

21 Days of Fasting

Each year, NDCBF engages in a 21 day corporate fast. Learn more below.

The 2026 fast will begin on January 4th at 6pm and end on January 25th at 12pm. Join us Friday January 23rd for a special Prayer Gathering, 8pm - 12am

1. Fasting time is from 8 pm every evening till 1 pm the following day.
2. During fasting hours only liquids (water, tea, coffee) may be consumed.
3. During fasting hours study, prayer and meditation on the Word of God should occur.
4. For the duration of the fast, all 21 days, minimize the use of all media and electronics. Seek to eliminate outside distractions that compete with the voice of God.
5. (Optional) Once a week, enter into a full fast (no meals, just water) for a 24-hour period.

NOTE: If you have a medical condition, please follow the doctor's directions regarding your diet plan.

Your Personal Guide to Fasting & Prayer

By Dr. Bill Bright

Making Your Spiritual Experience The Best It Can Be

Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable. Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of difficulties and temptations.

The enemy makes you a target because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon Him and seek His face. Satan does not want you to grow in your faith, and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your shield against such attacks.

Do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him, your attitudes, your actions, your motives, desires, and words. This can only take place if God and His Holy Spirit are at the center of our attention. Confess your sins as the Holy Spirit brings them to your attention and continue to focus on God and God alone so that your prayers may be powerful and effective.

A renewed closeness with God and a greater sensitivity to spiritual things are usually the results of a fast. Do not be disappointed if you do not have a "mountaintop experience," as some do. Many people who have successfully completed extended fasts tell of feeling a nearness to God that they have never before known, but others who have honestly sought His face report no particular outward results at all. For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto Him as an act of worship; God honored that commitment.

Your motive in fasting must be to glorify God, not to have an emotional experience, and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.

Maintaining Nutritional Balance

There are many types of fasts, and the option you choose depends upon your health, the length of your fast, and your preference:

- A Water Fast – means to abstain from all food and juices
- A Partial Fast – means to eliminate certain foods or specific meals
- A “Juice” Fast – means to drink only fruit or vegetable juices during meal times

I know the prospect of going without food for an extended period of time may be of concern to some. But there are ways to ensure that your body is getting the nutrients it needs so you can remain safe and healthy during your fast.

If you are beginning a juice fast, there are certain juices you may wish to avoid and certain ones that are especially beneficial. You may find the following daily schedule helpful during your fast.

☐ **5:00 a.m. - 8:00 a.m.**

Fruit juices, preferably freshly squeezed or blended, diluted in 50 percent distilled water if the fruit is acid. Orange, apple, pear, grapefruit, papaya, grape, peach or other fruits are good.

☐ **10:30 a.m. - noon**

Green vegetable juice made from lettuce, celery, and carrots in three equal parts.

☐ **2:30 p.m. - 4:00 p.m.**

Herb tea with a drop of honey. Make sure that it is not black tea or tea with a stimulant.

☐ **6:00 p.m. - 8:30 p.m.**

Broth from boiled potatoes, celery, and carrots (no salt).

I suggest that you do not drink milk because it is a pure food and therefore a violation of the fast. Any product containing protein or fat, such as milk or soy-based drinks, should be avoided. These products will restart the digestion cycle and you will again feel hunger pangs. Also, for health reasons, stay away from caffeinated beverages such as coffee, tea, or cola. Because caffeine is a stimulant, it has a more powerful effect on your nervous system when you abstain from food. This works both against the physical and spiritual aspects of the fast.

Another key factor in maintaining optimum health during a fast is to limit your physical activity. Exercise only moderately, and rest as much as your schedule will permit (this especially applies to extended fasts). Short naps are helpful as well. Walking a mile or two each day at a moderate pace is acceptable for a person in good health, and on a juice fast. However, no one on a water fast should exercise without the supervision of a fasting specialist.

What Physical Effects to Expect

Although fasting can be an indescribable blessing, it is not always easy for everyone. In this time of discipline, self-sacrifice and reflection, do not be surprised if you experience mental and physical discomfort.

To begin, you may experience some inner conflict when you deny yourself the pleasure of eating food. Any sort of fast may sometimes leave you feeling impatient and irritable. During a three-day fast, this struggle can intensify toward the end of the second day. That seems to be a favorite time for the “self” to rise up and say, “This is as far as I want to go. I have done enough.”

