# 2120011 PRAYER & FAST

DANIEL FAST MEAL PLANNER



## Let's Begin

Welcome! At the start of each year, Journey participates in a church-wide 21-Day Daniel Fast. We have put together this meal and recipe guide to aid in your planning. The recipes listed below were found at Ultimate Daniel Fast. For additional recipes and nutritional values, please feel free to visit <a href="https://www.ultimatedanielfast.com">https://www.ultimatedanielfast.com</a>.

We encourage you to join us in fasting and praying as we give God this new year. For more details on how to fast and pray, along with other ways to fast, please download and read our 21-Day prayer devotional and fasting guide available at <a href="https://www.gotojourney.church/21-day-fast">https://www.gotojourney.church/21-day-fast</a>.

### The Daniel Fast

#### **FOODS TO AVOID**

Basically, you want to avoid the king's food. To avoid the king's food means that we are avoiding all those things that the Jews couldn't eat, and eating what they could. (Daniel 10:2-3)

- Meat, because Daniel didn't want to take the chance of eating non-kosher meat and/or meat that was offered to idols.
- · White flour and all products using it
- · White rice, white bread, hominy and pasta
- Fried foods
- Caffeine
- Carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- Foods containing preservatives or additives
- Refined sugar
- High fructose corn syrup
- · Chemical sugar substitutes
- Margarine, shortening, animal fat, high fat products

#### **FOODS TO EAT**

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only vegetables and drink only water.

- Fruits and Vegetables: can be fresh, frozen, dried, juiced or canned (watch for added sugar and salt content)
- Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, homemade popcorn, wheat, whole wheat tortillas, whole wheat pasta
- Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc.
   Grain legumes include beans, lentils, lupins, peas and peanuts.
- Seeds: all nuts (raw, unsalted), natural peanut butter, natural almond butter, sprouts, ground flax, etc.
- Liquids: spring water, distilled water, filtered water, 100% all-natural fruit or vegetable juices (no added sugar), unsweetened soy milk, herbal tea (caffeine free)
- Other: Tufu Soy products, Herbs / Spices without preservatives, Small amounts of: Honey, Sea Salt, Ezekiel Bread, and Olive Oil

## The Daniel Fast

#### OTHER ITEMS TO AVOID

- Avoid caffeinated drinks.
- Avoid chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath.

\*These items stimulate digestive action in your stomach and may make you feel hungry.

#### **ADDITIONAL RESOURCES**

- "Daniel Fast" by Susan Gregory. Susan Gregory is all about teaching this delightful discipline, and she shares a very informative Bible-based insight on Daniel fasting. You will also be able to receive more valuable resources, like prayers, recipes & scriptures for your fast, etc. Free e-book on her website: <a href="https://www.daniel-fast.com/">https://www.daniel-fast.com/</a>
- The Daniel Fast website: <a href="https://www.daniel-fast.com/">https://www.daniel-fast.com/</a>
- The Daniel Fast Blog: https://danielfast.wordpress.com/
- Jentezen Franklin Ministries: <u>https://jentezenfranklin.org/fasting</u>

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#### FALL HARVEST OATMEAL

Oatmeal doesn't have to be bland and boring. This recipe is a reminder of the autumn season, but it can be enjoyed all year.

#### Ingredients:

- ½ recipe Cinnamon Baked Apples
- 2/3 cup old-fashioned rolled oats
- 4 Medjool dates, pitted, chopped (about 1/4 cup)
- 2 tablespoons chopped pecans

#### Instructions:

Prepare Cinnamon Baked Apples as directed. When the apples are done, cook oats on the stovetop according to package directions. To serve, place ½ cup oatmeal in two bowls. Top with apples, dates, and pecans. Pour 2 tablespoons of apple juice over each serving, and serve immediately.

Yields 2 servings (serving size: about 1 cup)

#### **Notes:**

Use figs or raisins instead of dates. Since you only need half of the Cinnamon Baked Apples recipe, you can store the other half in an airtight container in the refrigerator and use the following day.					
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#### CHAI CHIA PUDDING

A creamy, tasty breakfast dish that gives you a nutritional boost to start your day. It's also perfect for a morning or afternoon snack.

