

RECIPES AND MEAL GUIDE

If you want to fast like Daniel, you'll need to cook like Daniel. I've picked some of our family's favorite recipes to keep your taste buds happy even while you're drawing closer to God by fasting. It's the best of both worlds!

When it comes to fasting like Daniel, different people have different ideas. Some look at every ingredient of each thing they buy, others tend to be a little less stringent. I tend to be very careful with what I eat when I fast like Daniel. The recipes contained in this guide are favorites in my family and also include others inspired by tasty vegan recipes and Daniel-Fast-friendly resources.

How to Use this Guide Each day has delicious meal suggestions for breakfast, a snack, lunch, and dinner. Go through the whole book and look at all the meal ideas so you can finalize your shopping list and buy the necessary ingredients. Remember, you're not eating your usual style, so you may need to stock up on enough Daniel-friendly ingredients to last until your next trip to the grocery store.

If you're like my family, you don't want to make 21 unique meals over the next three weeks, so feel free to substitute or repeat whatever recipes you like best!

To save cooking time and set you up for success at lunch, you may want to make extra portions of many dinner meals to eat as lunch the following day.

QUICK REFERENCE

DANIEL DO'S AND DON'TS

When we talk about a Daniel Fast, most people don't know exactly what it means. "It's vegetables only, right?" people often ask me. That's pretty close. What we're doing is modeling our fast after what Daniel did.

In Daniel 1:12,16 it says, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink..." So the guard took away their choice food and the wine they were to drink and gave them vegetables instead." Later in Daniel 10:2-3 he says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."

From these and the Law of Moses, we come up with the Daniel Fast. Below is a quick reference list of general do's and don'ts you can follow.

Do Eat

- Vegetables!
- Fruit
- Whole Grains
- Nuts and Seeds
- Legumes (beans etc.)
- Water

Do Not Eat

- Meat
- Dairy
- Breads
- Sweets
- Alcohol
- Soda

You get the idea. Avoid “choice foods” and stick to the basics. Remember, this is a FAST, not a DIET. The idea is that you’re sacrificing things you like (choice foods)...for something you LOVE (drawing closer to God).

For a more detailed list of pro-Daniel Fast foods, see the Shopping List on the next page and the Q&A section at the back of the book.

BEFORE YOU START SHOPPING LIST

Before you start eating like Daniel, you’ll need to shop like Daniel. Try for fresh fruits and vegetables whenever possible, and organic is probably best. Most of these items are used in the recipe section, but you may want to preview the recipes before shopping.

Vegetables

If it grows and it’s not an animal, you want to eat it. Vegies should be the foundation of what you eat over the Daniel fast, so be sure to stock up. Bear in mind that it can take more vegetables to feel “full” than when you eat a more meat-based diet, but you’ll get used to it.

Salad Makings—Try different kinds of lettuce to get food value. Choose dark green leafy greens such as red and green lettuce, spinach, baby kale, and collard or mustard greens. Pre-mixed containers of “baby greens” or “spring mix” can be a great, quick option.

TIP—Traditional iceberg lettuce has little food value.

TIP—Add a salad to your meals for a variety of tastes.

Try spicing up your salads with other veggies like:

- Broccoli florets
- Cauliflower
- Chopping green onion or chive
- Diced Onion
- Mushrooms
- Radishes
- Shredded Cabbage
- Tomato

Dress your salad with:

- Olive Oil and Vinegar (Italian-style) dressing (some Daniel Fasters don’t use vinegar because it’s fermented)
- Olive Oil
- Balsamic Vinegar
- Lemon or Lime

Crunchy Snacks—Try these crunchy veggies for mouth-pleasing snacks or sides, which you can dip in nut butters or hummus

- Carrots
- Celery
- Cucumbers
- Green Beans
- Radishes
- Snap Peas

- Watercress
- Zucchini

TIP—Eat starchy vegetables like these sparingly:

- Potatoes
- Sweet Potatoes
- Yams
- Corn

Veggie-Based Proteins—Think you can only get protein from meat? Think again! Here are some sources of vegetarian protein:

- Artichokes
- Broccoli
- Brussels Sprouts
- Dark leafy greens
- Legumes
- Mushrooms
- Nut Butters
- Tofu

- **Fruit**

Fruit sugars will metabolize faster than most vegetable carbs, so be sure to pair them with foods that are slower to metabolize.

Berries—Berries are super popular for their antioxidants and other benefits. Pick dark, colorful berries whenever possible. (For extra fun, try adding some to your salads!)

- Cherries
- Strawberries
- Raspberries
- Blueberries

TIP—Buy packages of frozen berries for smoothies!

Tree Fruits (low acid)—Always a staple, it's hard to go wrong with these crunchy fruits.

- Apples
- Pears
- Peaches
- Plums
- Bananas

Citrus Fruits (higher acid)—Watch out for acid levels when eating these on a Daniel Fast stomach.

- Oranges
- Grapefruit
- Lemons
- Mango

Squash & Melons

- Crook-neck squash
- Butternut Squash
- Acorn Squash
- Spaghetti Squash
- Cantaloupe
- Honeydew
- Watermelon

Legumes

Don't forget the beans! Legumes are an excellent source of protein and wholesome family entertainment.

- Black Beans
- Black Eyed Peas
- Chickpeas / Garbanzo Beans (from which we can make hummus)
- Kidney Beans
- Pinto Beans
- Lentils
- Navy Beans
- Split Peas
- White Beans

Rice & More

While fasting bread (it has yeast), rice is a great option. Choose healthier, whole-grain rice if possible.

- Jasmine Rice
- Brown Rice
- Wild Rice
- Quinoa
- Whole Wheat Tortillas
- Oatmeal

Nuts and Seeds / Butters

Nuts and nut butters can be terrific sources of fats and protein and tend to make us feel more "full" than many vegetables. Use nut butters as dip for crunchy veggies for great meals or snacks, but check labels for sugar.

- Almonds & Almond Butter
- Peanuts & peanut butter
- Cashews
- Pistachios
- Pine Nuts
- Walnuts
- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sunflower Seeds

Cooking Oils

Oils are pressed and concentrated, so eat these sparingly but as a source of fats.

- Extra Virgin Olive Oil
- Coconut Oil
- Flaxseed Oil
- Grapeseed Oil

Beverages

Water is the basis of your Daniel fast beverage list, but you'll likely get tired of it. Push yourself to drink as much water as possible. There are many schools on how to measure the water you need per day, but according to WebMD, a good rule of thumb is to drink between one ounce and half an ounce of water per pound you weigh. For a person who weighs 150 pounds, you'll drink between 75-150 oz of water a day. I suggest going toward the upper end of that scale and drinking as much as you can! Here are some beverage ideas:

- Almond milk, cashew milk, or soy milk

- Black Tea
- Green Tea
- Herbal Tea

TIP—Bear in mind that many drinks have sweeteners that may not be compatible with fasting like Daniel, so look for unsweetened versions of these drinks

- WATER!!!

TIP—Buy a nice water bottle. Inexpensive double-walled stainless steel tumblers and bottles from big box stores like Wal-Mart and Target will keep your water cold and refreshing. Glass is another great option. Avoid anything with BPA, and all plastics begin to flavor your water eventually.

Smoothies

Smoothies are a great Daniel-friendly breakfast, but be careful to not over-load high glycemic index foods into your smoothie—you'll crash and burn mid-morning! Mix fruits and vegetables with a vegetable-based protein powder and nut butters for tasty, long-lasting energy in the morning.

- Soy, almond, cashew or other non-dairy milk—you don't need all three, but pick what your family likes
- Fresh or frozen berries and fruit
- Vegetable-based protein powder such as soy
- Some add non-sweetened Greek yogurt to the list, but typically a Daniel Fast does not include dairy.

TIP—The daily recipes are full of great smoothie ideas!

Snacks

You're going to want to much, so plan healthy snacks in advance to keep from resorting to unhealthy foods that will break your fast.

