
- ROASTED TOMATO AND BARLEY SOUP. TOMATOES, OLIVE OIL, BASIL, TOMATO JUICE, UNCOOKED BARLEY, GARLIC AND ITALIAN SEASONINGS. ROAST TOMATOES IN THE OVEN FOR ABOUT 30 TO 45 MINUTES – REMOVE SKIN AND CUT INTO SMALL PIECES. MIX AND SIMMER TOGETHER.
- GRILL OR BAKE PORTABELLA MUSHROOMS, GREENA AND/OR RED BELL PEPPERS, ONIONS, TOMATOES; GLAZE OR BRUSH WITH OLIVE OIL, BALSAMIC VINEGAR, GARLIC, LEMON JUICE, BLACK PEPPER AND ITALIAN SEASONING MIXTURE. (OTHER SEASONINGS AND SPICES MAY BE USED. I.E. DILL OR ASIAN).
- CELERY STICKS WITH NUTS AND RAISINS. MAY BE ADDED TO SALADS AS WELL OR AS A SNACK
- GRANOLA, OATS, RAISINS, DATES, NUTS, ETC. COMBINE AND ENJOY AS A POWER SNACK.

RECIPES

Root Vegetables Baked in Pesto Sauce

Yields: 4 servings

INGREDIENTS:

2 large potatoes, peeled and sliced
1 large yam
4 carrots, peeled and sliced
2 large onion, sliced
5 sprigs fresh dill weed
1 bunch fresh parsley
7 cloves garlic, peeled
6 leaves fresh basil
3 tablespoons olive oil

DIRECTIONS:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place vegetables in a 2 quart casserole dish.
3. In a blender or food processor combine dill, parsley, garlic, basil and olive oil; blend to a smooth paste. Pour over vegetables. Cover dish with aluminum foil.
4. Bake in preheated oven for 40 minutes, or until vegetables are tender.

Carrot Rice Nut Burger

Yields: 20 servings

INGREDIENTS:

3 cups uncooked brown rice
6 cups water
1 cup toasted cashews
1 pound toasted unsalted sunflower seeds
1 sweet onion, chopped
6 carrots, chopped
1 tablespoon extra virgin olive oil
salt to taste

DIRECTIONS:

1. In a large pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.
2. Preheat the grill for high heat.
3. Using a food processor, grind the toasted cashews and sunflower seeds to a fine meal. Transfer to a large bowl. Pulse the onion and carrots in the food processor until finely shredded, and mix with the ground nuts. Place the cooked rice and olive oil in the food processor, and pulse until smooth. Place mixture in a bowl. Season with salt. Form the mixture into patties.
4. Oil the grill grate. Grill the patties 6 to 8 minutes on each side, until nicely browned.

Green Tomato and Bell Pepper Delight

Yields: 6 servings

INGREDIENTS:

2 tablespoons olive oil
4 green tomatoes, chopped
1 green bell pepper, chopped
2 celery, chopped
1 bunch green onions, chopped
2 tablespoons apple cider vinegar

DIRECTIONS:

1.Heat olive oil in a large skillet over medium heat. Stir in green tomatoes, bell pepper, celery, green onions and apple cider vinegar. Saute until tender crisp, about 5 to 10 minutes.

Terrific Trail Mix

Yields: 16 servings

INGREDIENTS:

1 cup combination diced dried fruit, such as prunes, apricots, pears and apples
1/2 cup raisins and/or dried cherries or cranberries
1 1/2 cups unsalted sunflower seeds
1 cup unsalted dry-roasted peanuts (or honey-roasted peanuts, chopped walnuts or unsalted almonds)

DIRECTIONS:

1. Mix all. Makes 4 cups.

Quick Black Beans and Rice

Yields: 4 servings

INGREDIENTS:

1 tablespoon vegetable oil
1 onion, chopped
1 (15 ounce) can black beans, un-drained
1 (14.5 ounce) can stewed tomatoes
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1 1/2 cups uncooked instant brown rice

DIRECTIONS:

1. In large saucepan, heat oil over medium-high. Add onion, cook and stir until tender. Add beans, tomatoes, oregano and garlic powder. Bring to a boil; stir in rice. Cover; reduce heat and simmer 5 minutes. Remove from heat; let stand 5 minutes before serving.

