

Why do we fast?

Scripture does not command Christians to fast. It is not something that God requires or demands of Christians. At the same time, the Bible presents fasting as something that is good, profitable, and expected. The Book of Acts records believers fasting before they made important decisions ([Acts 13:4](#); [14:23](#)). Fasting and prayer are often linked together ([Luke 2:37](#); [5:33](#)). Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world, and instead focus on God. Fasting is a way to demonstrate to God, and to yourself, that you are serious about your relationship with Him. Fasting helps you to gain a new perspective and a renewed reliance upon God.

By taking our eyes off the things of this world, we can focus better on Christ. Fasting is not a way to get God to do what we want. Fasting is a means through which God changes us. Fasting is not a way to appear more spiritual than others. Fasting is to be done in a spirit of humility and a joyful attitude. [Matthew 6:16-18](#) declares, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

What is 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 is a restriction of food for spiritual purposes. So the fast addresses not only the body, but also ones spirit and soul.

A Daniel fast includes eating only fruits and vegetables for a certain amount of time and abstaining from meat products. Some people use a Daniel fast as a dieting method. Some people use a Daniel fast instead of fasting from food entirely. The Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast.

The Daniel Fast is a form of partial fasting. It is based on the Prophet Daniel when he was under the rule of Babylonian kings for their personal service. Daniel recorded three occasions of fasting, though he likely fasted many more times since he was a man of God.

Foods to Avoid

- All meat products including seafood, beef and chicken broths etc
- Imitation meat products
- Dairy products such as milk, cheese, sour cream, etc
- All egg products
- Grains that have been bleached and processed such as white flour and all products containing it
- White sugar and all products containing it
- White rice
- Artificial Sweeteners (Splenda® (sucralose), NutraSweet® (aspartame), Sweet'N Low® (saccharine), etc.)
- Carbonated beverages (soda, soft drinks, carbonated flavored water, etc)
- Foods containing additives, chemicals and dyes
- Soy sauce (fermented)
- Artificial anything including flavors and colors
- Hydrogenated oils (margarine, shortening and all products containing it)
- Fried food should be avoided (most fried foods are fried in Hydrogenated oil)
- Corn Syrup (high fructose corn syrup)
- Vinegar - made by a fermentation process like wine
- Black Tea- fully fermented
- Baking powder - it is baking soda (natural) and an acid like cream of tartar mixed together. Cream of tartar is a byproduct of wine making
- Caffeine
- Yeast

Foods to Enjoy

- All fruits and vegetables- fresh, frozen dried or canned
- All grains, beans, legumes, that have not been bleached stripped and processed. Grains should be whole. Such as whole brown rice, whole wheat flour etc
- All nuts
- All herbs and seasonings and spices -salt is fine. Try and use natural herbs and seasoning
- Baking soda- all natural
- Agave Nectar- this is great! It is all natural and has a consistency similar to honey.
- Stevia
- Bragg Liquid Aminos® (natural alternative to soy sauce)
- Water, naturally decaffeinated tea, fruit and vegetable juices
- Cold pressed oils such as olive oil, unprocessed coconut, peanut, sesame, walnut, almond, and mustard seed oil
- Soy Milk (read the nutritional label)
- Tofu (whole soy beans and water)
- Pasta (whole-grain flour and water) NO EGGS or WHITE flour
- Raw Honey
- Maple syrup

Use this list as a guide and be creative!

BREAKFAST STIRFRY

Ingredients

- 1 tbsp olive oil
- 1 medium onion, sliced
- ½ green pepper, chopped
- 1 cup firm tofu, diced
- Garlic salt (to taste)
- Italian herbs (to taste)

Directions

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

HOMEMADE GRANOLA

Ingredients

- 4 cups rolled oats
- 1 cup crushed almonds
- ½ cup whole grain flour
- 1 sp cinnamon
- ¼ cup shredded coconut
- 1 cup sunflower seeds
- ½ cup wheat germ or other whole grain bran
- ¾ cup raw honey
- 1 cup pumpkin seeds
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Directions

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven.

Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags.

Optional: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

BREAKFAST

HOT BROWN RICE AND APPLES

Ingredients

- 1 cup cooked brown rice
- Fresh apple, chopped
- Raisins
- ¼ tsp salt
- ½ tsp cinnamon
- 1 tsp pure coconut oil
- Soy Milk, optional

Directions

Mix all the ingredients together in a microwave-safe bowl (except the oil), heat for 2 minutes. Add oil, stir and Eat! Add soy milk as desired to taste.

STRAWBERRY-MELON SPINACH SALAD AND DRESSING

Ingredients

- 3 cups fresh spinach
- ½ cup strawberries, sliced
- ½ cup cantaloupe, cubed
- 2 medium green onions, sliced
- Optional: ½ cup oranges, sliced

Directions

In a tightly covered container, shake all dressing ingredients.

In a large bowl, toss all salad ingredients and dressing.

Dressing

- 1 tbsp orange juice
- 1 tbsp honey
- 1 ½ tsp olive oil
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BAKED OATMEAL

Ingredients

- 4 cups old fashioned oats (do not use instant oats or quick cooking)
- 4 cups water
- 1 apple, chopped
- ½ cup walnuts
- ½ cup dates
- 1 tsp vanilla

Directions

Preheat oven to 350 degrees.

Combine oats, walnuts and a pinch of salt in a bowl, mix well.

In a separate container, combine the water and vanilla. Combine all ingredients (except the dates) and stir gently. Pour the mixture into a lightly oiled 8" X 8" dish tray.

Bake at 350 degrees for 30 to 60min. Keep an eye on this after 30 minutes; depending on variable conditions, they may cook between the 30th to 40th minute.

When done, take the baked oatmeal out of oven, stir in the dates, and serve warm.

Makes 4 servings

VEGGIE WRAPS

Ingredients

- 1 pkg Broccoli/Carrot slaw (shredded broccoli, carrots, and cabbage)
- 1 tbsp olive oil
- 1 tsp soy sauce
- ¼ tsp thyme, rosemary, and garlic powder
- 4 whole grain wheat wraps
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Directions

Place olive oil in a warm skillet. Add shredded vegetable mixture and sauté. Add seasonings and soy sauce to coat the vegetables. Remove Vegetables and place on a reserved plate.

Add additional oil to the skillet, if necessary, to brown both sides of your whole wheat wraps. Stuff your wraps and enjoy.

BLACK BEAN SOUP

Ingredients

- 2-5 cans black beans
- 1-2 large can(s) vegetable broth
- 2 cloves fresh garlic, minced
- 1 large onion, chopped
- 1 jar all natural salsa
- 1 jalapeño, diced
- Cilantro, chopped
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Directions

Combine all ingredients and simmer on med/low for 20-30 minutes to allow flavors to merge.

Broth and bean quantity varies based on personal preference and desired chunkiness.

HERB ROASTED IDAHO POTATO FRIES

Ingredients

- 1 lb small baking potatoes
- 2 tsp olive oil
- Dried thyme
- Dried rosemary
- Salt
- Pepper
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Preheat oven to 425. Coat heavy baking sheet with olive oil.

Cut each potato into wedges and place in a mound on the baking sheet. In a cup, mix oil, thyme, rosemary, salt, and pepper. Pour mixture over potato wedges and toss cover each potato. Spread the potatoes out on the sheet.

Bake for 35 minutes, stirring 2-3 times, until lightly browned. Serve hot.

LUNCH

RICE AND LENTILS

Ingredients

- 1 cup brown rice
- ½ cup lentils
- 1 tsp salt
- 2 cups water
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Directions

Prepare rice according to package directions.

Combine Lentils, water and salt into a crock-pot and cook on high for 5 hours.