- Hummus—made from garbanzo beans or chick peas, hummus is a great source of protein, and when flavored (garlic is awesome) it has a huge variety of options. It's fun to make it yourself, but check store bought hummus for extra ingredients you don't want like high fructose corn syrup.
- Guacamole
- Dried Fruits
- Nuts and Seeds
- Unsweetened Applesauce

Spices

Don't forget the spices! Just because you're fasting doesn't mean meals have to be dull. Here are just a few ideas to add some flavor to your meals.

- Garlic—cloves and powder
- Clove
- Dill
- Lemon Juice
- Oregano
- Sage
- Ginger
- Vinegar (balsamic, etc.)
 - Cumin
 - Tahini

- Red Pepper
- Cayenne pepper
- Curry powder
- Garam masala

Foods You're NOT Buying

- Meats
- Desserts
- Sweeteners
- Dairy Products
- Energy Drinks
- Coffee

NOTE—My wife, LaKendria, is a body builder, and because of her nutrition needs she adds lean meats like chicken and fish to her list of Daniel fast foods. I tend to follow the historical example more carefully than some, but the point isn't so much the foods as it is your heart.

DAY 1

HUNGRY FOR GOD

Breakfast

Omnipotent Oatmeal—Blueberry

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

1 cup water

1/2 cup rolled oats

1/4 cup fresh or frozen blueberries

1/4 cup almond milk

3 tablespoons crushed walnuts or almonds

1 teaspoon salt

Directions

1. Boil 1 cup water with salt (add nuts early if you desire nuts to soften)
2. Add oats and stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/or nuts.

Snack

Hangry Hananiah's Hummus

Hummus is a popular Daniel-fast snack or dinner component. Eaten by itself or as a dip on crunchy veggies, it adds protein and healthy fats your body needs. While you can make it with many different beans, try mixing and matching for variety. Chickpeas/ garbanzo beans, white beans, and others taste great. Try adding different spices such as cumin for a variety of flavors during your Daniel fast!

Ingredients

1-1.5 cups of moist chickpeas soaked over night or 1 can beans, drained and rinsed
2 tablespoons paprika, cayenne, and/or chili powder
2 cloves garlic, peeled
2 tablespoons lemon juice
1 teaspoon salt

Directions

1. Put the ingredients to your food processor or blender and blend until it has a smooth texture. Use small amounts of water to thin out the hummus if necessary.

Lunch

Court of Babylon Salad

Salads are an amazing way to get great nutrition while doing your Daniel fast. While the actual ingredients are up to you, follow these ideas to create a variety of tasty and nutritious salads.

Ingredients

1 head green/red leaf lettuce, rinsed and chipped (or packaged pre-washed spring or baby green mix)
1/2 cup shredded cabbage
1 broccoli floret
1/4 cup cauliflower
1/4 cup chopped carrots
1/4 cup chopped tomato
1/4 cup chopped radish
1/4 cup fresh chickpeas/garbanzo beans and/
or other wet, cool beans
2 tablespoons sunflower seeds
Chopped onion or green onion to season Olive oil, vinegar, or lemon/orange juice to season

Directions

1. Cook and allow beans to cool, if necessary; alternatively, soak over night.
2. Thoroughly wash all vegetables
3. Chop heads of lettuce, shred cabbage and mix into a large bowl
4. Cut "flowers" from broccoli into smaller pieces and peel and chop stalks, discarding the peels and set aside
5. Cut cauliflower into smaller pieces and set aside
6. Chop carrots, tomato, radish, and onion and set aside
7. Combine all ingredients in bowl and mix thoroughly
8. Apply chopped onion, and sunflower seeds as desired.
9. Dress the salad when you are ready to eat

TIP—Try different vegetables in your salad mix for different flavors.

Dinner

Belteshazzar's Bean and Rice Burritos

Can you have tacos without meat? Definitely! These delicious tacos give you the flavor of a Mexican restaurant at home.

Ingredients

- 2 pounds dry black beans or 2 (14.5 oz) cans of black beans, rinsed, drained, and mashed
- 1 tablespoon olive oil
- 1 red onion, diced
- 2 cloves garlic, minced
- 2 table spoons yellow cornmeal
- 1 colorful bell pepper, chopped
- 1 1/2 tablespoons cumin
- 1 teaspoon each of paprika, cayenne, chili powder
- 1 cup salsa
- 4+ tortillas

Directions

1. Cook and allow beans to cool, if necessary; alternatively, soak over night.
2. Heat olive oil in a medium skillet over medium heat.
3. Stir in onion, garlic, and bell pepper; cook until tender.
4. Stir in mashed beans. Add the cornmeal.
5. Mix in cumin, paprika, cayenne, chili powder, and salsa.
6. Cover, and cook 5 minutes.
7. Wrap mixture in tortillas and serve.

TIP—These make great leftovers for lunch tomorrow, so be sure to take your family's size into consideration so you have enough for dinner and lunch the next day!

DAY 2

POWER PLAY

Breakfast

Paul's Tropical Island Fruit Smoothie

Smoothies are a terrific, quick way to get a burst of fruit and even veggies while on the go! Try this island favorite.

Ingredients

- 2/3 cup Coconut Milk
- 1 Banana
- 1/2 cup Frozen Blueberries
- 1/2 cup Frozen Peaches
- 1/2 cup Frozen Strawberries

Directions

1. Peel and cut the banana into small, bite sized pieces.
2. Next, place all of the fruit into your blender and pour the coconut milk over the fruit.
3. Blend until smooth. If too thick, then add extra coconut milk or water.

TIP—Add plant-based vanilla protein powder to make this fun smoothie stay with you longer.

Snack

Nebuchadnezzar's Nut Butter and Veggie Sticks

Nut butters and vegetable sticks go well together and give a good mix of fresh, cool crisp and more filling nut butter. Try different veggies or combinations of veggies with your favorite nut butters.

Ingredients

- Nut butter—Peanut, cashew, almond
- 2 celery stalks, washed
- 2 carrots, washed and peeled

Directions

1. Wash and clean the celery and cut into small “sticks”
2. Wash and peel carrots and cut into small “sticks”
3. Dip in nut butter—and enjoy!

TIP—Try hummus instead of nut butter for a change of flavors.

Lunch

Leftover Belteshazzar's Bean and Rice Burritos

Dinner

Slap Ya' Mama Spicy Black Bean Burgers

Ingredients

- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup mashed cooked sweet potatoes (about 1 large sweet potato, peeled)
- 1/4 cup oat flour (see Recipe Notes) or brown rice flour
- 1/2 tablespoon dried parsley
- 1 diced and seeded jalapeno pepper
- 1/2 teaspoon chipotle slap ya' mama seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

Directions

1. Preheat oven to broil setting. With a potato masher or fork, mash black beans in a large bowl, leaving about 1/4 of the beans whole.

Mix in sweet potatoes, oat flour, parsley, chipotle chili pepper seasoning, garlic powder, salt, and pepper. Scoop out 1/3 cup of bean mixture, and place on an 11 x17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers.

2. Broil 4 inches from heat about 7-8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes, and serve.

3. Yield: 6 servings (serving size: 1 burger)

DAY 3

A CALL TO PRAYER

Breakfast

Omnipotent Oatmeal—Apple

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut apple
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
2. Add oats and cinnamon, stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/or nuts.

Snack

Abednego's Baked Apples

God made apples and cinnamon are made to go together, and apples can be a delicious snack or even dessert. Baking the apples intensifies flavors and makes them feel more filling.

Ingredients

- 2 Apples
- 1/2 cup Apple Juice, unsweetened
- Cinnamon
- Nutmeg

Directions

1. Preheat your oven to 350 degrees Fahrenheit.
2. Thinly slice your apples and lay them in a baking dish.
3. Pour the unsweetened apple juice over your apple slices.
4. Next, sprinkle cinnamon and nutmeg over the apples and bake for 15 minutes.
5. Stir the apples, then bake for another 15 minutes. Serve.