Al's Quick Vegetarian Spaghetti

Yields: 8 servings

INGREDIENTS:

1 pound uncooked wheat spaghetti
1 cup broccoli florets
1 (15 ounce) can whole kernel corn, drained
1 cup fresh sliced mushrooms
1 cup sliced carrots
2 (8 ounce) cans tomato sauce

DIRECTIONS:

1. Bring a large pot of salted water to boil, add spaghetti and return water to a boil. Cook until spaghetti is al dente; drain well.
2. Combine broccoli, corn, mushrooms, carrots and tomato sauce in large sauce pot. Cook on medium heat for 15 to 20 minutes or until vegetables are tender. Stir occasionally to keep sauce from sticking. Serve sauce over spaghetti.

Lentil Soup

Yields: 6 servings

INGREDIENTS:

1 onion, chopped
1/4 cup olive oil
2 carrots, diced
2 stalks celery, chopped
2 cloves garlic, minced
1 teaspoon dried oregano
1 bay leaf
1 teaspoon dried basil
1 (14.5 ounce) can crushed tomatoes
2 cups dry lentils
8 cups water
1/2 cup spinach, rinsed and thinly sliced
2 tablespoons vinegar
salt to taste
ground black pepper to taste

DIRECTIONS:

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, add more vinegar if desired.

Harvest Apple Oatmeal

1 Cup Apple Juice
1 Cup Water
1 Cup Uncooked old-fashioned oatmeal
1/4 Cup Raisins
1/8 teaspoons ground cinnamon
1/8 salt

Microwave directions: combine apple juice, water and apple in a bowl on high for 3 minutes. Stir halfway through cooking time. Add oats, raisins, cinnamon and salt. Stir until blended. Microwave at medium 4-5 minutes or until thick. Garnish with apple slices, if desired.

Conventional oven directions: Boil apple juice, water and apples to a boil, stir in oats, raisins, cinnamon and salt until well blended. Cook uncovered over medium heat for 5-6 minutes or until thick.

Soup

2 16oz. frozen mixed vegetables
1 16oz. bag frozen corn
1 46oz. container of V8 juice
Water (may be added if you like)
1 Tablespoon of honey

Shake in pepper, salt and any other all natural seasonings. Let cook or simmer for 2 to 3 hours or longer to your liking.

Nutty Granola II

½ cup canola oil
1 ⅓ cup hot water
⅔ cup honey
6 cups rolled oats
¾ cup sliced almonds
¾ cup chopped pecans
¾ cup chopped walnuts
1 cup raisins
1 ½ cup golden raisins
½ cup dried cherries

Preheat oven to 325 degrees. In a medium bowl, whisk together the oil, hot water and honey. In a large bowl, stir together the oats, almonds, pecans, and walnuts. Pour the honey mixture into the oat mixture and stir until the oats and nuts are evenly coated. Spread out the granola on to 2 baking sheets. Bake for 10 minutes, stir and bake 10 more minutes or until toasted. Allow granola to cool completely before stirring in the raisins, golden raisins and dried cherries. Granola will harden as it cools. Break apart any large lumps, and store in airtight container at room temperature.

Insanely Easy Vegetarian Chili

Yields: 8 servings

INGREDIENTS:

1 tablespoon vegetable oil
1 cup chopped onions
¾ cup chopped carrots
3 cloves garlic, minced
1 cup chopped green bell pepper
1 cup chopped red bell pepper
¾ cup chopped celery
1 tablespoon chili powder
1 ½ cups chopped fresh mushrooms
1 (28 ounce) can whole peeled tomatoes with liquid, chopped
1 (19 ounce) can kidney beans with liquid
1 (11 ounce) can whole kernel corn, un-drained
1 tablespoon ground cumin
1 ½ teaspoons dried oregano
1 ½ teaspoons dried basil

DIRECTIONS:

1. Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.
2. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.