Physical Effect:

Hunger pangs are usually the greatest during the first three days of the fast. Your body is adjusting from using the food in your digestive tract (which remains about three days) to consuming stored fats.

Suggested Relief:

Psyllium husk will help eliminate hunger pangs and also aid in cleansing the body. Several capsules can be taken throughout the day with plenty of water. Silymarin tablets may also be helpful; they are believed to protect and enhance the cleansing of the liver.

Physical Effect:

Coldness, bad breath and heightened body odor are possible. Also, changes in elimination (constipation or diarrhea), light-headedness, changes in sleeping and dreaming patterns, and aches and pains are likely. A white-coated tongue at the beginning of a fast may be a part of the body's pattern of throwing off toxins. Expect to go to the bathroom often (you will be drinking lots of water).

Suggested Relief:

After the first two weeks of an extended fast, many of these symptoms subside. Continuing aches in a certain area of the body usually means elimination of fatty tissue is going on in that area, which is not harmful. However, any extensive pain should be examined immediately.

**YOU SHOULD STOP FASTING IF YOU ARE
EXPERIENCING SEVERE PAIN OR SWELLING.**

Physical Effect:

Headaches or stomachaches may be a result of salt, sugar or caffeine withdrawal.

Suggested Relief:

Eliminating those items from your diet prior to fasting is the best way to avoid these pains.

Physical Effect:

Lower back pain may indicate that you are dehydrated.

Suggested Relief:

Drink more fluids.

Physical Effect:

Dizziness may be caused by a sudden change in position, such as rising suddenly from a chair.

Suggested Relief:

Stop for a second or two, then recover. Move slowly. (A word of caution: These conditions may be symptoms of other problems requiring medical attention.)

Physical Effect:

Minor fasting discomfort.

Suggested Relief:

Take one teaspoon of psyllium seed powder morning and evening. Mixed in lukewarm water, it becomes like Jell-O. This powder will hasten the elimination of toxins from your colon and help to prevent headaches and dizziness for most healthy people. Alfalfa tablets can help control bad breath and cleanse the system. Two tablets at a time can be taken several times a day.

In my desire to be absolutely faithful to my first 40-day fast, I stopped taking my usual vitamins and minerals. However, during subsequent fasts, I have felt strongly impressed to continue my vitamin and herbal therapy and also to use psyllium. I do this to keep my body, which is the temple of the Holy Spirit (1 Corinthians 6:19-20), healthy while continuing to deny myself the pleasure of eating solid food.

During your fast, you may have your struggles, discomforts, spiritual victories and failures. In the morning, you may feel like you are on top of the world, but by evening you may be wrestling with the flesh — sorely tempted to raid the refrigerator and counting how many more days are left in your fast. This is especially true if you are new to fasting. To counteract temptations like these, take extra time with the Lord. Step outside for some fresh air and talk to Him as you walk along. And in the process, always keep on sipping water or juice frequently during your waking hours.

How To Finish Your Fast In A Healthy Way

Most experts agree that breaking a fast with vegetables, either steamed or raw, is best. Your stomach is smaller now, so eat lightly. Stop before you feel full. Stay away from starches like pastas, potatoes, rice, or bread (except for "Melba toast"). Also avoid meats, dairy products, and any fats or oils. Introduce them slowly and in small amounts.

Extended fasts are not the only fasts which need to be ended with caution. Even a 3-day fast requires reasonable precautions. It is wise to start with a little soup - something thin and nourishing such as vegetable broth made from onion, celery, potatoes, and carrots - and fresh fruits such as watermelon and cantaloupe.

In terms of resuming any sort of exercise routine, the advice is the same. Start out slowly, allowing time for your body to re-adjust to its usual regime.