Lunch

Leftover Meshach's Veggie & Rice Stir-fry

Dinner

Zucchini and Squash Bowl

This cool, delicious meal is excellent paired with other foods like rice or as a stand-alone meal and makes a delicious lunch.

Ingredients:

- 2 medium summer squash, diced

- 2 medium zucchini, diced
- 1 clove of garlic, minced
- 1/2 medium onion, chopped
- Pinch of salt
- Pinch of garlic powder/garlic salt
- 1 tablespoon olive oil

Directions

1. Heat olive oil in a large pan or skillet
2. Add vegetables, sautéing the mixture over medium heat 8-15 minutes
3. Season with salt, garlic powder/garlic salt.
4. When squash and zucchini are still crisp, remove from heat.
5. Serve hot or cool in refrigerator for a crisp, cool meal.

DAY 4

HATERS

Breakfast

Frozen Green Banana-Rama

This frozen treat gives you the goodness of bananas, berries, and spinach in one healthy smoothie

Ingredients

- 2/3 cup almond milk
- 1 banana, frozen and cut into chunks
- 1 cup frozen berries of your choice
- 1 cup spinach, washed
- Vanilla protein powder

Snack

Fiery Furnace-Roasted Chick Peas

Like beans, chickpeas are healthy sources of protein. Try these roasted chickpeas as a snack you can crunch when you need a lasting boost. Try seasoning to taste.

Ingredients

- 1-1.5 cups of fresh chick peas, cooked (or canned)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder or other seasonings to suit tastes
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt or garlic salt
- 1/2 teaspoon crushed red pepper, paprika, cayenne, or chili powder

Directions

1. Preheat your oven to 350.
2. Drain and rinse chickpeas and empty them onto a greased baking sheet.
3. Bake 18-22 minutes, then remove them from the oven
4. Set the oven temperature to 425.
5. Place chickpeas into a mixing bowl. Add olive oil and spices and mix.
6. Return chickpeas to baking sheet and cook 20 minutes.

Lunch

Dine like Daniel for lunch today (see the section on Dining Like Daniel at the end of the companion guide for good ideas).

Dinner

Shadrach's Acorn Squash

A great dinner or lunch, stuffed acorn squash are portable and delicious. Stuff with your choice of ingredients to add variety, and be sure to save some for lunch tomorrow!

Ingredients:

- 2 medium apples, peeled, cored, and chopped
- 1/4 cup pine nuts
- 2 medium acorn squash
- 1/2 cup cranberries, dried
- 1 tablespoon nutmeg

Directions

1. Begin by preheating your oven to 350 degrees.
2. Next, grab your squash and slice them in half.
3. Scoop out the string and seeds.
4. Fill a casserole pan with 1/2 inch of water and place the squash face down.
5. Place the dish in the oven and bake for 15 minutes.
6. In a medium mixing bowl, toss together the cranberries, apples, and pine nuts.
7. Remove the squash from the oven and dump the water out of the casserole dish.
8. Fill each of the squash halves with the apple mixture and season each with nutmeg.
9. Return the halves to the casserole dish and cover with foil.
10. Continue baking for 30 minutes or until squash is tender.
11. Serve with love!

DAY 5

IN HIS NAME

Breakfast

Omnipotent Oatmeal—Raspberry

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4 cup fresh or frozen raspberries
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt

Directions

1. Boil 1 cup water with salt (add nuts early if you desire nuts to soften)
2. Add oats and stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/or nuts.

Snack

Nut Butter and Banana Rolls

Bananas aren't just for monkeys! A sweet treat, they're also full of nutrition. When combined with other

ingredients, you create new taste experiments. Nut butter adds protein to stave off a sugar crash, and different chopped fruits add variety.

Ingredients:

- 2 bananas, diced
- 4 whole wheat tortillas or other "wrapper"
- 1/2 cup raspberries, strawberries, or other berries, chopped
- 8 tablespoons nut butter of your choice
- 1/4 cup granola

Directions

1. Spread nut butter on each tortilla.
2. Next, layer the bananas, berries, and granola on top of each tortilla.
3. Roll into burritos

Lunch

Leftover Shadrach's Acorn Squash

Dinner

King's Quinoa Bowl

If you're fasting like Daniel and have never heard of quinoa, you're going to want to get to know this

delicious grain. Protein-dense and nutritious, it's a great replacement for rice and pairs well with many other dishes. Add or substitute veggies of different kinds to keep this meal fresh, and be sure to make enough for lunch!

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1/2 tablespoon Olive Oil
- 1/2 cup Yellow Onion, diced
- 3 cloves Garlic, minced
- 1/2 cup Asparagus, chopped
- 1/2 cup Yellow Bell Peppers, diced
- 1/2 cup Tomatoes, diced
- 1/4 cup Red Bell Peppers, diced
- 1/4 cup Fresh Parsley, chopped
- 1 teaspoon Dried Oregano
- 1/4 teaspoon Salt
- 1/4 teaspoon Pepper

Directions

1. Rinse the uncooked quinoa and add it to a small saucepan. Cover the quinoa with 1 cup of water and bring the water to a boil. Cover and simmer the quinoa for 20 minutes.
 2. Next, heat the olive oil over medium heat in a large skillet. Add the yellow onion and cook for 3-5 minutes. Next, add the minced garlic and cook for 1 minute.
 3. Add the asparagus, yellow pepper and tomatoes to the skillet and cook on low for 6-8 minutes.
 4. Once the quinoa is finished cooking, add it to the skillet and stir in the parsley, dried oregano, salt and pepper. Heat the quinoa and veggies all of the way through, then serve.
- TIP**—Add tofu for extra body.

DAY 6

SUN STAND STILL

Breakfast

Banana Nut Smoothie

Ingredients

- 1 cup water
- 1 banana, frozen
- 1/3 cup cooked quinoa or buckwheat
- 1 tablespoon raw walnuts or hemp seeds
- 2 teaspoon cold-pressed flax oil
- 1 date, pitted
- Flesh from 1 vanilla bean or 1/2 teaspoon alcohol-free pure vanilla extract
- 3/4 teaspoon ground cinnamon
- A pinch allspice
- Extra walnuts and ground cinnamon for topping

Instructions

1. Blend ingredients until smooth. Pour into a glass and top with additional walnuts and ground cinnamon.

Snack

Peanut Butter Oatmeal Raisin Cookies

Ingredients

- 1/2 cup Whole Wheat Flour
- 1/8 cup Peanut Butter - Natural Chunky
- 1/2 cup Oat Meal (Quaker Oats – Old Fashioned - dry)
- 1/2 tsp Cinnamon, ground,
- 1/8 tsp Ginger, ground,
- 4 oz Applesauce, Natural (unsweetened),
- 1/4 cup raisins (not packed)
- 1/2 ripe banana
- 1/4 cup Water

Directions

1. Food process the 1/4 c. raisins, water and banana.
2. Mix all ingredients together in bowl.
3. Roll into loose balls, smash down with fingers, forming cookie, place on cookie sheet. Bake 10-12 min.

Lunch

Leftover King's Quinoa Bowl

Dinner

Tomorrow will be seven days of fasting like Daniel! Celebrate by Dining Like Daniel.

Try Chipotle's Crispy Corn Tortilla Tacos with Sofritas, Black beans, and Brown rice and lettuce (light on beans rice). Consider getting extra for lunch tomorrow!

DAY 7

IN SECRET

Breakfast

Omnipotent Oatmeal

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut fruit
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
2. Add oats and cinnamon, stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/ or nuts.