BAKED VEGETABLE MEDLEY

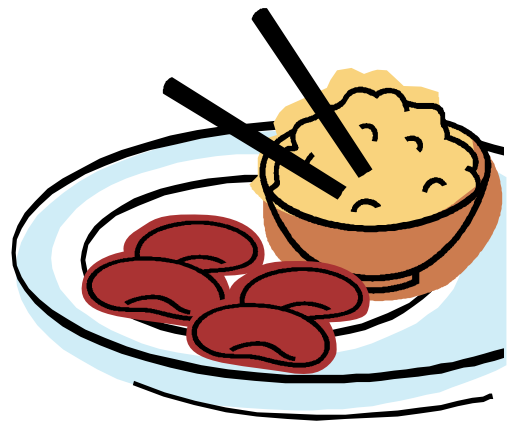
Ingredients

- 4 bell peppers, chopped (colors may vary by taste)
- 6 mushrooms, sliced
- 1 yellow squash, sliced
- 1 zucchini squash, sliced
- 1 clove fresh garlic
- 2 tbsp olive oil
- Garlic salt (to taste)
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Directions

Preheat oven to 375. On a foiled cookie sheet place vegetable mixture. Drizzle olive oil and season to taste. Bake for 25 min or until tender.

LUNCH



SPICY RED PEPPER SOUP

Ingredients

- 1 large red bell pepper, chopped
- 1 roma tomato, peeled and chopped
- ¼ cup sweet onion, chopped
- 2 cloves garlic, pressed
- 1 jalapeno, minced
- ½ cup water
- 1 tbsp Olive Oil
- ¼ cup cilantro
- Juice of ½ lime
- ¼ tsp cumin
- 1 tsp sea salt
- ½ avocado

Directions

Place all ingredients except for avocado in a food processor or blender. Blend until smooth, this may take a few minutes. Taste and adjust seasonings to liking. Refrigerate until you are ready to serve. When you are ready to serve, add 1/2 chopped avocado and blend until smooth. The avocado adds creaminess to the soup. If you don't like spicy food just leave out the jalapeño, it's still an awesome soup.

Makes: 2 servings, Preparation time: 20 minutes

CROCK POT HERBED ZUCCHINI

Ingredients

- 2 lbs zucchini, unpeeled, sliced
- 2 vegetable bouillon cubes
- 1 ¼ tsp salt
- ½ tsp garlic salt
- 2 tbsp dried minced onion
- 2 tsp dried parsley
- ¼ tsp dried oregano
- 1 cup tomato juice

Directions

Mix all ingredients together carefully in crockpot. Cover and cook on high setting for 3 to 4 hours. If thicker sauce is desired, remove cover during last hour.

6 servings

DINNER

BROWN RICE WITH PINEAPPLE AND SHIITAKE MUSHROOMS

Ingredients

- ½ cup brown rice
- 1 cup water
- ½ medium red bell pepper, diced
- 8 shiitake mushrooms, stems removed and diced
- 1 cup green onions, chopped
- ½ cup crushed pineapple - drained
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Directions

Bring water to a boil. Add brown rice, bring to boil again, then cover and reduce heat to low simmer. Cook rice for 45 minutes or until all water is absorbed. While rice is cooking, sauté red pepper and shiitake mushrooms in a non-stick skillet for 3 minutes. Add green onion and pineapple. Continue to sauté for one more minute. Add rice to vegetables in pan. Cook, breaking up rice and stirring, until well combined and hot. Serve immediately. If desired, enhance the flavor of the pineapple by "caramelizing." In a nonstick pan over high heat, stir well-drained pineapple until slightly golden (about 5-10 minutes).

BROWN RICE AND SQUASH "RISOTTO" (CROCKPOT MEAL)

Ingredients

- ¾ cup brown rice
- 1 medium acorn squash
- 1 medium onion, chopped
- 1 large carrot, diced
- 1 tsp black pepper
- 4 cups water or vegetable broth
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Directions

Sauté onion in non-stick skillet until brown and caramelized. Add onion and all other ingredients. Cook on high for 3- 4 hours. (Check water towards the end of cooking to make sure it is not getting too dry)

DINNER

ITALIAN SPAGHETTI SQUASH W/ SAUCE

Ingredients

- 1 spaghetti squash, boiled and shredded (may be substituted with wheat pasta)
- 1 clove garlic
- Olive oil
- Salt and pepper, to taste

Sauce

- 1 can tomato puree
- 1 can tomato paste
- 1 clove garlic, pressed
- Oregano
- Parsley
- Garlic salt
- Pepper
- Crushed red pepper

Directions

Quarter 1 spaghetti squash, remove seeds, and boil in salted water until soft. Shred boiled squash with a fork. In a heated pan, sauté squash with olive oil and garlic, season to taste.