Allowed fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar)			
Apples	Coconuts	Limes	Pears
Apricots	Cranberries	Mangoes	Pineapples
Avocados	Dates	Melons	Plums
Bananas	Figs	Melons	Prunes
Berries	Grapefruit	Mulberry	Raisins
Blackberries	Grapes	Nectarines	Raspberries
Blueberries	Grenadine	Oats	Strawberries
Boysenberries	Guava	Olives	Tangelos
Breadfruit	Honeydew	Oranges	Tangerines
Cantaloupe	Kiwi	Papayas	Watermelon
Cherries	Lemons	Peaches	

Allowed Vegetables: These can be fresh, frozen, dried, or canned (watch salt content)			
Artichokes	Collard greens	Mustard greens	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Rutabagas	Zucchini
Celery	Lettuce	Scallions	
Chili peppers	Mushrooms	Spinach	

Allowed Legumes: These can be fresh, frozen, dried, or canned (watch salt content)		
Dried beans	Black eyed peas	Beans
Black beans	Green beans	Lentils
Cannellini	Green peas	Lupines
Pinto beans	Kidney beans	White Beans
Split peas	Peanuts (includes natural peanut butter)	
Lentils	Peas	

Allowed Nuts:		
All nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground flax seed	Sunflower	Natural Almond Butter

Allowed Whole Grains:		
Whole wheat	Rolled Oats	Whole wheat tortillas
Brown rice	Plain Oatmeal- not instant	Plain Rice cakes
Quinoa	Grits (vegan butter)	
Oats	Whole wheat pasta	
Millet Barley Popcorn (see recipe in FAQ's)		

Allowed Liquids:	
Water (spring, distilled, filtered)	Herbal Tea (caffeine free)
Unsweetened Soy Milk	100% Fruit/Vegetable Juice (no added sugar)
Unsweetened Almond Milk	

Other:
Tofu
Small amounts of Ezekiel Bread
Herbs Spices (read the label to be sure there are no preservatives)
Small amounts of Honey
Small amounts of Sea Salt
Stevia
Maple Syrup

Foods to Avoid:	
Alcohol	Margarine
All animal products including all meat, poultry, fish...	Mayonnaise
All Dairy	Milk
All deep-fried foods	Molasses
All leavened breads	Oils (canola, vegetable, olive, sunflower, etc
Baked goods (unless a vegan option)	Processed foods
Butter	Raw sugar

Limited Caffeine	Refined foods
Can juice	Refined sugar
Carbonated beverages	Shortening
Cheese	Some Sugar substitutes
Cream	Syrups (Can use Maple Syrup or Honey)
Eggs	White bread
Energy drinks	White flour
Food additives	White rice
Foods containing preservatives, additives	Animal Milk, Yogurt
High fat products	

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Diet is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware of just what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole Grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the diet?

The following are protein-rich foods that are allowed on the Daniel Diet... almonds, sunflower seeds, lentils, quinoa, brown rice, all types of beans, whole grains, and tofu.

What kind of nut butter is allowed?

Natural nut butter with no additives... watch for sugars including molasses.

How can I identify whole grain foods?

Typically, if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing?

See the recipe download for dressing recipes. You may also make your own dressing using some of the following ingredients: Balsamic Vinegar, Apple Cider Vinegar, Tarragon Vinegar, Champagne Vinegar and lemon or lime are also options.

Do I need to eat organic foods while on the diet?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

Where can I go out to eat?

Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with balsamic vinegar and a baked potato with no extras.

What about bread?

We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

Sample Recipes for the Daniel Diet

Other recipes can be found on the following websites:

<http://www.daniel-diet.com>

<http://www.ultimatedanieldiet.com>

Breakfast Diet Recipes

Easy High-protein Breakfast Stir-fry for the Daniel Diet

¼ c. Vegetable Broth

1 medium onion, sliced

1/2 green pepper, chopped

1 cup firm tofu, diced in bite-sized pieces

Fresh Italian herbs to taste

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

Makes two servings.

Muesli

1/2 cup muesli (Bob's Red Mill Old Country Style)

1/2 cup water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

Granola

4 cups rolled oats

1cup 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.

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, or serve over 100% whole wheat pasta, or over brown rice.