Snack

Chips and Mango Habanero Salsa

Ingredients

- 1 tablespoon canola oil
- 1 small white onion, chopped
- 2 cloves garlic, chopped
- 2 cups fresh mango, diced
- 1 cup Roma tomatoes, chopped
- 1 to 2 habanero peppers, seeded and chopped
- 2 tablespoons lemon juice
- 1 1/2 teaspoons agave

- 1/4 teaspoon sea salt
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/3 cup fresh cilantro, chopped

Directions

1. In a medium saucepan, heat the oil over medium heat. Add the onions and garlic and sauté until onions are soft and translucent, about 8 minutes.
2. Add the mangos, tomatoes, habanero (1 habanero for mild heat or 2 for high heat), lemon juice, honey, salt and chili powder.
3. Bring to a boil, then reduce heat to a low simmer. Simmer for 10 minutes.
4. Remove from heat and allow to cool. Pour into a blender and pulse until the mixture is blended yet still has texture.
5. Stir in the cilantro and serve. Cover and refrigerate any leftovers.

Lunch

Eat leftover Chipotle or another Daniel-friendly meal of your choice.

Dinner

Cuban Beans and Rice

This zesty and fun dish is sure to thrill—and make you forget you're even fasting. Not too spicy for the whole family, this dish will have them coming back for more.

Ingredients

- 1 tablespoon olive oil
- 1 teaspoon
- 4 tablespoons tomato paste
- 1 cup chopped onion
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- 1 (15.25 oz) can kidney beans, drained but liquid preserved or 1 lb kidney beans soaked overnight
- 1 cup uncooked jasmine rice

Directions

1. Heat oil in a large saucepan over medium heat. Sauté onion, bell pepper and garlic.
 2. When onion is translucent, add salt and tomato paste. Reduce heat to low and cook 2 minutes.
 3. Stir in the beans and rice.
 4. Pour the liquid from the beans into a large measuring cup and add enough water to reach a volume of 2 1/2 cups; pour into beans.
 5. Cover and cook on low for 45 to 50 minutes, or until liquid is absorbed and rice is cooked.
- TIP**—Leftovers wrapped in a tortilla make a great lunch.

DAY 8

COMEBACKS

Breakfast

Big Apple Pie Smoothie

Ingredients

- 1/2 cup water
- 1/2 cup unsweetened unpasteurized apple juice
- 1 tablespoon walnuts
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract or maple extract
- pinch ground nutmeg
- 1/2 English cucumber
- 2 cups spinach
- 1 apple, chopped and frozen
- 1/4 avocado, chopped and frozen
- 4-6 ice cubes

Snack

Mango Pineapple Citrus Muffins

Ingredients

- 1 cup old-fashioned rolled oats
- 1 cup oat flour (see Recipe Notes)
- 1 cup unsweetened applesauce
- 1/2 cup diced pineapples
- 1/2 cup diced mangos
- 1/4 cup chopped pecans or walnuts
- 1/4 cup Agave Nectar
- 1/4 cup flaxseed meal
- 2 teaspoons unsweetened coconut flakes
- 2 teaspoons grated orange zest
- 1/2 teaspoon ground ginger

Directions

1. Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil, and set aside.
2. Combine all ingredients in a large bowl, and stir well to combine. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.
3. Yield: 8 servings (serving size: 1 muffin)
4. Recipe Notes
5. Make your own oat flour by placing old fashioned rolled oats in a food processor or blender and process until fine (1/2 cup old-fashioned oats will yield about 1/2 cup ground oats).
6. Spread almond butter or Date Honey on top.
7. Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.

8. The zest is the outermost, colorful skin of citrus fruits. Zest is often used to enhance flavor in recipes. The pith, or white membrane underneath the outside peel, has a bitter, unpleasant taste and should be avoided while zesting.

Lunch

Leftover Cuban Beans and Rice

Dinner

Spicy Potato Curry

This curry dish can be made to suit any tastes, so feel free to change the amount of curry and cayenne pepper. Garam masala is a blend of spices common in India and other south-Asian countries and will give the dish a very authentic flavor, but it's good with or without this spice.

Ingredients

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper (reduce to suit your family's tastes)
- 4 teaspoons curry powder (reduce to suit your family's tastes)
- 4 teaspoons garam masala (reduce to suit your family's tastes)
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk

Directions

1. Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.
2. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
3. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes.
4. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

DAY 9

DEFINE YOUR VICTORY

Breakfast

Omnipotent Oatmeal

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut fruit
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
2. Add oats and cinnamon, stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/ or nuts.

Snack

Fiery Furnace-Roasted Chick Peas

Like beans, chickpeas are healthy sources of protein. Try these roasted chickpeas as a snack you can crunch when you need a lasting boost. Try seasoning to taste.

Ingredients

- 1-1.5 cups of fresh chick peas, cooked (or canned)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder or other seasonings to suit tastes
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt or garlic salt
- 1/2 teaspoon crushed red pepper, paprika, cayenne, or chili powder

Directions

1. Preheat your oven to 350.
2. Drain and rinse chickpeas and empty them onto a greased baking sheet.
3. Bake 18-22 minutes, then remove them from the oven
4. Set the oven temperature to 425.
5. Place chickpeas into a mixing bowl. Add olive oil and spices and mix.
6. Return chickpeas to baking sheet and cook 20 minutes.

Lunch

Leftover Spicy Potato Curry

Dinner

Veggie Stir Fry

With or without rice, this veggie-riffic meal is a great way to put fresh seasonings on your standard veggies. For added body, pair this with 1 cup brown rice.

Ingredients

- 1 tablespoon cornstarch
- 1 1/2 cloves garlic, crushed
- 2 teaspoons chopped fresh ginger root, divided
- 1/4 cup vegetable oil, divided
- 1 small head broccoli, cut into florets
- 1/2 cup snow peas
- 3/4 cup julienned carrots
- 1/2 cup halved green beans
- 2 tablespoons soy sauce
- 2 1/2 tablespoons water
- 1/4 cup chopped onion
- 1/2 tablespoon salt

Directions

1. In a large bowl, blend cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat.
2. Heat remaining 2 tablespoons oil in a large skillet or wok over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion, salt, and remaining 1 teaspoon ginger. Cook until vegetables are tender but still crisp.

DAY 10

LORD HELP!

Breakfast

Pumpkin Spice Smoothie

Ingredients

- 1 cup non-dairy milk
- 1/2 cup canned pumpkin
- 1/2 banana
- 1 tablespoon raisins or 1/2 teaspoon maple syrup
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- pinch ground nutmeg
- pinch ground cloves
- pinch all spice

Snack

Nut Butter and Banana Rolls

Bananas aren't just for monkeys! A sweet treat, they're also full of nutrition. When combined with other ingredients, you create new taste experiments. Nut butter adds protein to stave off a sugar crash, and different chopped fruits add variety.

Ingredients:

- 2 bananas, diced
- 4 whole wheat tortillas or other "wrapper"
- 1/2 cup raspberries, strawberries, or other berries, chopped
- 8 tablespoons nut butter of your choice
- 1/4 cup granola

Directions

1. Spread nut butter on each tortilla.
2. Next, layer the bananas, berries, and granola on top of each tortilla.
3. Roll into burritos

Lunch

Leftover Veggie Stir Fry

Dinner

Lentils & Spinach Stew

This filling, stew-like meal will warm you up and keep you coming back for more. Pair it with rice or a baked potato per person for a more filling, complete meal, and serve with sliced fresh tomato for a fun hot/cold taste experience. Save a bowl for lunch tomorrow for an easy, filling meal.

Ingredients

- 1 tablespoon vegetable oil
- 2 white onions, halved and sliced into 1/2 rings
- 3 cloves garlic, minced
- 1/2 cup lentils (substitute with beans if desired)
- 2 cups water
- 1 (10 ounce) package frozen spinach
- 1 teaspoon salt
- 1 teaspoon ground cumin
- Freshly ground black pepper to taste
- 2 cloves garlic, crushed
- 1 cup jasmine rice, or potatoes if desired

Directions

1. Heat oil in a heavy pan over medium heat. Sauté onion for 10 minutes or so, until it begins to turn golden. Add minced garlic and sauté for another minute or so.
2. If cooking rice or potatoes, cook according to directions.
3. Add lentils and water to the saucepan. Bring mixture to a boil. Cover, lower heat, and simmer about 35 minutes, until lentils are soft (this may take less time, depending on your water and the lentils).

