

# The Daniel Fast

## A Tool Kit

2021 Holy Season

First A.M.E. Church

Seattle, Washington

Rev. Dr. Carey G. Anderson, Senior Pastor

“So I turned to the Lord God and pleaded with him in prayer and petition, in fasting.”

Daniel 9:3

## What is the Daniel Fast:

“The Daniel Fast is a powerful spiritual experience to help followers of Jesus Christ develop a more intimate relationship with their Lord, seek answers to prayer, and grow in the love and knowledge of the Savior.” Author Susan Gregory

The overall principal of a spiritual fast is to set aside time to draw closer to the Lord to hear from Him. An additional benefit of the Daniel Fast can be an improvement in your health, including greater energy, a reduction in your cholesterol level, improved digestion and even weight loss.

**According to Susan Gregory**, “There are two anchoring scriptures for the Daniel Fast. In **Daniel 1** the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

- 1. Only fruits and vegetables**
- 2. Only water for a beverage**

Then in **Daniel 10** we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

- 3. No sweeteners and no breads**

Another important guideline is drawn from Jewish fasting principles, where **no leaven** is used during the fast. So that's why **yeast, baking powder and the like are not allowed** on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that **no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.**

When asked about the eating plan on the Daniel Fast, I often say it is a "vegan diet with even more restrictions."

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.”

**NOTE:** Please consult your health care provider before you participate in the Daniel Fast. This is especially important if you have any known health concerns.

## First A.M.E. Church

**Our Theme:** The Daniel Fast: A Time to Renew Your Spirit, Soul, and Body

**Scripture Reference:** *"So I turned to the Lord God and pleaded with him in prayer and petition, in fasting." - Daniel 9:3*

We encourage you to prepare for the fast and consider the following guidelines:

- Plan your meals in advance. This toolkit will provide you with some recipe and meal suggestions for the primary meals of the day.
- Identify your community resources that offer food that is consistent with the fast principles.
- Identify a friend or family member to encourage you during the fast. This person can be your accountability partner to keep you encouraged and focused.
- Remain in continuous prayer during the fast. If you don't already, begin your day with quiet time with the Lord.
- Consult your health care provider before beginning the fast. Share the Daniel Fast food list with your doctor so that he/she understands what foods you will be consuming.
- Consider keeping a "Victory Journal" during this period of consecration to document what the Holy Spirit is revealing to you.

## The Daniel Fast Food List

**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, french 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.

**Remember, READ THE LABELS!**

## *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 caned 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!**

## **Daniel Fast Recipes**

### **Breakfast**

#### **Fruit Smoothies**

Frozen fruit (with no sugar)

Juice (100% juice) – any kind

Blend juice and fruit for a breakfast smoothie

Baked Sweet Potatoes – for breakfast or anytime

#### **Granola**

4 cups rolled oats

1 cup crushed almonds

1/2 cup whole grain flour

1 tsp. cinnamon

1/4 cup shredded coconut

1 cup sunflower seeds

1/2 cup wheat germ or other whole grain bran

3/4 - 1 cup honey

1 cup pumpkin seeds

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

#### **Apple Blueberry Oatmeal Cereal**

2 sweet apples

3/4 cup rolled oats

1 cup blueberries

1/2 cup almonds

1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

#### **Oatmeal with Fruit and Nuts**

1/3 cup rolled oats

1/3 cup apple juice

1/3 cup water

Raisins and chopped nuts

Cook oats in juice and water in microwave for 1 minute on high. Add raisins and chopped nuts.

## **Breakfast Tacos**

gimme lean\*\*

veggie shreds

Oregano

1 large onion\*

sweet basil

1 large bell pepper\*

cayenne pepper

2 large tomatoes

garlic powder

1 bag frozen corn

olive oil

curry

100% whole wheat tortillas

sea salt

veggie shreds

Chop onion, garlic, bell pepper and tomatoes

Sautee onion, garlic, bell pepper, corn and tomatoes in large sauce pan(in olive oil). Add seasonings: pinch of cayenne pepper, pinch of sea salt, garlic powder, and curry. Add ½ tube gimme lean. Use fork to separate gimme lean. Cook for about 10 -15 minutes on medium heat. Remove mixture from heat, place veggie shreds in tortilla with mixture and wrap in tortilla. Enjoy!