¼ c vegetable broth

1 medium yellow onion (chopped)

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

Salt to taste

1/4 cup cilantro, finely chopped

Sauté onions in heated broth 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

¼ vegetable broth

1 pound green beans, trimmed

1/4 teaspoon salt

3 cloves garlic, minced

1/4 - 1/2 teaspoon red pepper flakes

Heat broth in a 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

Makes 4 servings

1 pound small baking potatoes

¼ c vegetable broth

1/2 tsp dried thyme

1/2 tsp dried rosemary

1/4 tsp salt

Preheat the oven to 425° F. 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 broth, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the parchment paper sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

Minestrone Soup

8 cups vegetable stock 1 cup cabbage

1 1/2 cups of garbanzo beans 1/4 tsp. oregano

2 cups red kidney beans 3/4 tsp. basil

1/2 cup carrots 1/4 tsp. thyme

3 medium tomatoes (or 1-14 oz can of 1/2 cup celery

unsweetened, unsalted Italian tomatoes) 1/2 cup onion

1/2 cup fresh parsley 1 clove garlic

Sea salt 1 pkg. spinach noodles cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat 5-7 min. Stir in cooked and

drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with a lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles.

Black Bean Soup

1 pound black beans, soaked overnight, rinsed & drained 2 garlic cloves

8 cups vegetable stock 1 Tbsp. olive oil

1 whole onion 2 Tbsp. cilantro

2 bay leaves 1 Tbsp. parsley

1 1/2 cups onion 2 Tbsp. marjoram

1 yellow or red pepper 1 tsp. honey

1 cup celery Sea salt

1 potato

1 cup carrots

Place beans in a pot with vegetable stock, whole onion and bay leaves. Bring to a boil and cook 2-1/2 hours or until beans are tender. Remove onion and bay leaves. Chop onion, pepper, and celery. Grate carrots and potato on a cheese grater. Mince garlic and sauté in Tbsp. olive oil until tender. During the last hour of cooking, combine vegetables and seasonings with beans. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

Sauté Vegetables

1 red onion, sliced 3 carrots, peeled and sliced

3 stalks celery, thinly sliced 1/2 cup cauliflower, chopped

1/2 cup broccoli, chopped 1 cup zucchini, thinly sliced

1 bell pepper, sliced 1 cup yellow squash, thinly sliced

1 tsp. sea salt 1 tbsp. Oriental seasoning

Sauté all vegetables in $\frac{1}{4}$ vegetable broth until tender. Add salt and seasoning. Serve alone or over brown rice.

White Beans and Sautéed Vegetables

2 cans white beans, drained $\frac{1}{2}$ cup celery, finely diced

$\frac{1}{4}$ vegetable broth, $\frac{1}{2}$ cup carrot, finely diced

$\frac{1}{2}$ cup yellow onion, chopped $\frac{1}{4}$ cup balsamic vinegar (to drizzle after beans are dished up)

2 cloves garlic, minced Salt and pepper to taste

Drain the white beans and set aside. Heat vegetable broth and then add all the prepared vegetables to the pan and sauté until just done. Add beans and heat thoroughly. Dish up on serving plates, drizzle with balsamic vinegar. Salt to taste.

Yield: 4 servings

Spanish Rice

1 cup tomato juice 2 small garlic cloves

1 cup vegetable stock 2 tsp. chives

1 cup brown rice $\frac{1}{3}$ cup grated carrot

1 medium tomato, diced 1 tsp. oregano

$\frac{1}{3}$ cup green pepper 1 tsp. basil

$\frac{1}{3}$ cup celery 1 tsp. sea salt

$\frac{1}{3}$ cup onion

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 minutes. Remove from heat and add the remaining ingredients. Replace cover and simmer for 15-20 minutes.

Rice-stuffed tomatoes

6 large tomatoes Dressing:

1/2 cup raisins 1/4 cup vegetable broth

2 Tbsp. chopped green pepper 1 Tbsp. ketchup (with no added sugar)

2 Tbsp. green onions 1 tsp. chili powder (optional)

2 cups cooked brown rice 2 Tbsp. lemon juice

2 Tbsp. parsley 1/2 tsp. dry mustard, optional

1 tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato. Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain. In a bowl combine chopped tomato, raisins, green pepper, onion, rice, and parsley. Prepare the dressing and stir into rice. Season to taste. Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350° for about 15-20 minutes until the tomatoes soften.