4. Meanwhile, cook the spinach in microwave according to package directions (or add directly to the mix with about 10 minutes to go). Add spinach, salt and cumin to the saucepan. Cover and simmer until all is heated, about ten minutes. Grind in plenty of pepper (if desired) and press in extra garlic to taste.

5. Serve in a bowl over rice, alone, or as a topping for baked potatoes.

TIP—Try topping with fresh-cut tomatoes and/or onions

DAY 11

ASK & KEEP ON ASKING

Breakfast

Omnipotent Oatmeal

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut fruit
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
2. Add oats and cinnamon, stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/ or nuts.

Snack

Hangry Hananiah's Hummus

Hummus is a popular Daniel-fast snack or dinner component. Eaten by itself or as a dip on crunchy veggies, it adds protein and healthy fats your body needs. While you can make it with many different beans, try mixing and matching for variety. Chickpeas/ garbanzo beans, white beans, and others taste great. Try adding different spices such as cumin for a variety of flavors during your Daniel fast!

Ingredients

- 1-1.5 cups of moist chickpeas soaked over night or 1 can beans, drained and rinsed
- 2 tablespoons paprika, cayenne, and/or chili powder
- 2 cloves garlic, peeled
- 2 tablespoons lemon juice
- 1 teaspoon salt

Directions

1. Put the ingredients to your food processor or blender and blend until it has a smooth texture. Use small amounts of water to thin out the hummus if necessary.

Lunch

Leftover Lentils & Spinach Stew

Dinner

Black-Eyed Pea Soft Tacos

These zesty soft tacos are easy to make and make terrific leftovers for lunch. Try topping with salsa, onion, or home made guacamole for added texture and taste.

Ingredients

- 1 tablespoon olive oil
- 1/4 cup finely chopped onion
- 1 (15.5 ounce) can black-eyed peas, drained
- 1/2 cup vegetable stock
- 1 fresh jalapeno pepper, chopped
- 1/2 cup fresh cilantro, chopped
- 1 clove garlic, minced
- 1 tablespoon fresh lime juice
- Salt and pepper to taste
- 4 (12 inch) flour tortillas

Directions

1. Heat the olive oil in a medium skillet over medium heat, and cook the onion until tender.
2. Mix in the black-eyed peas, vegetable stock, jalapeno, garlic, and lime juice.
3. Season with salt and pepper to taste, and continue cooking until heated through.
4. Wrap the mixture in the tortillas to serve and top with fresh cut onion, spicy salsa, or guacamole.

TIP—Bring leftover tacos for lunch tomorrow

DAY 12

WIDOW POWER

Breakfast

Carmel Apple Smoothie

Ingredients

- 1 cup non-dairy milk
- 1 apple, chopped and frozen
- 2 tablespoons almond butter
- 2 cups spinach
- 2 dates, pitted
- 1 teaspoon pure agave
- 1/8 teaspoon ground cinnamon
- pinch sea salt
- 2 ice cubes

Snack

Nebuchadnezzar's Nut Butter and Veggie Sticks

Nut butters and vegetable sticks go well together and give a good mix of fresh, cool crisp and more filling nut butter. Try different veggies or combinations of veggies with your favorite nut butters.

Ingredients

- Nut butter—Peanut, cashew, almond
- 2 celery stalks, washed
- 2 carrots, washed and peeled

Directions

1. Wash and clean the celery and cut into small “sticks”
2. Wash and peel carrots and cut into small “sticks”
3. Dip in nut butter—and enjoy!

TIP—Try hummus instead of nut butter for a change of flavors.

Lunch

Leftover Black-Eyed Pea Soft Tacos

Dinner

Dine Like Daniel tonight. Try Whole Foods Market or another natural grocer. Many have great vegan options, which are perfect when you're fasting like Daniel. Get something extra for lunch tomorrow!

DAY 13

WHO KNOWS?

Breakfast

Omnipotent Oatmeal—Apple

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut fruit
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
2. Add oats and cinnamon, stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/or nuts.

Snack

Peanut Butter Oatmeal Raisin Cookies

Ingredients

- 1/2 cup Whole Wheat Flour
- 1/8 cup Peanut Butter - Natural Chunky
- 1/2 cup Oat Meal (Quaker Oats – Old Fashioned - dry)
- 1/2 tsp Cinnamon, ground,
- 1/8 tsp Ginger, ground,
- 4 oz Applesauce, Natural (unsweetened),
- 1/4 cup raisins (not packed)
- 1/2 ripe banana
- 1/4 cup Water

Directions

1. Food process the 1/4 c. raisins, water and banana.
2. Mix all ingredients together in bowl.
3. Roll into loose balls, smash down with fingers, forming cookie, place on cookie sheet. Bake 10-12 min.

Lunch

Grab leftovers from Whole Foods Market or wherever you visited for dinner last night.

Dinner

Meshach's Veggie & Rice Stir-fry

A veggie-rich stir-fry is a great meal idea for the whole family. Brown rice is the best for you, but jasmine rice may be more appetizing. Leftovers of this will make a great lunch tomorrow, so be sure to gauge amounts to fit your family's size.

Ingredients:

- 1 cup chopped tofu (if desired)
- 3 cups cooked jasmine or brown rice
- 4 cups broccoli, chopped
- 2 cups fresh snow peas, chopped
- 2 cups green peas
- 1-2 large carrots, peeled and chopped
- 1/2 (or more) large onion
- 3 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil

Directions

1. Heat your oil in a large pan, adding the veggies and cooking for 8-10 minutes or until crisp or tender.
2. Add the rice and soy sauce.
3. Cook for 3-5 minutes, then serve.

TIP—Add tofu for extra body

DAY 14

PLAY OFFENSE

Breakfast

Key Lime Pie Smoothie

Ingredients

- 2 tablespoon key lime juice (about 4 limes)
- 1 teaspoon key lime zest (about 2 limes)
- 1 cup unsweetened almond milk
- 1 ripe frozen banana
- 1/2 teaspoon agave nectar
- 1 tablespoons almond butter
- 2 cups organic baby spinach
- 4 ice cubes

Snack

Fiery Furnace-Roasted Chick Peas

Like beans, chickpeas are healthy sources of protein. Try these roasted chickpeas as a snack you can crunch when you need a lasting boost. Try seasoning to taste.

Ingredients

- 1-1.5 cups of fresh chick peas, cooked (or canned)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder or other seasonings to suit tastes
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt or garlic salt
- 1/2 teaspoon crushed red pepper, paprika, cayenne, or chili powder

Directions

1. Preheat your oven to 350.
2. Drain and rinse chickpeas and empty them onto a greased baking sheet.
3. Bake 18-22 minutes, then remove them from the oven
4. Set the oven temperature to 425.
5. Place chickpeas into a mixing bowl. Add olive oil and spices and mix.
6. Return chickpeas to baking sheet and cook 20 minutes.

Lunch

Leftovers

Slap Ya' Mama Spicy Black Bean Burgers or a meal of your choice.

Dinner

Daniel Spaghetti

Daniel may never have eaten spaghetti, but if he had, this is how he'd make it!

Ingredients

- Whole grain pasta
- Organic sauce of your liking that doesn't have any sugar added
- Fresh vegetables
- Crushed red pepper (makes everything better)

Directions

1. Boil water and add pasta
2. Heat sauce and add fresh vegetables if desired
3. Season to liking

DAY 15

THE LIONS' DEN

Breakfast

Omnipotent Oatmeal

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut fruit
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
2. Add oats and cinnamon, stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/or nuts.