Place olive oil and garlic in a heated sauce pan and lightly brown. Add 1 can of tomato paste and stir until lightly brown. Add tomato puree and ½ can of water. Season sauce mixture with oregano, parsley, garlic salt, salt, pepper, and red pepper to desired flavor. Simmer on low for 30-45 min.

Place sauce over sauté squash and serve hot.

BAYOU BEANS AND RICE

Ingredients

- 1 cup onion, chopped
- 1 tsp minced garlic
- 4 cups red kidney beans, rinsed & drained
- 1 cup red bell pepper, diced
- 1 cup green bell pepper, diced
- 2 tsp cumin
- 1 ½ tsp chili oil
- 2 cups brown rice, cooked
- Optional: Chopped scallions

Directions

Lightly coat a large nonstick skillet with cooking spray, and heat over medium-high heat. Add onions and garlic and cook, stirring for 5 minutes.

Stir in the beans, bell peppers, cumin, hot pepper sauce, & 1/2 C water. Bring to a simmer, cover, and cook for 20 minutes. Serve beans over rice.

Garnish with chopped scallion. (optional)

DINNER

THICK AND CREAMY CORN-POTATO SOUP

Ingredients

- 2 cups corn
- 6 med/lrg red potatoes, chopped
- 6 carrots, finely chopped
- 1 med onion, finely

Directions

Combine vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put

- chopped
- 2 green bell pepper, diced
- 2 bay leaves
- 2 tsp marjoram
- Salt and pepper, to taste
- 3 large containers Vegetable broth

blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8-10 generously.

*Bay leaf and marjoram can be substituted for your preferred seasoning

BROWN RICE WITH EDAMAME AND VEGETABLES

Ingredients

- 2 cups brown rice
- 4 cups water or veg broth
- 1 cup orange juice
- 1 pkg edamame, shelled (frozen)
- 1 cup shredded carrots
- 1 cup slice white mushrooms
- ½ tsp cumin
- 1 clove garlic, minced
- ½ cup green onion, chopped

Directions

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside. While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.
Servings: 4-6 entrée size Serve with orange slices and celery sticks.

DINNER

TOSTADAS

Ingredients

- 2 cups pinto beans, boiled
- Lettuce, shredded
- Fresh tomato salsa
- Guacamole
(see Guacamole recipe)
- Organic (baked) corn tortilla shells
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Directions

Boil and mash pinto beans. Spread beans on tortilla shell and top with lettuce, salsa and guacamole.

ROASTED VEGGIE BAKED POTATOES

Ingredients

- 2 large potatoes
- 1 cup cauliflower
- 1 cup carrots, chopped thin
- 2 cloves garlic
- Olive oil
- ¼ cup apple juice, unsweetened
- 1 tbsp lemon juice
- 1 cup baby spinach greens
- 1 tsp Italian herb seasoning

- ½ tsp lemon pepper seasoning

Directions

Preheat oven to 400 degrees F.

Wash and wrap the potatoes in foil; prick with a fork. Place the potatoes in the hot oven, on the top rack, and bake for 15 minutes.

In the meantime combine the broccoli, cauliflower, carrots and garlic in a roasting pan and spray with olive oil cooking spray; toss with apple juice and seasonings. Add the pan of vegetables to the oven on a lower rack, and bake for 45 minutes, until the potatoes and the vegetables are fork tender. During the last 5 minutes of baking, toss the baby spinach or greens in with roasted veggies. To serve, place each potato on a serving plate, split open, and season with lemon pepper. Top each potato with half of the roasted veggies.