#### Ingredients:

- 1/2 cup unsweetened almond milk, unsweetened coconut milk, or water
- 2 tablespoons chia seeds
- · 2 Medjool dates, pitted, chopped
- 1/4 teaspoon cinnamon
- · Pinch of ground cloves

#### Instructions:

Place all ingredients in a blender, and process until smooth. Set in the refrigerator overnight. Stir well before serving.

#### **Notes:**

Top with sliced banana and/or unsweetened shredded coconut flakes. Before serving, sprinkle a few chopped almonds or pecans on top.

To boost the protein content even more, add Daniel Fast friendly protein powder (see my blog post, Protein Powder on the Daniel Fast, www.ultimatedanielfast.com).

To reduce the amount of sugar in this recipe, you can omit one date. Each date contains 16 grams of natural fruit sugar.
Add 1 tablespoon Date Honey to almond milk and chia seeds before blending instead of using 2 chopped dates.

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#### APRICOT-NUT BREAKFAST BARS

Jump start your morning with a healthy breakfast, one that will fuel your body and give you energy for the day. Apricot-Nut Breakfast Bars can be made the night before so all you have to do is grab one for a quick, convenient breakfast. Enjoy your breakfast bar at room temperature or warm it for a few minutes in a toaster oven. Delish!

#### Ingredients:

- 11/2 cups old-fashioned rolled oats
- 2 tablespoons flaxseed meal
- ½ cup unsweetened apple juice
- 1 tablespoon extra-virgin olive oil
- 1/4 cup almond butter
- 1/4 cup Date Honey
- 1/2 cup diced dried apricots, unsulfured
- 1/4 cup chopped macadamia nuts
- 2 tablespoons raw sunflower seeds

#### Instructions:

Preheat the oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until the oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake for 15-20 minutes. Let cool in a pan on a wire rack for about 5 minutes. Cut into 2 x  $2 \frac{1}{2}$ -inch bars and serve.

Yields 12 servir	ngs (serving size	: I bar)	



#### BAKED RICE WITH BUTTERNUT SQUASH & ASPARAGUS

This casserole-style dish is simple to make and requires minimal ingredients. Use a combination of brown and wild rice (per recipe instructions), or just use one or the other if that's all you have on hand. It's a win either way.

#### Ingredients:

- 3 cups water
- ½ cup brown rice
- ½ cup wild rice
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon ground sage
- ½ teaspoon salt
- 1/8 teaspoon black pepper
- 1½ pounds butternut squash, peeled, seeded, and cut into 1-inch cubes (about 4
- cups) ½ pound asparagus spears, ends trimmed and cut into 1-inch pieces 1 cup
- sliced onion, sliced pole to pole (see Recipe Notes)

#### Instructions:

Preheat the oven to 350 degrees. Rub a little olive oil along the sides and bottom of a 3-quart baking dish. Add water, rice, garlic, thyme, sage, salt, and pepper. Stir well.

Bake uncovered for 30 minutes. Mix in squash, asparagus, and onions. Cook for 30 minutes, stir, and then bake for another 15 minutes, or until water is nearly all absorbed and rice is softened.

Yields 8 servings (serving size: 1 cup)

#### **Notes:**

To slice an onion pole to pole, or into half rings, think of the onion as a globe. Trim root end (South Pole) and stem end (North Pole). Peel off outer layers. Cut onion in half from North Pole to South Pole, making a series of slices perpendicular to the equator of the onion. Use 1 teaspoon dried crushed rosemary in place of the thyme and sage.



#### BLACK BEAN STIR-FRY

This stir-fry is perfect for a weeknight meal, especially if you're tired from a long day at work and you want something that doesn't require a lot of prep or time.

#### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1/2 cup sliced onion
- 115-ounce can black beans, rinsed & drained
- 1141/2-ounce can diced tomatoes, undrained
- 1 cup canned corn, drained
- 1/4 cup diced green pepper
- 1/4 cup diced red pepper
- 1 clove garlic
- 2 tablespoon lime juice
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- · Garnishes: Diced avocado and diced green onions

#### Instructions:

Heat olive oil in a large skillet over medium-low heat. Cook onions until slightly blackened and crispy.

Add black beans, tomatoes, corn, peppers, garlic, lime juice, cumin, salt, and pepper.

Simmer for 15-20 minutes. To serve, top with diced avocado and green onions.

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<b>Notes:</b> To add a little more protein to this dish, mix in cubed Marinated Tofu.



#### SUN-DRIED TOMATO, POTATO, AND BROCCOLI BAKE

Try this unique recipe for a different type of side dish. Enjoy warm or cold.

#### Ingredients:

- 1 pound red potatoes, peeled and halved
- 1 tablespoon extra-virgin olive oil
- 2 cups chopped cooked broccoli
- ½ cup jarred sun-dried tomatoes, packed in oil and undrained
- 1/2 cup fresh basil leaves, lightly packed
- ¼ cup fresh parsley leaves, lightly packed
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup toasted pine nuts

#### Instructions:

Preheat the oven to 350 degrees. Use the shredder attachment on a food processor to cut potatoes. Place shredded potatoes and olive oil in a large bowl, and stir to coat. Add broccoli, and set aside.

Place sun-dried tomatoes, basil leaves, parsley leaves, garlic, salt, and pepper in same food processor bowl, this time with the "S" blade attachment. Process until mixture forms a paste, and mix in with potatoes and broccoli. Stir well, and transfer to an 8 x 8-inch baking dish that

has been lightly rubbed with olive oil.

Bake for 30 minutes. Sprinkle in pine nuts just before serving.

Yields 8 servings (serving size: ½ cup)

#### **Notes:**

You can also enjoy this as a cold pasta-like salad. Substitute pine nuts with sliced almonds.



#### ALMOND BUTTER BITES

Easy to make, these little snacks are big on taste. Pop one in your mouth for a quick snack, or treat yourself to a bite or two after dinner.

#### Ingredients:

- 1/2 cup almond butter
- 1/4 cup raw sunflower seeds
- 1/4 cup raisins
- 1/4 cup chopped almonds
- 2 tablespoons unsweetened shredded coconut
- ¼ teaspoon cinnamon

#### Instructions:

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form a mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed.

<b>Yields</b> 6-8 servings (serving size: 2-3 balls)						
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#### SPINACH ARTICHOKE DIP

The "cheese" in this dip recipe is plant-based (tofu), which allows you to enjoy this tasty dip even while on the Daniel Fast.

#### Ingredients:

- · ounces firm tofu, drained
- 1 cup chopped canned artichokes, drained, reserve 2 tablespoons canned
- juices ½ 10-ounce package frozen chopped spinach, thawed, squeezed dry
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons extra-virgin olive oil
- 1/4 cup diced onion
- · 2 cloves garlic, minced

#### Instructions:

Preheat the oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.

Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture.

Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil. Bake for 20 minutes, or until the edges start to brown. Serve warm.

Yields 8 servings (serving size: about ¼ cup)

#### **Notes:**

- Use as a topping on Sesame Seed Rice Crackers or Ultimate Nut and Seed Crackers.
- Tastes great on baked tortilla chips.
- Spread on Flatbread or a Whole Grain Tortilla.
- Works well as a base for Flatbread Pizza.



#### SWEET AND SPICY MIXED NUTS

This recipe takes the wonderful flavor of nuts to a whole new level. You'll love the combination of a little sweetness and a tad bit of spice. A great snack for the Daniel Fast or any time you need a protein boost.

#### Ingredients:

- ½ cup raw almonds
- ½ cup raw pecans
- 1/2 cup raw walnut halves
- 1 tablespoon Date Honey
- 1 tablespoon water
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon chipotle chile seasoning
- 1/4 teaspoon salt

#### Instructions:

Preheat the oven to 250 degrees. Line an 11 x 17-inch baking sheet with parchment paper (or use a silicone mat) and set aside. Put nuts in a large bowl. In a separate smaller bowl, mix Date Honey, water, olive oil, chipotle chile seasoning, and salt. Use a fork or small whisk to combine.

Pour over nuts, and stir until well coated.

Spread nuts evenly on a baking sheet. Bake for 1 hour, stirring about halfway through cooking time. Cool and serve. Store in an airtight container.

Yields 6 servings (serving size: about ¼ cup)

#### **Notes:**

- Substitute any of the listed nuts with Brazil nuts, cashews, hazelnuts, or peanuts.
- Use red cayenne pepper in place of the chipotle chile seasoning (you may want to decrease the amount a little unless you like super spicy food!).
- This recipe can easily be doubled.

## Additional Recipes