Snack

Nut Butter and Banana Rolls

Bananas aren't just for monkeys! A sweet treat, they're also full of nutrition. When combined with other ingredients, you create new taste experiments. Nut butter adds protein to stave off a sugar crash, and different chopped fruits add variety.

Ingredients:

- 2 bananas, diced
- 4 whole wheat tortillas or other "wrapper"

- 1/2 cup raspberries, strawberries, or other berries, chopped
- 8 tablespoons nut butter of your choice
- 1/4 cup granola

Directions

1. Spread nut butter on each tortilla.
2. Next, layer the bananas, berries, and granola on top of each tortilla.
3. Roll into burritos

Lunch

Leftover Daniel Spaghetti

Dinner

Veggie Stew

Ingredients

- 2 tablespoons olive oil
- 2 cups chopped onions
- 1 cup diced celery
- 2 teaspoons Italian seasoning
- Coarse salt and ground pepper
- 3 cans (14 1/2 ounces each) reduced sodium vegetable broth
- 1 can (28 ounces) diced tomatoes, with juice
- 1 tablespoon tomato paste
- 8 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, lima beans, peas, potatoes, and zucchini (cut larger vegetables into smaller pieces)
- 2 potatoes, diced

Directions

1. Heat oil in a large stockpot over medium heat. Add onions or leeks, celery, and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5 to 8 minutes.
2. Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer, and cook, uncovered, 20 minutes.
3. Add vegetables to pot, and return to a simmer. Cook, uncovered, until vegetables are tender, 20 to 25 minutes. Season with salt and pepper, as desired. Let cool before storing.

DAY 16

I DO BELIEVE

Breakfast

Paul's Tropical Island Fruit Smoothie

Smoothies are a terrific, quick way to get a burst of fruit and even veggies while on the go! Try this island favorite.

Ingredients

- 2/3 cup Coconut Milk
- 1 Banana
- 1/2 cup Frozen Blueberries
- 1/2 cup Frozen Peaches

- 1/2 cup Frozen Strawberries

Directions

1. Peel and cut the banana into small, bite sized pieces.
2. Next, place all of the fruit into your blender and pour the coconut milk over the fruit.
3. Blend until smooth. If too thick, then add extra coconut milk or water.

TIP—Add plant-based vanilla protein powder to make this fun smoothie stay with you longer.

Snack

Hangry Hananiah's Hummus

Hummus is a popular Daniel-fast snack or dinner component. Eaten by itself or as a dip on crunchy veggies, it adds protein and healthy fats your body needs. While you can make it with many different beans, try mixing and matching for variety. Chickpeas/ garbanzo beans, white beans, and others taste great. Try adding different spices such as cumin for a variety of flavors during your Daniel fast!

Ingredients

- 1-1.5 cups of moist chickpeas soaked over night or 1 can beans, drained and rinsed
- 2 tablespoons paprika, cayenne, and/or chili powder
- 2 cloves garlic, peeled
- 2 tablespoons lemon juice
- 1 teaspoon salt

Directions

1. Put the ingredients to your food processor or blender and blend until it has a smooth texture. Use small amounts of water to thin out the hummus if necessary.

Lunch

Leftover Belteshazzar's Bean and Rice Burritos

Dinner

Vegetarian Chili

Ingredients

- 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
- 1 (15 ounce) can black beans
- 1 (15 ounce) can whole kernel corn

Directions

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.
2. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.
3. 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.

DAY 17

STAY EXPECTANT

Breakfast

Omnipotent Oatmeal

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut fruit
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
2. Add oats and cinnamon, stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/ or nuts.

Snack

Nebuchadnezzar's Nut Butter and Veggie Sticks

Nut butters and vegetable sticks go well together and give a good mix of fresh, cool crisp and more filling nut butter. Try different veggies or combinations of veggies with your favorite nut butters.

Ingredients

- Nut butter—Peanut, cashew, almond
- 2 celery stalks, washed
- 2 carrots, washed and peeled

Directions

1. Wash and clean the celery and cut into small “sticks”
2. Wash and peel carrots and cut into small “sticks”
3. Dip in nut butter—and enjoy!

TIP—Try hummus instead of nut butter for a change of flavors.

Lunch

Leftover Vegetarian Chili

Dinner

Vegan Shepherd’s Pie

Ingredients

Mashed potato layer:

- 5 russet potatoes, peeled and cut into 1-inch cubes
 - 1/2 cup vegan mayonnaise
 - 1/2 cup soy milk
 - 1/4 cup olive oil
 - 3 tablespoons vegan cream cheese substitute (such as Tofutti (R))
- Bottom layer:
- 2 teaspoons salt
 - 1 tablespoon vegetable oil
 - 1 large yellow onion, chopped
 - 2 carrots, chopped
 - 3 stalks celery, chopped
 - 1/2 cup frozen peas
 - 1 tomato, chopped
 - 1 teaspoon Italian seasoning
 - 1 clove garlic, minced, or more to taste
 - 1 pinch ground black pepper to taste
 - 1 (14 ounce) package vegetarian ground beef substitute
 - 1/2 cup shredded Cheddar-style soy cheese

Directions

1. Place the potatoes in a pot, cover with cold water, and bring to a boil over medium-high heat. Turn the heat to medium-low, and boil the potatoes until tender, about 25 minutes; drain.
2. Stir the vegan mayonnaise, soy milk, olive oil, vegan cream cheese, and salt into the potatoes, and mash with a potato masher until smooth and fluffy. Set the potatoes aside.
3. Preheat oven to 400 degrees F (200 degrees C), and spray a 2-quart baking dish with cooking spray.
4. Heat the vegetable oil in a large skillet over medium heat, and cook and stir the onion, carrots, celery, frozen peas, and tomato until softened, about 10 minutes. Stir in the Italian seasoning, garlic, and pepper.
5. Reduce the heat to medium-low, and crumble the vegetarian ground beef substitute into the skillet with the vegetables. Cook and stir, breaking up the meat substitute, until the mixture is hot, about 5 minutes.
6. Spread the vegetarian meat substitute mixture into the bottom of the baking dish, and top with the mashed potatoes, smoothing them into an even layer. Sprinkle the potatoes with the shredded soy cheese.
7. Bake in the preheated oven until the cheese is melted and slightly browned and the casserole is hot, about 20 minutes.

DAY 18

GRACE FROM START TO FINISH

Breakfast

Caramel Apple Smoothie

Ingredients

- 1 cup non-dairy milk
- 1 apple, chopped and frozen
- 2 tablespoons almond butter
- 2 cups spinach
- 2 dates, pitted
- 1 teaspoon pure agave
- 1/8 teaspoon ground cinnamon
- pinch sea salt
- 2 ice cubes

Snack

Mango Pineapple Citrus Muffins

Ingredients

- 1 cup old-fashioned rolled oats
- 1 cup oat flour (see Recipe Notes)
- 1 cup unsweetened applesauce
- 1/2 cup diced pineapples
- 1/2 cup diced mangos
- 1/4 cup chopped pecans or walnuts
- 1/4 cup Agave Necor
- 1/4 cup flaxseed meal
- 2 teaspoons unsweetened coconut flakes
- 2 teaspoons grated orange zest
- 1/2 teaspoon ground ginger

Directions

1. Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil, and set aside.
2. Combine all ingredients in a large bowl, and stir well to combine. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.
3. Yield: 8 servings (serving size: 1 muffin)

Recipe Notes

- Make your own oat flour by placing old fashioned rolled oats in a food processor or blender and process until fine (1/2 cup old-fashioned oats will yield about 1/2 cup ground oats).
- Spread almond butter or Date Honey on top.

- Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.
- The zest is the outermost, colorful skin of citrus fruits. Zest is often used to enhance flavor in recipes. The pith, or white membrane underneath the outside peel, has a bitter, unpleasant taste and should be avoided while zesting.