Stuffed Peppers

1/4 vegetable broth, 1/2 cup yellow raisins

2 stalks celery, minced (1/2 cup) 1/2 cup vegetable broth

1 medium onion, minced 5 oz tofu, mashed

1 tsp. salt divided 2 Tbs. fresh flat leaf parsley

1 clove garlic, minced (1 tsp.) 3 red bell peppers, halved lengthwise

2 cups cooked brown rice

Preheat oven to 400 degrees

Heat vegetable broth in pan over medium heat. Add celery, onion, 1/2 tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins, and broth; cook for about 5 minutes. This should be the consistency of stuffing. Meanwhile, mash tofu, 1/2 tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers. Bake for 30 minutes or until peppers are soft and the stuffing is hot.

Yield: 6 servings

Lentil Soup

¼ vegetable broth, 1 (14 1/2-ounce) can diced tomatoes

1 medium onion, chopped 1 pound lentils (approximately 1 1/4 cups)

2 carrots, peeled and chopped 2/3 cup pearl barley

2 celery stalks, chopped 11 cups vegetable broth (substitute water)

2 garlic cloves, chopped 4 to 6 fresh thyme sprigs

Salt

Heat the vegetable broth in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and sauté until all the vegetables are tender about 5 to 8 minutes. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes. Season with salt to taste. Ladle the soup into bowls, drizzle with olive oil and serve.

Six Servings

Vegetarian Chili

¼ vegetable broth, 1/4 teaspoon ground red peppers

2 medium-sized green peppers, chopped 2 cups corn kernels (fresh or frozen)

1 medium-sized yellow onion, chopped 2 16 oz. cans tomatoes (juice and all)

1 zucchini, sliced 2 16 oz. cans pinto beans (juice and all)

1 yellow squash, sliced 2 16 oz. cans black beans (juice and all)

2 tablespoons chili powder 1 4 oz. can mild green chilies

3/4 teaspoon salt 1 4 oz. can of tomato paste

Sauté the peppers and onions in the vegetable broth. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: 6 generous servings

Barley and Black Bean Salad

This is a very easy and quick recipe. Beans and barely make a complete protein, so this is an

excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

1 cup barley, cooked according to package directions

1 (15 ounces) can black beans, rinsed

1/2 cup corn (thawed if frozen)

1/3 cup chopped fresh cilantro

2 tablespoons lime juice

1 tablespoon extra-virgin olive oil

Salt to taste

Combine all ingredients in a medium bowl. Serve on a bed of chopped or torn lettuce.

Yield: 4 servings

Whole Wheat Tortillas

You can buy 100% whole wheat tortillas, but these are easy to make. Use these tortillas for a

veggie wrap or for chips with salsa.

2 cups whole wheat flour

1 tsp salt (optional)

1 tsp baking powder (optional)

1 cup of water

Directions:

Combine whole wheat flour and water in a large bowl and mix well. You can add salt and baking powder if desired at this stage. These ingredients add a different flavor variation. You can add more water if needed to help make the consistently like that of bread dough. Knead dough on a floured surface until soft. Make dough into balls (with the provided ingredients you should have 10-12) Flour a cutting board or similar surface. Roll each ball as flat as you can on this floured surface to the form the shape of the tortilla. Use a skillet and heat your stovetop to medium-high heat. Place tortilla in heated pan for 30 seconds to 1 minute, or until starting to bubble and brown. Turn over with a spatula for another 30 seconds to 1 minute. Remove cooked tortilla and place on a plate. It will be hot, so be careful!

Yield: Makes 12 tortillas

Celery and Almond or Cashew Butter Snacks

Stuff celery with nut butter and add nuts or raisins.

Harira

Harira is a great recipe for the Daniel Diet as it has nearly 15 grams of protein per serving.

¼ c vegetable broth, 1/4 tsp ground cinnamon

1 cup chopped onion 2 garlic clove, minced

1/2 cup chopped celery 2 cups organic mushroom broth

2 cups warm water 1 1/2 cups chopped and seeded plum tomatoes

Pinch of saffron threads 1/2 cup dried small red lentils

1/2 tsp salt, divided 2 15 oz. cans no-salt-added chickpeas, drained

1/4 tsp peeled fresh ginger, minced 3 tbsp. chopped fresh cilantro

1/4 tsp ground red pepper 3 tbsp. chopped fresh parsley

Heat vegetable broth in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender. Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt.