\*Frozen products can be used; however, fresh products provide better flavors

\*\*Can substitute frozen hash brown potatoes for gimme lean

## **Salsa**

1 large can organic diced tomatoes

2 large onions

4 serrano peppers

garlic powder

sea salt

cayenne pepper

large sauce an (pot)

Dice onion, Serrano pepper (remove seeds). Combine onion, Serrano peppers, diced tomatoes, garlic powder, sea salt (to taste), cayenne pepper (a pinch) in a large sauce pan (pot) and bring to a roaring boil for 15-20 minutes. Let simmer on low heat for 10 minutes. Serve and enjoy.

Andrea Mosley

## **Meals and Sides**

### **Quick Tomato Sauce**

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

2 tablespoons olive oil

1 medium yellow onion (chopped)

2 cans diced tomatoes (14.5 oz) (or fresh)

Salt to taste

1/4 cup cilantro, finely chopped

Saute onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt.

Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes.

Serve over pasta, rice or cooked vegetables

### **Spicy Green Beans**

2 tablespoons vegetable oil

1 pound green beans, trimmed

1/4 teaspoon salt

3 cloves garlic, minced

1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

### **Herb-Roasted Idaho Potato Fries**

Makes 4 servings

1 pound small baking potatoes

2 tsp extra-virgin olive oil

1/2 tsp dried thyme

1/2 tsp dried rosemary

1/4 tsp salt

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet. In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

### **Veggie Spaghetti**

1/2 box wheat spaghetti

1/2 cup sliced mushrooms

2tbsp. olive oil

1 cup broccoli flowers

1/2 cup chopped onion

1 tsp. sea salt (or to taste)

1/2 cup chopped green bell pepper

1 tsp. black pepper

1/2 cup chopped yellow squash

1/2 tsp. cumin

1/2 cup chopped zucchini

1/2 tbsp. oregano

½ cup diced tomato

1tsp. Italian seasoning

4 cloves of garlic

1 tbsp. chili powder

½ cup shredded carrots

16 oz. organic spaghetti sauce

Stir-fry all vegetables in 2Tbsp olive oil until tender ( tomatoes last), add seasonings and spaghetti sauce, stir well.

Boil wheat spaghetti until done, drain, combine with vegetables and sauce, simmer for 10 minutes.

Serve and enjoy

Dorothy Harvey/Charlotte Martin

### **Veggie Chili**

- 1 tablespoon olive oil
- 1/2 medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4 ounce) cans chopped green chile peppers, drained
- 2 (12 ounce) packages vegetarian burger crumbles
- 3 (28 ounce) cans whole peeled tomatoes, crushed
- 1/4 cup chili powder
- 1 tablespoon ground black pepper
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained (pinto beans can be used)
- 1 (15 ounce) can black beans
- 1 (15 ounce) can whole kernel corn

1. Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.

2. Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Dorothy Harvey

## **Stir Fry Vegetables**

olive oil to coat pan

sliced or chopped almonds

chopped garlic

sliced onions (yellow or white)

sliced green bell peppers

thinly sliced cabbage

Toss Almonds and garlic in hot oil first. Let simmer for 3-4 minutes

Add onions and green peppers season with sea salt and pepper. Cook about 3 minutes and add sliced cabbage. Coat with a little more oil. Cook until desired texture.

Extra...

Once cooked, you can add any of the following for about a minute or two for variety:

black beans, tomatoes, cooked potatoes, broccoli, cooked carrots.

## **Veggie Wraps**

Grill the following ingredients:

2 portobello mushroom

1 medium eggplant peeled cut in half then sliced longwise in thick slices

1 each red and yellow bell peppers cut in half- seeds removed

Toss all ingredients in olive oil and sea salt immediately to avoid discoloration.