Lunch

Leftover Shepherd's Pie

Dinner

Daniel's Favorite Lasagna

Ingredients

- 2 tablespoons olive oil
- 1 1/2 cups chopped onion
- 3 tablespoons minced garlic
- 4 (14.5 ounce) cans stewed tomatoes
- 1/3 cup tomato paste
- 1/2 cup chopped fresh basil
- 1/2 cup chopped parsley
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 (16 ounce) package lasagna noodles
- 2 pounds firm tofu
- 2 tablespoons minced garlic
- 1/4 cup chopped fresh basil
- 1/4 cup chopped parsley
- 1/2 teaspoon salt
- ground black pepper to taste
- 3 (10 ounce) packages frozen chopped spinach, thawed and drained

Directions

1. Make the sauce: In a large, heavy saucepan, over medium heat, heat the olive oil. Place the onions in the saucepan and sauté them until they are soft, about 5 minutes. Add the garlic; cook 5 minutes more.
2. Place the tomatoes, tomato paste, basil and parsley in the saucepan. Stir well, turn the heat to low and let the sauce simmer covered for 1 hour. Add the salt and pepper.
3. While the sauce is cooking bring a large kettle of salted water to a boil. Boil the lasagna noodles for 9 minutes, then drain and rinse well.
4. Preheat the oven to 400 degrees F (200 degrees C).
5. Place the tofu blocks in a large bowl. Add the garlic, basil and parsley. Add the salt and pepper, and mash all the ingredients together by squeezing pieces of tofu through your fingers. Mix well.

Assemble the lasagna

1. Spread 1 cup of the tomato sauce in the bottom of a 9x13 inch casserole pan. Arrange a single layer of lasagna noodles, sprinkle one-third of the tofu mixture over the noodles.

Distribute the spinach evenly

over the tofu. Next ladle 1 1/2 cups tomato sauce over the tofu, and top it with another layer of the noodles. Then sprinkle another 1/3 of the tofu mixture over the noodles, top the tofu with 1 1/2 cups tomato sauce, and place a final layer of noodles over the tomato sauce. Finally, top the noodles with

the final 1/3 of the tofu, and spread the remaining tomato sauce over everything.

2. Cover the pan with foil and bake the lasagna for 30 minutes. Serve hot and enjoy.

DAY 19

HOW'S YOUR HEART

Breakfast

Omnipotent Oatmeal

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut fruit
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
2. Add oats and cinnamon, stir periodically until thickened to desired amount
3. Serve and top with almond milk, fruit, and/or nuts.

Snack

Nebuchadnezzar's Nut Butter and Veggie Sticks

Nut butters and vegetable sticks go well together and give a good mix of fresh, cool crisp and more filling nut butter. Try different veggies or combinations of veggies with your favorite nut butters.

Ingredients

- Nut butter—Peanut, cashew, almond
- 2 celery stalks, washed
- 2 carrots, washed and peeled

Directions

1. Wash and clean the celery and cut into small “sticks”
2. Wash and peel carrots and cut into small “sticks”
3. Dip in nut butter—and enjoy!

TIP—Try hummus instead of nut butter for a change of flavors.

Lunch

Leftover Daniel’s Favorite Lasagna

Dinner

Scriptural Squash & Pepper Fajitas

Ingredients

- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- Garlic salt to taste
- Salt and pepper to taste
- 1 teaspoon white sugar
- 2 small zucchini, julienned
- 2 medium small yellow squash, julienned
- 1 large onion, sliced
- 1 green bell pepper, cut into thin strips
- 1 red bell pepper, cut into thin strips
- 2 tablespoons olive oil
- 1 (8.75 ounce) can whole kernel corn, drained
- 1 (15 ounce) can black beans, drained

Directions

1. In a large bowl combine olive oil, vinegar, oregano, chili powder, garlic salt, salt, pepper and sugar. To the marinade add the zucchini, yellow squash, onion, green pepper and red pepper. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and sauté until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.

DAY 20

FOR SUCH A TIME AS THIS

Breakfast

Banana Nut Smoothie

Ingredients

- 1 cup water
- 1 banana, frozen

- 1/3 cup cooked quinoa or buckwheat
- 1 tablespoon raw walnuts or hemp seeds
- 2 teaspoon cold-pressed flax oil
- 1 date, pitted
- Flesh from 1 vanilla bean or 1/2 teaspoon alcohol-free pure vanilla extract
- 3/4 teaspoon ground cinnamon
- A pinch allspice
- Extra walnuts and ground cinnamon for topping

Snack

Abednego's Baked Apples

God made apples and cinnamon are made to go together, and apples can be a delicious snack or even dessert. Baking the apples intensifies flavors and makes them feel more filling.

Ingredients

- 2 Apples
- 1/2 cup Apple Juice, unsweetened
- Cinnamon
- Nutmeg

Directions

1. Preheat your oven to 350 degrees Fahrenheit.
2. Thinly slice your apples and lay them in a baking dish.
3. Pour the unsweetened apple juice over your apple slices.
4. Next, sprinkle cinnamon and nutmeg over the apples and bake for 15 minutes.
5. Stir the apples, then bake for another 15 minutes. Serve.

Lunch

Leftover Scriptural Squash & Pepper Fajitas

Dinner

Stuffed Zucchini Boats

Like to play with your food? These Stuffed Zucchini Boats are perfect to bring out your inner child and are a fun, innovative take on a meal.

Ingredients

- 4 zucchini, halved
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1/2 (8 ounce) package button mushrooms, sliced
- 1 teaspoon ground coriander
- 1 1/2 teaspoons ground cumin, or to taste
- 1 (15.5 ounce) can chickpeas, rinsed and drained
- 1/2 lemon, juiced
- 2 tablespoons chopped fresh parsley
- sea salt to taste
- ground black pepper to taste

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a shallow baking dish.
 2. Scoop out the flesh of the zucchini; chop the flesh and set aside. Place the shells in the prepared dish.
 3. Heat oil in a large skillet over medium heat. Sauté onions for 5 minutes, then add garlic and sauté 2 minutes more. Stir in chopped zucchini and mushrooms; sauté 5 minutes. Stir in coriander, cumin, chickpeas, lemon juice, parsley, salt and pepper. Spoon mixture into zucchini shells.
 4. Bake in preheated oven for 30 to 40 minutes, or until zucchini are tender.
- TIP**—Bring a zucchini for lunch tomorrow

DAY 21

THIS IS NOT THE END

Breakfast

Omnipotent Oatmeal

Oatmeal is a steady staple for many Daniel fasts, and you can't go wrong with this filling favorite. You'll eat a lot of oatmeal, so to keep it from getting boring, add fresh or cooked fruit and nuts.

Ingredients

- 1 cup water
- 1/2 cup rolled oats
- 1/4-1/2 cut fruit
- 1/4 cup almond milk
- 3 tablespoons crushed walnuts or almonds
- 1 teaspoon salt
- 3 pinches of cinnamon

Directions

1. Boil 1 cup water with salt (add apple and nuts early if you desire nuts to soften).
 2. Add oats and cinnamon, stir periodically until thickened to desired amount
 3. Serve and top with almond milk, fruit, and/ or nuts.
- (It's OK if you don't eat oatmeal again until the next time you Fast Like Daniel!)

Snack

Hangry Hananiah's Hummus

Hummus is a popular Daniel-fast snack or dinner component. Eaten by itself or as a dip on crunchy veggies, it adds protein and healthy fats your body needs. While you can make it with many different beans, try mixing and matching for variety. Chickpeas/ garbanzo beans, white beans, and others taste great. Try adding different spices such as cumin for a variety of flavors during your Daniel fast!

Ingredients

- 1-1.5 cups of moist chickpeas soaked over night or 1 can beans, drained and rinsed
- 2 tablespoons paprika, cayenne, and/or chili powder
- 2 cloves garlic, peeled
- 2 tablespoons lemon juice
- 1 teaspoon salt

Directions

1. Put the ingredients to your food processor or blender and blend until it has a smooth texture. Use small amounts of water to thin out the hummus if necessary.