Yield: 4 servings

Fast Food for the Daniel Diet

Okay, there are going to be times on the Daniel Diet when you need a quick meal. In fact, when you prepare for the Daniel Diet, you'll want to stock up on a few of these items so you have them on hand.

1 can organic tomato soup (check the label for ingredients)

1 can white beans

1 cup mixed vegetables (frozen)

Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like) Add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve!

Serves 2-4 depending on size of serving!

Greek Vegetable Stew

¼ vegetable broth 6 zucchini, chunked

2 onions, chopped 4 yellow squash, chunked

1 tablespoon dried oregano 2 cups celery leaves

2 cloves chopped garlic 1 teaspoon salt

4 cups water 8 slices lemon

4 tomatoes, quartered 3 tablespoons fresh basil

1 pound green string beans, broken in half 2 tablespoons lemon juice

1 package frozen or fresh spinach

Lightly saute' onions in a hot skillet in ¼ c vegetable broth. Add oregano & garlic. Cook 1 minute. Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl.

Serves eight

Vegetable Stock

Good vegetable stock is useful in the Daniel Diet. Vegetable stock is an excellent substitute for

chicken or beef stock. This recipe makes 4 cups of vegetable stock.

2 large onions, cut into large chunks

2 medium carrots, scrubbed but not peeled, cut into large chunks

3 stalks of celery, remove and discard all leaves, cut into large chunks

1 whole bulb of garlic, peel each clove but do not chop

1 bay leaf

Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock. Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks. **Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

Barbara's Rice, Black Beans, and Corn

1 can Organic Black beans, drained homemade salsa (see below)

1 can of Organic corn, drained organic corn tortilla

organic long grain rice, cooked avocado

Combine 1 can Organic Black beans drained and 1 can of Organic corn drained. Heat and place on top of organic long grain rice (cooked). Top with homemade salsa. Serve with organic corn tortilla (you can heat them and make them

crunchy. I just cut them into triangles and make them like chips. Organic ones are made with just corn and lime) Serve with sliced avocados.

Homemade Salsa

2 tomatoes diced squirt of lime

1 onion diced tad bit of salt

Cilantro 1 jalapeno minced

clove of garlic minced 1/2 of avocado diced

Mix all ingredients together.

Karen's Tabouleh

3 tbsp. Bulgur (cracked wheat) 1 small tomato

1 bunch parsley juice of 1 lemon

1 small onion olive oil

Soak bulgur for 1 hour in warm water. Chop parsley very fine. Chop onion and tomato combine all ingredients. Drizzle olive oil and squeeze lemon into the mixture. Salt to taste.

Susan's Black Bean & Brown Rice Stuffed Peppers

1 qt 100% Vegetable or Tomato Juice

2 cups cooked black beans 1 clove garlic (finely chopped)

1 cup cooked brown rice 2 Tbsp lime juice

2 med green onions (chopped) 2-3 large bell peppers (cut in half lengthwise &

1/4 cup fresh cilantro (chopped) deseeded)

Combine all ingredients except juice and bell peppers in a bowl and mix well. Place peppers in a glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in an oven on 350 degrees for 45-60 minutes.

Maria's Curry Brown Rice

Cooked brown rice 1/2 cup frozen sweet peas

1/4 cup onions 1/2 cup organic corn

1/4 cup tomato 1/2 tsp dried thyme leaves

1 Tbsp virgin olive oil 1-2 tsp curry powder

Make the desired amount of brown rice. Dice the onion and tomato. Heat pan with vegetable broth. Mix in tomato, onions, corn, sweet peas, thyme, and curry. Stir until onion and tomato are cooked. Add water sparingly to keep it from sticking to the pan. Add already cooked brown rice. If desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out and enjoy as is.

Angela's Veggie Soup

1 28oz. can of diced or crushed tomatoes

1 6oz. can tomato paste

1 can of tomato sauce

1 can corn (drained)

1 can green beans (drained)

1 can potatoes (drained)

1 can English peas (drained)

1 can carrots (drained)

2 medium onions diced

4-5 bay leaves

1 tsp garlic

salt to taste

Add all ingredients to a slow cooker or large pot on the stove top. Add enough water to cover the ingredients and cook for 3-4 hrs. You could also add mushrooms or other veggies you enjoy.