Place on grill or in oven until aladente

8-12 leaves of butter or green leaf lettuce

Slice the mushroom and eggplant in ¼ inch strips. Spread each lettuce leaf with 1 teaspoon of sundried tomato pesto (recipe below)

Place 2-3 strips of each vegetable on lettuce and roll

## **Sundried Tomato Pesto**

½ cup of sun-dried tomatoes packed in oil, drained

¾ cup toasted walnuts

1cup of fresh basil, loosely packed

6 ounces of vegan parmesan cheese

¾ cup olive oil

6 cloves garlic

1 teaspoon freshly ground pepper

sea salt

Combine sun-dried tomatoes, walnuts, basil, parmesan, olive oil, garlic, and peppers in a food processor. Process until ingredients are thoroughly chopped but not pureed. Add salt to taste. Cover and Refrigerate or freeze.

## **Quinoa (Healthy Grain)**

4-to 6 servings

1cup Quinoa (rinsed in a small strainer)

2 cup of water or Vegetarian Vegetable broth

1 medium onion diced

1 minced garlic clove

Add onion, garlic and liquid in a pot. Bring the liquid to a boil, add Quinoa. Bring back to a near boil.

Cover and simmer for 15-20 minutes. Remove from stove & fluff.

½ cup finely diced onion

1 cup each finely diced red and yellow pepper

1 cup toasted walnut chopped ( I used toasted pine nuts)

1 cup dried cranberries

¼ cup juillene fresh basil

1 tablespoon of olive oil

Place olive oil, peppers, onions in sauce pan and sauté. Remove from heat and pour into Quinoa. Add remaining ingredients mix well. Toss with olive oil and lemon dressing (1 part olive oil, 1 part lemon juice)

## **Southwestern Corn and Black Bean Chowder**

1 ½ qt water or organic vegetable Stock

1 green bell pepper

1 12oz bag of frozen black beans

1 bunch of cilantro chopped

1 12 oz bag of frozen whole kernel corn

1 tbsp chili powder

1 lg onion diced

1 tbsp cumin powder

3 stalks of celery diced

1 teaspoon oregano leaves

1 med onion diced

2 tbsp of kosher salt

2 tbsp chopped garlic

1 teaspoon black pepper

2 chopped carrots

2 tbsp of extra virgin olive oil

1 -12oz can of hunt's diced tomatoes in juice

½ teaspoon of liquid smoke

1 red bell pepper diced

1. Boil black beans with a little kosher salt until tender (do not over cook). Rinse cooked beans with cool water and set aside.

2. In soup pot. Heat olive oil. Sauté onion, celery, raw carrot, bell peppers (both green and red) until soft and slightly brown.

3. Add water or both and bring to a boil.

4. Add all remaining ingredients EXCEPT cilantro.

5. Simmer for 10 minutes, then add cilantro

6. Simmer for an additional 10 minutes uncovered

Chef Darrell Rose

## 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

### 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:

- 1.4 cups torn romaine
- 2.2 medium navel oranges, peeled and sectioned
- 3.1 small red onion, sliced and separated into rings

- 4. 1/4 cup olive oil
- 5. 3 tablespoons red wine vinegar
- 6. 1/4 teaspoon salt
- 7. 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.

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

### 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 1/2” 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

### 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 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

#### Cranberry Spinach Salad Frenzy

¾ cup pecans

1 pound spinach, rinsed and torn into bite-size pieces

1 cup dried cranberries

2 Tablespoons toasted sesame seeds

1 tablespoon poppy seeds

2 teaspoons minced onion

½ teaspoon paprika

½ cup apple cider vinegar

1 cup olive oil

Combine spinach with pecans and cranberries in a salad bowl. Mix sesame seeds, poppy seeds, onion, paprika, apple cider vinegar, and olive oil. Toss with spinach and serve?



## **Flatbreads**

Chapattis or Indian Flat Bread Yield: About 10 chapattis

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.

## 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.

Makes about a pound of crackers

## Resources:

The Daniel Fast Blog,<http://www.DanielFast.wordpress.com>, and Website, <http://www.Daniel-Fast.com>

The Ultimate Daniel Fast Blog, <Http://www.ultimatedanielfast.com>

The Daniel Fast: Feed Your Soul, Strengthen Your Spirit and Renew Your Body by Susan Gregory

The Ultimate Guide to the Daniel Fast by Kristen Feola

The Daniel's Fast Cookbook by Grace Bass

The Daniel Fast for Spiritual Breakthrough by Elmer L. Towns