Lunch

Leftover Zucchini Boats

Dinner

Dine Like Daniel one more time. Try Chipotle's Burrito Bowl, or Salad (without dressing) with any combination of Sofritas (tofu), brown rice, black beans, fajita vegetables, salsas, lettuce, and guacamole. Finish strong!

ADDITIONAL SNACK IDEAS

- Microwave popcorn (all natural sea salt)
- Mixed nuts/Trail Mix with Raisins
- Freeze Dried Okra Chips
- Triscuits original (natural peanut butter and cracker sandwiches)
- Banana slices sautéed on saucepan with olive oil, walnuts and ground cinnamon (closest thing to bananas foster) use pecans as well, be creative
- Freeze dried veggie chips
- Guacamole and blue corn tortilla chips
- Chips and Salsa (mango habanero)
- Freeze Dried Fruit
- Celery Sticks and Almond Butter To Dip
- Sliced Cucumbers, place in bag with balsamic vinegar, black pepper and a little slap ya mama seasoning over night.
- Cucumber and Red Pepper Humus
- Fruit kabobs (grapes, strawberry, pineapple, cantaloupe)
- Edamame Sea Salt and Slap Ya Mama
- Mixed Olives and Triscuits (black, green, seasoned... find a place with a good olive bar)
- Raisin Bran – Crumble Triscuit crackers, add raisins and almond milk. (this could be a breakfast item as well)

OUT TO EAT

DINE LIKE DANIEL

When you are fasting, let's be honest, sometimes you just need to go out to eat, sit down, enjoy yourself, and Dine Like Daniel. I've provided many out to eat ideas for you to give you some options throughout tis fast. Some parts of the US and obviously many parts of the world may not have these options. I'd love to hear from you if you have other great options from around the US or around the world. We will be able to share them with our mailing list and they may find themselves in future versions of Fast Like Daniel resources.

Chipotle

Crispy Corn Tortilla Tacos with Sofritas, Black beans and Brown rice and lettuce (light on beans rice)

Burrito Bowl, or Salad (without dressing) with any combination of Sofritas (tofu), brown rice, black beans, fajita vegetables, salsas, lettuce, and guacamole. (2 Dine Like Daniel) meals here, tacos or burrito bowl or salad)

Starbucks

Oatmeal made with water + fresh fruit and/or nuts (1 Dine like Daniel)

Whole Foods Market

Whole Foods may be a place you are visiting during the fast anyway to stock up on fresh, organic produce. They also offer a juice bar, sushi bar, and hot food bar with many vegan offerings. They list every ingredient on all their food items so you can easily see if they are fast-approved. Read ingredients, great dinner and lunch.

McAlister's

McAlister's is known for it's huge baked potatoes called spuds. Luckily, they have a plain spud and a veggie spud (make sure to ask without cheese). They also have a garden salad (sans cheese) and fruit cup that are good too.

Ruby Tuesdays

Salad Bar

Panda Express

Has two vegetarian dishes

The Counter

Vegetarian burger wrapped in lettuce

Cheesecake factory

(Veggie Burger and Vegan cobb salad)

Any sub or salad place with fresh baby greens and a salad bar

Chili's

classic fajitas, corn tortillas, no meat or add sliced black bean patty

Wendy's

Sour Cream and Chives Potato, Olive oil and black pepper

Any breakfast restaurant with oatmeal, fresh fruit or raisins, cinnamon, made with water or almond milk

Jamba Juice

Smoothies (without yogurt or sherbet)
Zoe's Kitchen
(three types of humus and grilled vegies)

Jason's Deli

Salad Bar

Any restaurant with a salad bar (be creative with toppings and add vinegar and oil to the salad)

Any restaurant with a baked potato or baked sweet potato (use olive oil, black pepper, jalapenos and mixed grilled veggies for toppings. Use olive oil and ground cinnamon for sweet potatoes)

The reality is that many of your favorite restaurants will have something available, you will need to be creative with how you ask. Some restaurants will even make some item for you just for the fast. We have a local Mediterranean deli that makes unleavened bread just during the Daniel fast, and we pointed church members there. (By the way, you can toast it and put some awesome organic fruit jelly on top. Amazing! Seriously, when Jesus multiplied the fish and loaves, I think He was multiplying this toasted bread and jelly.) During the Daniel fast, any bread tastes amazing, so I think you get the picture.

CAN I HAVE...

Q&A

"Can I have..." Fill in the blank here, and you'll get one of the most common questions of the Daniel fast.

Remember, this is a fast, not a diet. The idea is to deprive your body of favorites and stick to essentials as an offering to God as you seek to draw closer to Him. The grace-filled answer is, "What does your heart tell you?" Because it's a heart issue, people like my wife, LaKendria, can participate in the Daniel Fast even while adding chicken because of her nutritional needs. That's a lot of the beauty of it! But I'll be honest; I'm hardcore. I want to stick to the details, and I read the labels on everything when I'm fasting like Daniel. I want it to cost me something, because I don't want to give an offering to God that does not cost me something personally. To me, that means adhering to Daniel's example.

LaKendria fasts just as dedicatedly as I do, and her heart is just as focused on the Lord. Each of us is different, but below are some common questions and answers regarding specific items on the Daniel Fast.

Q—Why can't I eat meat?

A—The meat on the king's table of Daniel's day was likely sacrificed to an idol. Daniel rejected the king's food to adhere to his Jewish dietary and spiritual rules, and we follow his example for this fast. Also, by choosing only vegetables and related foods, you're depriving your body of

something it likes (meat) and forcing it to make do with a healthy essential (veggies). Vegans do it all the time, so don't whine.

Q—Why can't I eat bread? It's not meat.

A—Regular bread has yeast in it, and during special times God commanded His people to fast yeast and use “unleavened bread” in their meals, such as Passover. We keep that tradition alive by fasting yeast like Daniel, though you can eat other whole grains. Flatbreads and other yeast-free wholegrain foods are OK.

Q—Is “chicken” and “fish” considered meat?

A—Yes. They're animal products. Pretend you're vegan, and use that as a guide—if it came from an animal, you're probably not eating it on the Daniel Fast. As I've said, you may have extenuating circumstances—food allergies or nutritional requirements—that mean you alter the fast. I urge you to do this only as genuinely needed and not as a cop-out.

Q—Will I get enough nutrition during this fast?

A—Yes. Vegans do it all the time. It may take a little creativity, but you can get everything you need from the foods on the Daniel Fast. And think about this: if you were doing a water-only fast (which I like to do to start my Daniel fast each year), you wouldn't be getting enough nutrition at all. And guess what? It's OK! You live through it, even with just water. Remember, it's a fast—it's OK if you don't get everything you think you need for 21 days.

Q—What about sweeteners?

A—You're fasting sweeteners, along with sweets, because it's a fast, and it's about self-denial. Just because it's healthy or all-natural doesn't mean it's OK, so put back that organic honey.

Q—Surely, I can have my coffee, right?

A—Nope. Even without sweetener or milk, I'm afraid caffeine is off the menu. Let me put it like this: Do you rely on your cup of morning coffee to get going? Do you rely on it more than God? What would happen if, just saying...you relied on God, not a stimulant, throughout your Daniel Fast? Would that be like trusting Him to get you through instead of your morning stimulant? Food for thought, right?

Q—Isn't this all legalism?

A—No. Can it go there? Yes. The boundaries of the Daniel Fast are there to provide a historical framework used by a great man of God for his fast. We're emulating that in Fast Like Daniel, not seeking to impose a rigid set of rules. The spirit of the fast is to deprive yourself while still eating essentials, so that your flesh takes the back seat and your spirit is in the driver's seat. If you honestly do that while altering some details of the fast, that is between you and God. It's my prayer that you're able to draw closer to God, not that you're able to keep to the details of the historical fast.