Cathy's Leek and Potato Soup

2 cloves garlic 2 lbs leeks (trimmed, cleaned, sliced)

¼ vegetable broth, 2 lbs potatoes (cleaned, cut into cubes)

1 tsp crushed fennel seeds 4 pints vegetable stock

Heat vegetable broth on medium heat in a large pan. Add garlic - heat for a few minutes until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes; mix well with other ingredients. Cover and cook for 5 minutes. Stir quickly. Cover and cook an additional 5 minutes. Add stock. Bring to boil, then cover, lower heat and simmer for 40 minutes.

Lola's Black Bean Soup

Canned black beans 1 jar of all natural salsa

Vegetable broth Chopped jalapeno

Crushed garlic Chopped cilantro

Large onion, chopped

Combine all ingredients in a large pot and cook on a stove. Amount of broth depends on how

chunky you like your soup.

Hot water cornbread

White or yellow cornmeal, hot water

Stir it up very well. Pat out individually like hamburger patties. In a non-stick skillet brown on both sides.

Rice and Lentils

1 cup of rice

1/2 cup of lentils

1 tsp salt

2 cups of water

Cook rice in a rice cooker. The rest of the ingredients go in a crock pot for five hours on high.

Rice, Green Beans, and Lentils

1 cup of rice

1/2 cup lentils rinsed

1 tsp. cinnamon

1 tsp. salt

1 tbsp. tomato paste

1 can green beans not drained

1 cup of water

Cook rice in a rice cooker. The rest of the ingredients go in a crock pot for five hours on medium to high.

Vegetable soup and navy beans

1 cup pureed spinach

1 cup puree green beans

1 can navy beans rinsed and drained

1 tsp salt

1 cup of water

Put all ingredients in crock pot for four hours on medium.

Mashed pinto beans on whole grain taco shells

1 can pinto beans rinsed and drained

1 tbsp. raisins

1 tsp salt

Cook pinto beans and raisins in a crock pot for four hours; blend in a blender and serve with whole grain soft taco shells.

Rice and Chick Peas

1 cup of rice

1 can chickpeas drained and rinsed

1 cup of water

1 tsp salt

1 tbsp. raisins

Cook rice in a rice cooker. Put rest of ingredients in crockpot and cook four hours at medium

Mrs. Jones' Brown Rice Dinner

1 cup of brown rice

2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes. Halfway through the

cooking time, add:

1/2 cup of fresh salsa

1 cup of frozen organic corn

1/2 of a chopped red bell pepper

3/4 cup of cooked black beans

Stir and replace the cover for the remainder of cooking time. Serve with fresh sliced avocado.

Snacks

Popcorn

1/4 cup unpopped popping corn

1 brown lunch bag

Place corn kernels in a lunch bag. Fold at the end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.

Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind.

1/2 cup orange juice (juiced from fresh oranges)

Juice of 2 limes (taste before you add all the juice at once)

1 medium-size, banana, peeled and cut into chunks

Fresh mint leaves for garnish (optional)

2 cups of ice cubes - make it like a frozen ice drink (optional)

Mix all in a blender, and serve. Serves 2

You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

Salads/Dressings

Diced Fruit Salad

1 kiwi

1-pint strawberries

1 mango

2 bananas

1/2 pint blueberries

Slice and mix.

Southwestern Corn and Black Bean Salad

The beans, organic corn, and nuts in this salad combine to create 19 grams of protein per serving.

1 1/2 cups organic corn kernels (fresh or frozen)

1/3 cup pine nuts

1/4 cup lime juice

¼ cup vegetable broth

1/4 cup chopped fresh cilantro

2 (14.5 ounces) cans black beans, rinsed

2 cups shredded red cabbage

1 large tomato, diced

1/2 cup minced red onion

Salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime juice, vegetable

broth, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato, and onion; toss to coat. Refrigerate until ready to serve.

Yield: 4 servings

Strawberry-Melon Spinach Salad

3 cups bite-size pieces fresh spinach Optional 1/2 cup sliced oranges

1/2 cup sliced strawberries 2 medium green onions, sliced

1/2 cup cubed cantaloupe

Strawberry-Melon Spinach Salad Dressing:

1 tablespoon orange juice

1 tablespoon honey (if you are allowing honey)

1 1/2 teaspoon olive oil

In a tightly covered container, shake all dressing ingredients. In a large bowl, toss all salad ingredients with dressing.