Serves 2 as dinner, 4 as side dish. Enjoy!

SNACKS

CUCUMBER AND WATERMELON SALAD

Ingredients

- 3 cups English cucumber, peeled and cubed
- 3 cups watermelon, cubed
- 3 tbsp lime juice
- Optional: salt, to taste
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Directions

In a large bowl toss cucumber and watermelon with lime juice and serve immediately.

STRAWBERRY SMOOTHIE

Ingredients

- 1 ½ cups soy milk
- 10 oz bag frozen strawberries
- 1 medium banana
- 1/3 cup orange juice
- Optional: Honey
- Optional: Vanilla
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Directions

Combine ingredients into a blender. Blend for 1 minute.

Use Honey to sweeten as desired

Substitute strawberries for frozen berries of your choice.

Add ice when using fresh berries.

RAW CABBAGE AND PINEAPPLE SALAD

Ingredients

- ¼ cabbage
- ½ pineapple
- ½ cup hazelnuts
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Directions

Shred the cabbage, cut the pineapple into small pieces and chop the nuts coarsely. Mix everything together and serve.

Makes: 8-10 servings, Preparation time: 10 minutes

BAKED APPLES OR PEARS

Ingredients

- 1 apple or pear
- ½ tsp pure maple syrup
- Cinnamon, to taste
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Directions

Cut apple or pear in half. Scoop out seeds from the center. Place halves, skin side down, in a glass baking dish. Brush with maple syrup and sprinkle with cinnamon. Microwave for 10 min or until tender. Serve warm.

POPCORN

Ingredients

- ¼ cup unpopped popping corn
- 1 brown lunch bag
- Olive oil
- Salt, to taste

Directions

Place corn kernels in lunch bag. Fold at the end 2-3 times. Microwave on high for 2-3 minutes, until kernels stop popping.

Drizzle with olive oil and salt to taste.

GUACAMOLE SALAD

Ingredients

- 2 avocados
- 1 lrg lime, juice only
- 2 cloves garlic
- 1 roma tomato
- Salt, to taste
- Optional: jalapeno for spice
- Optional: cilantro, chopped (leaves only)
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Directions

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.

Serve with vegetables or organic baked corn only tortilla chips

CELERY AND PEANUT BUTTER SNACKS

Ingredients

- 1 stalk celery
- 1 tbsp natural peanut butter
- Optional: nuts
- Optional: raisins

Directions

Stuff Celery with peanut butter and top with raisins or nuts of your choice.

SNACKS

ALMOND FRUIT DELICIOUSNESS

Ingredients

- 2 oranges
- 1 slice pineapple
- 1 cup frozen berries
- 1 banana
- ¼ cup almonds
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Directions

Just throw all the fruit and nuts into a blender and MIX! I find it works best to layer the fresh fruit with the frozen fruit and nuts so that the blender has enough liquid to mix it up. If needed, add a dash of water to allow your blender to mix it easier, but don't overdo it on the water, or it will get too watery.

Makes: 1-2 servings, Preparation time: 5 minutes

CANTALOUPE-BANANA SLUSH

Ingredients

- 2 cups cantaloupe, chopped
- 1 cups sliced banana (2 medium)
- 2 cups pineapple, orange, banana, juice
- 1 tbsp lime juice
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Directions

Arrange cantaloupe and banana in a single layer on a baking sheet; freeze until firm. Place frozen fruit in a food processor; process until chunky. With processor on, slowly add remaining ingredients; process until smooth. Serve immediately.
Serving Size: 1 cup

CINNAMON GLAZED CARROTS

Ingredients

- 1 lb carrots
- 1/3 cup apple juice concentrate, thawed
- ½ tsp ground cinnamon
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Directions

Peel and slice the carrots into 1/4-inch thick rounds (about 3 1/2 cups). Combine ingredients in a large saucepan and stir well. Bring to a simmer, cover, and cook over moderate heat for 15-20 minutes, until carrots are tender-crisp. Cook uncovered 3 to 5 minutes more or until liquid is reduced to a glaze.

SNACKS