Avocado Tomato Dressing

2 ripe avocados, peeled and pitted 1/4 cup fresh lemon juice

1 medium ripe tomato Sea salt to taste

1 tsp. herb seasoning

Place all ingredients in a blender and blend until smooth.

Creamy Green Dressing

1/2 medium ripe avocado, peeled and pitted 1 1/4 tsp. onion powder or flakes

3/4 cup distilled water 1/4 tsp. garlic powder

3 tablespoons fresh lemon juice Sea salt

1/4 cup almonds, soaked overnight and drained

Blend all ingredients until smooth.

Pesto Dressing

4 small garlic cloves, peeled Sea salt

2 2/3 cup tightly packed fresh basil leaves ¼ c vegetable broth

1/3 cup pine nuts

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add broth through the feed tube. Continue to process until smooth.

Herb Vinaigrette

1/3 cup fresh lemon juice 1/2 tsp dry mustard (optional)

1/2 tsp dried basil (if using fresh, use twice as much) 1/2 cup fresh Italian parsley, minced

1 tsp. dried oregano 1 c vegetable broth

1/4 tsp sea salt 1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

Italian Dressing

1/2 cup vegetable broth 1/2 cup distilled water

1/4 cup fresh lemon juice 1 green onion, chopped

1-2 garlic cloves peeled 1 tsp honey

1 tsp whole grain mustard seed (optional) Dash Cayenne

Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1 tsp. oregano and 1/2 tsp. basil. Mix well.

French Dressing

1 cup vegetable broth 1 Tbsp paprika

1/3 cup fresh lemon juice 1 Tbsp onion powder

1/3 cup honey 1/2 tsp garlic powder

3/4 cup salt-free tomato puree Sea salt

Place all ingredients in a blender and blend on high for 30 seconds.

JAN

WEEK
ONE:

FASTING

SUNDAY

☐

READ: SUNDAY'S SERMON
PASSAGE

WRITE: 2 THINGS YOU
REMEMBER FROM THE
MESSAGE

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

MONDAY

☐

READ: ISAIAH 58:1-14

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

TUESDAY

☐

READ: MATTHEW 4:1-11

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

WEDNESDAY

☐

READ: MATTHEW
26:36-46

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

THURSDAY

☐

READ: DANIEL 9:1-19

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

FRIDAY

☐

READ: NEHEMIAH 1:1-11

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

SATURDAY

☐

READ: MATTHEW 6:1-18

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

NOTES:

JAN

WEEK
TWO:

STEWARDSHIP

SUNDAY

☐

READ: SUNDAY'S SERMON
PASSAGE

WRITE: 2 THINGS YOU
REMEMBER FROM THE
MESSAGE

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

MONDAY

☐

READ: PSALM 24:1-10

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

TUESDAY

☐

READ: 1COR 6:12-20

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

WEDNESDAY

☐

READ: 1PETER 4:7-11

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS
THIS PASSAGE BECOME
PERSONAL?

DO: WHAT WILL
CHANGE FOR YOU?

THURSDAY

☐

READ: PROVERBS 3:1-10

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

FRIDAY

☐

READ: LUKE 12:13-21

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

SATURDAY

☐

READ: MATTHEW 25:14-30

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

NOTES:

JAN

WEEK THREE:

GENEROSITY

SUNDAY

☐

READ: SUNDAY'S SERMON
PASSAGE

WRITE: 2 THINGS YOU
REMEMBER FROM THE
MESSAGE

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

MONDAY

☐

READ: DEUT 8:1-20

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

TUESDAY

☐

READ: 1COR 16:1-11

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

WEDNESDAY

☐

READ: 2COR 8:1-7

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

THURSDAY

☐

READ: 2COR 8:8-15

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

FRIDAY

☐

READ: 2COR 9:1-15

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

SATURDAY

☐

READ: PHILIPPIANS 4:10-20

WRITE: 3 THINGS THAT
MOST IMPRESSED YOU

REFLECT: HOW HAS THIS
PASSAGE BECOME
PERSONAL?

DO: WHAT WILL CHANGE
FOR YOU?

NOTES: