



Daniel Fast Guide

We are so glad you have decided to participate in an extended time of prayer, fasting and personal devotion. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting.

This guide is intentionally designed to be flexible so that you can participate at any level. Whether you have completed a season of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

The tools provided in this guide are a practical guideline to help you navigate through your personal journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next days. May God continue to bless you and enlarge you as you seek Him first!

*“...But the days will come when the bridegroom
will be taken away from them, and then they will fast.”
Matthew 9:15b NKJV*

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Prayer

As you prepare for the next several days, it can be tempting to start thinking of a laundry list of prayers you'd love to see answered. But we really want to encourage you to keep this simple. Think about the top two or three things most pressing on your heart and zone in on those with God. Write these down in the space provided below, and be open to hearing what God wants to show you in those areas. The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus.

When praying, make your primary goal to know Jesus more and experience Him. Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as his goodness and His greatness, and see everything else through that filter.

And most simply, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't. If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.

Fasting

**Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.*

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fasts, as well as some suggestions on how to create your own fasting plan, it is important to mention that there is nothing more inherently spiritual about one type of fast as opposed to another. These are simply guidelines and suggestions on different things you can do. Do not let what you eat or do not eat become the focus of your fast. Keep the main thing the main thing, which is drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God. Here are a few tips to keep in mind before getting started:

1. Start Where You Are

We are all at different places in our walk with God. Likewise our jobs, daily schedules, and health conditions are all different and place various levels of demands on our energy. So most importantly, whether you've fasted before or this is your first time, start where you are. Your personal fast should present a level of challenge to it, but it's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do. Remember, the goal of fasting is not just to do without food. The goal is to draw nearer to God.

2. Find Your Fast Zone

When most people start fasting, there is typically some level of discomfort. However, it is possible to get used to the fasting routine pretty quickly. Quite simply, you must learn to fast in a way that works for you.

While any true fast does involve abstinence from food or at least certain types of food, typically, different fasting combinations work better for different people. The goal to having a successful fast is all about finding what we like to call your Fast Zone, and that is different for everybody and can change depending on the season you are in.

The best way to describe your Fast Zone is that it's the place where you feel light and spiritually in tune. Your mind is easily focused on God and spiritual things. You have an increased spiritual energy—you can feel the fast working. Just like runners know what their target heart rate is to see the benefits of their physical training, the Fast Zone is similar in a spiritual sense.

Finding your Fast Zone helps you choose both the type and length of fast. Let's say you choose to go on a Daniel fast (only fruits and vegetables). Should you eat beans? If you can eat beans and stay in your Fast Zone, go ahead. But for some people eating beans takes them out of the zone. Should you eat peanut butter? Probably not. Peanut butter is more of an indulgence, and not many people can stay in a Fast Zone while enjoying indulgences.

Should you completely cut out caffeine? It depends. The great thing is, when you fast, your body automatically craves less caffeine. If you can stay in your Fast Zone with a little caffeine, great. If you are going on a longer fast and want to cut it out of your diet completely, that's great too. But ease yourself off and make it your goal to be completely caffeine free about two-thirds of the way into your fast.

If you drink coffee regularly, one of the worst mistakes you can make is to fast for one to three days and cut caffeine out abruptly and completely. Please don't do that or you will spend this time grumpy and in withdrawal instead of enjoying God's presence.

Mixing things up a bit during a fast is what typically works best for people. For example, do a fruits and vegetables fast for a week. Then do all liquids for a while. Maybe even mix in a few days of only water if you think you are ready for that. Then go back to fruits and vegetables for a few days.

“There isn't one approach that works the same for everyone. Follow the Holy Spirit, mix it up, find what works for you, and stay in your Fast Zone!”

Some people can't stay in a Fast Zone eating any type of solid food, so they prefer all liquids. With today's protein drinks and juicing machines, it is so easy to get a healthy dose of all your nutritional needs even while taking in only liquids. Certain people can't do anything other than drink only water. If they eat a salad or drink a glass of juice, they get out of their zone. Or if they allow themselves to eat cantaloupe, they will end up eating twenty cantaloupes a day!

3. The Daniel Fast

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel fast there is room for broad interpretation.

In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

Again, it is important to mention that there is nothing inherently spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do. Just remember: find your personal Fast Zone.

Foods to include in your diet during the Daniel Fast...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples	Coconuts	Limes	Pineapples
Apricots	Cranberries	Mangoes	Plums
Avocados	Dates	Melons	Prunes
Bananas	Figs	Mulberry	Raisins
Berries	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oats	Strawberries
Blueberries	Grenadine	Olives	Tangelos
Boysenberries	Guava	Oranges	Tangerines
Breadfruit	Honeydew melons	Papayas	Watermelon
Cantaloupe	Kiwi	Peaches	
Cherries	Lemons	Pears	

Vegetables: These can be fresh, frozen, dried, juiced 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	

Legumes:

Dried beans	Black eyed peas	Beans
Black beans	Green beans	Lentils
Cannellini	Green peas	Lupines
Pinto beans	Kidney beans	White
Split peas	Peanuts (includes natural peanut butter)	Peas
Lentils		

Seeds:

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

Whole Grains:

Whole wheat	Millet	Oats
Brown rice	Quinoa	Rolled Oats

Plain Oatmeal- not instant
Barley
Grits (no butter)

Whole wheat pasta
Whole wheat tortillas
Plain Rice cakes

Popcorn (see recipe in
FAQ's)

Liquids:

Water (spring, distilled, filtered)
Unsweetened Soy Milk

Herbal (caffeine free) Tea
100% Fruit/Vegetable Juice (no added sugar)

Other:

Tofu
Soy products
Herbs
Small amounts of Honey
Small amounts of Sea Salt

Small amounts of Ezekiel Bread
Small amounts of Olive Oil
Spices (read the label to be sure there are no
preservative

Foods to avoid on the Daniel Fast...

All animal products including all meat, poultry, fish...
White rice
White bread
All deep fried foods
Caffeine
Coffee (including decaf b/c contains small amount of caffeine)
Carbonated beverages
Energy drinks
Foods containing preservatives, additives
Refined foods
Processed foods
Food additives
Refined sugar
Sugar substitutes
Raw sugar
Syrups
Molasses
Cane juice
White flour
Margarine
Shortening
High fat products
Butter
All leavened breads
Baked goods
All dairy
Milk
Cheese
Yogurt
Cream
Eggs
Alcohol
Mayonnaise

Frequently Asked Questions

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast 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 about 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 fast?

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

What about popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove...here is a recipe.

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

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?

Olive oil and lemon or lime are options.

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

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 olive oil 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.

Additional Resources:

www.christ-web.com/missions/farho/daniel-fast

www.danielfast.wordpress.com

www.hacres.com/recipes/recipes.asp

Fasting While Nursing Or Pregnant

Strict fasting while pregnant or nursing is not recommended. If you are in this incredible season of life but would like to participate in the twenty-one-day plan, here are some great options for you to consider—with the approval of your physician:

- a modified Daniel fast including whole grains, legumes, whey protein, calcium, and iron supplements
- fasting sweets and desserts
- fasting red meat
- fasting certain diversions (television shows, movies, social media—such as Facebook/Twitter, video games, and so on)

If you are a pregnant or nursing mother, your priority is the health and the development of the baby God has entrusted you with. Make that your guideline and go from there. And please consult your doctor.

Fasting And Eating Disorders

If you have struggled with an eating disorder, this situation is a battle of the mind you can win through Christ (Philippians 4:13). Remember, fasting is a tool used to get closer to God, and it actually should keep us from being preoccupied with food. If your method of fasting is going to cause you to obsess about what you eat in any way, you will need to change either your approach or your mindset.

If giving up food is a stumbling block to you, then consider fasting of television, reading (other than the Bible, of course), social media, or shopping. There are many distractions and ways that we use to stay in control that we could eliminate from our daily routine. We do these things to distract ourselves from the real issues hurting us. If you can identify such other things, maybe you can give those up instead of food.

Remember that you are covered by God's grace. God will show you what to do. His "yoke is easy" and His "burden is light" (Matt 11:30). His way will bring rest to your soul.

4. Begin And Break The Fast Well

Depending on the type of fast you choose, it is very important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your fast; otherwise, you could get sick. For example, if you would like to go on a fruits and vegetables or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also start to cut back quite a bit on dairy products and some of your caffeine intake.

The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. Please don't break your fast with a greasy cheeseburger! Because your body is so cleansed and detoxified, you will most likely get sick if you do that. There are also several supplements you can take that will help support the detox process during your fast. Your health-food store can give you recommendations.

Creating Your Personal Fasting Menu

On the following pages, we will share a few simple menu options for your use. Your plan could include one of these menu ideas or even a variation of all of them. You could even mix it up, doing something different food-wise on the weekends or on certain days of the week. Again, pray about this and find what works for you.

To keep your energy up throughout the day, it's important to eat or drink every two and a half to three hours. If you go longer than that, you can experience an energy lull and be tempted to overstuff yourself at your next meal. Even if you're fasting on fruits and vegetables, overstuffing is never a smart thing to do.

It is very important to drink lots of water while fasting. Drinking about one hundred ounces of water per day will help to support your critical liver function. The liver is the filter for the body, so when you don't drink enough water, the liver doesn't function at its highest capacity.

Select your food items wisely. The key is to prepare a plan ahead of the fast, to not get legalistic about it, and to choose menu items well. For example, if you prefer dressing on your salads, choose a healthy, organic option with natural ingredients—and don't pour a gallon of it on your plate. If you're drinking fruit juices, try to go as natural as possible, and don't drink ones heavily processed and laden with sugar. Remember to not let food become the focus of your fast, but make wise eating choices.

Final Fasting Tips

Here are some other ideas that can help make your fasting experience more pleasant and helpful:

- As you select your type of fast, make a fasting calendar that fits your plan. Determine what each day and week will look like.
- Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation. Choose well when selecting products, stick to raw food as much as you can, and limit artificial ingredients.
- Make it a priority to attend church during your twenty-one-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.
- If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22–23). He wants you to finish, and He will give you the grace and strength to do it .

Personal Devotions

Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It is not about duty but about relationship. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.

Once again, as with prayer, choose the time and the place where you are going to read your Bible and devotional every single day, and come prepared to hear what He wants to tell you.

Here are three quick things we'd like to share with you about how to get the most out of your devotional time with God.

1. Read Consistently

It is better to read a little every day than to try and knock out two hours of Bible reading or devotions in one sitting. It is so important to digest the Word in absorbable chunks. In This guide we have included a Bible reading plan that helps with that, as it leads you through about a chapter a day. Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. If you miss a few days, pick up at the next reading, but stay with it and don't give up.

The key is to keep this simple and make it sustainable.

2. Read Prayerfully

Talk to God as you're reading. Don't rush through. If you come across something you don't understand, pause for a moment and ask God about it. Reading prayerfully is making space and time to talk to God and giving Him time and space to talk to you. Taking time to meditate on God's Word is just as important as reading it.

3. Read Expectantly

You are about to partake of the bread of life, so foster an attitude of expectancy. Believe that God is going to speak to you through His Word. With meditation on the ideas and thoughts recorded in your journal, be prepared to do something with what He shows you.

A great, simple way to journal your devotionals is to use the SOAP method. (Wayne Cordeiro has some great material about this that we highly recommend in his book Divine Mentor.) SOAP stands for:

Scripture
Observation
Application
Prayer

The SOAP method works like this:

- **S for Scripture.** Read prayerfully. Take notice of which scripture(s) catches your attention and mark it in your Bible. When you're done, reread the verse(s) you marked and look for one that particularly speaks to you. Write it in your journal.
- **O for Observation.** Focusing on that scripture, tune in and listen to what God is saying to you through His Word. What is it about this scripture that specifically stands out? What does God want to reveal to you or teach you? Ask the Holy Spirit to be your guide and show you what God is saying.
- **A for Application.** Think of how this verse(s) applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Use your journal to write how this scripture applies to you today.
- **P for Prayer.** Wrap up your SOAP time in prayer. Talk to God about what you've just

read. This can be as simple as thanking Him for revealing a truth from the scripture, or it may be asking Him for greater insight or wisdom as to how it applies to your life. Remember, prayer is all about relationship. It's a two-way conversation, so be sure to listen to what God has to say.

Devotional

DAY 1 - Return to Me

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." - Joel 2:12, NIV

If we look at the kind of fasting that took place in the Old Testament, it would be easy to assume that the reason we fast is to prove our repentance to God in order to obtain His mercy. Under the Old Covenant, such a fast of repentance is seen time and again. But now, because of the complete work of Jesus on the cross, things have changed.

Fasting is not something we do to obtain favor or forgiveness. Under the New Covenant, every wrong we have done and will do was forgiven at the Cross, and when we accept Christ as our Savior, we get to celebrate the mercy freely given to us through our relationship with Him. Fasting is about drawing closer to God and surrendering at a deeper level.

As we walk with God, there are times that we feel far from Him or disconnected. Joel's words resonate with us, even if we live in the context of grace: "Return to me with all your heart." There are times we realize that though we have chosen to follow Jesus, the flame of our love for Him has grown cold.

Your time spent in prayer each day of the fast can result in a new richness a rewarding connection with the Father. No matter where you are on your journey with Jesus, you can always take a step closer to Him.

I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world. – Bill Bright

Bible Reading Plan: Psalms 1-2

Prayer Focus: As we begin this time of prayer and fasting, let's turn our hearts toward God. Make a commitment to seek Him daily. Pray that your love for Christ will be increased and your passion for Him will be reignited over the next twenty-one days.

DAY 2 - Tune In

My sheep hear My voice, and I know them, and they follow Me. - John 10:27, NKJV

Have you ever tried to tune in a radio station only to be frustrated by finding static rather than music? And when you fiddled with the dial again, suddenly you heard a clear signal. The fact is that clear signal always existed on the airwaves. The difference is that now you have adjusted your tuner to the right frequency.

In our hectic lives, there are so many signals bombarding our senses that it can become difficult to distinguish God's voice from the deafening static noise of life. Fasting enables us to tune out the world's distractions and *tune in* to God. As we fast, we deny our flesh. When we deny our flesh, we become more in tune to the Holy Spirit and can hear God's voice more clearly. If you truly listen for God's voice you will hear it. And when you hear it, your faith will increase.

If you desire to tune out the static of life and really tune in to the voice of God, come to Him first and foremost with ears willing to listen and a heart ready to obey what He says (Psalm 34:18; Isaiah 66:2). The more we practice being in His presence, the clearer and more recognizable His voice becomes.

"Fasting is important, more important perhaps, than many of us have supposed...When exercised with a pure heart and a right motive, fasting may provide us with a key to unlock doors where others may have failed; a window opening up new horizons in the unseen world; a spiritual weapon of God's providing. 'mighty to the pulling down of strongholds.'" – Arthur Wallis

Bible Reading: Luke 1

Prayer Focus: In this time of fasting what is your mind tuned to? What distractions do you need to remove so that you can focus on God? Prepare your heart to hear the voice of God, and ask Him to help you remove distractions that keep you from focusing on Him and hearing His voice clearly.

DAY 3 - Fasting Removes Unbelief

And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting. - Matthew 17:18-21, NKJV

When we pray and fast, we don't do so to change God or His will; instead, by praying and fasting, we are the ones changed. Coming into alignment with God helps us curb our doubts and fears. When we pray and fast, the thing that leaves-the thing that goes out-is our unbelief. It is when we have faith to believe that we can pray with confidence and know that "nothing will be impossible."

Ask God to strengthen your heart to fully believe Him and His Word. It is okay to recognize and acknowledge if you struggle with unbelief. That's the first step in allowing God to strengthen your faith and bring you into alignment with His plan for your life.

"Beware in your prayers, above everything else, of limiting God, now only by unbelief, but by fancying that you know what He can do. Expect... 'above all that we ask or think.'" – Andrew Murray

Bible Reading Plan: Luke 2

Prayer Focus: What do you need faith to believe for? Align yourself with God's Word and will during this fast. Release your unbelief. Pray with confidence, knowing "nothing will be impossible" for you.

DAY 4 - Agreement with the Will of God

Can two walk together, unless they are agreed? - Amos 3:3, NKJV

In the heart of every believer is the desire to walk closely with God. We know that He, too, desires a close relationship with each one of us. A key to having a strong level of spiritual intimacy with God is living in agreement with His will for your life.

In Genesis 5:22, we read Enoch and see that his life modeled a long journey, walking consistently with God, for it says, “Enoch walked with God three hundred years.” Enoch lived a powerful life. He was a man who walked in agreement with God’s will and lived a life pleasing to God (Hebrews 11:5).

It is one thing to *know* God’s will for our lives; it’s another to live in agreement with His will. In order to enjoy the best life that God has for us, we must first understand that God does not change, but we sometimes must. Let’s earnestly seek to know and agree with God’s will. The level of our agreement with God will determine the degree of closeness in our walk with Him.

“I believe firmly, that the moment our hearts are emptied of pride and selfishness and ambition and self seeking, and everything that is contrary to God’s law, the Holy Ghost will come and fill every corner of our hearts; but if we are full of pride and conceit, and ambition and self seeking, and pleasure and the world, there is no room for the Spirit of God; and I believe many a man is praying to God to fill him when he is full already with something else. Before we pray that God would fill us, I believe we ought to pray Him to empty us.” – D. L. Moody

Bible Reading Plan: Luke 3

Prayer Focus: Pray today that you can walk in agreement with God and enjoy the life He desires you to have in Christ.

DAY 5 - When Grace Comes Down

*For the law was given through Moses, but grace and truth came through Jesus Christ.
- John 1:17, NKJV*

Have you ever wondered what it would be like to have a personal visit with God? What would He say about the state of humanity? About religion? About propensity toward sin?

There is no need to wonder about what God is like or would say, because to know Him we have only to look at Jesus. In Jesus we have received grace, but there is even something more we have received: *truth*.

The kind of truth in today’s scripture is not a list of laws and rules such as were given to Moses. Make no mistake – the revelation of God through the word of the Law was glorious. When Moses came down from Mount Sinai after receiving the Ten Commandments, his face shone so brightly with the glory of God that he had to wear a veil (Exodus 34:33-35). But the word of the Law cannot compare with the word of *life* that has been revealed through Jesus Christ!

In John 1:18 we learn that no one, not even Moses, with his glimpse of God’s back has ever seen God. But Jesus has not only seen God – He *is* God. The truth that John was speaking about is a clear and unveiled vision of the true nature of God.

Looking at God through the lens of legalism and religion is like looking at Him through a veil. Only when we see Him through Jesus Christ can we truly get a glimpse into His heart. It is from a state of grace, not legalism, that we will find real and lasting transformation (2Corinthians 3:7-18)

"I am not what I ought to be, I am not what I want to be, I am not what I hope to be in another world; but still I am not what I once used to be, and by the grace of God I am what I am." – John Newton

Bible Reading Plan: Luke 4

Prayer Focus: Have you been looking at God through the veil of legalism and religion? In Jesus, we see the full revelation of the nature of God: His love and holiness, mercy and justice, compassion and power all perfectly and beautifully expressed. Pray that the Holy Spirit will help you see God through the eyes of grace and truth given to us in Jesus Christ.

DAY 6 - The Spirit Is Willing

And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. - Romans 7:18-20, NLT

There's an internal war that rages within each of us. Paul described this so well in Romans 7. Though we desire to do the right thing, we don't have the power to do so in our own efforts and we mess up.

The good news is that we don't have to rely on our own strength to make right decisions. We don't have to be dominated by our sinful nature and end up doing the things we don't want to do. But the only way we can live this kind of life is by yielding to the Holy Spirit and relying on the strength of Jesus Christ, not our own.

When we're facing struggles, we must rely on God's power alive within us through the Holy Spirit. When we are board again, the Holy Spirit resides in us and places in us the desire to do what is pleasing to God (Hebrews 10:16). The Holy Spirit always wants to do what is right and to uphold the perfect will of God, pleasing the Father in every way.

It is our job to lay down our stubborn fleshly will and yield to the will of God. In that moment, the Holy Spirit will be there to help us. Let's learn to yield to and become totally reliant upon the Holy Spirit.

"[Prayer] turns ordinary mortals in to men of power. It brings power. It brings fire. It brings rain. It brings life. It brings God." – Samuel Chadwick

Bible Reading Plan: Proverbs 1

Prayer Focus: Are there areas in your life causing an internal struggle? Make a decision today to yield to the Holy Spirit and lean on His strength, not your own, to overcome obstacles of sin and selfishness in your life. Surrender and release those areas to God, knowing He will help you.

DAY 7 - Fervent Prayer

The effective, fervent prayer of a righteous man avails much. - James 5:16, NKJV

Fervency speaks to our level of intensity, passion, and persistence. Many times, we can lose our passion in prayer or stop praying for certain things altogether because we lose heart or give up. But God invites us to keep them before Him and trust Him for an answer in His time (Matthew 7:7-11).

The Old Testament prophet Elijah practiced a lifestyle of fervent, intense prayer and witnessed incredible miracles in his lifetime. In the book of Kings, the story is told of a woman whose only son became ill and died (1 Kings 17-17-24). When Elijah heard the news, he quickly took action and did what he knew best – he fervently cried out to God. Elijah fully believed that God could bring the boy back to life, and he prayed not just once but three times that the boy’s soul would return to him. He prayed fervently and repeatedly and he wasn’t going to give up. This was the result: “Then the Lord heard the voice of Elijah; and the soul of the child came back to him, and he revived” (verse 22).

Elijah’s prayer was answered through his persistence and fervency. God hears your prayers as well and will bring an answer in His perfect timing. But don’t be discouraged or disheartened if the answer takes time to arrive or is not exactly what you expected. Commit to praying to God with passion and persistence, trusting the answer will come in God’s perfect way at the perfect time.

“We must never forget that the highest kind of prayer is never the making of requests. Prayer at its holiest moment is the entering into God to a place of such blessed union as makes miracles seem tame and remarkable answers to prayer appear something very far short of wonderful by comparison.” – A. W. Tozer

Bible Reading Plan: Psalm 3-5

Prayer Focus: As you close out this first week, continue to pray fervently for the main areas of concern in your life. Trust God to bring an answer as you journal your thoughts and inspirations through this time.

DAY 8 - Hear Him

“This is my dearly loved Son, who brings me great joy. Listen to him.”...And when they looked up Moses and Elijah were gone, and they saw only Jesus. – Matthew 17:5, 8, NLT

On the mount of transfiguration three disciples had an experience that showed us the Father’s plan for the New Covenant. Jesus took Peter, James, and John up to the top of a mountain where He was transfigured into His glorified state. Up until this point, the Jews had related to God through the Law – represented by Moses and the prophets, one being Elijah. Inspired by what he was seeing, Peter eagerly offered to erect three tabernacles – one each for Jesus, Moses, and Elijah. Then a loud voice from heaven was heard: “This is my dearly loved Son, who brings me great joy. Listen to him.”

When the disciples looked up, they saw only Jesus.

On that mountain God made it clear that we will only discover His pleasure by following Jesus. God’s grace is freely given to those who receive new life in Him. Sometimes, though, there are areas of our lives where we do not fully embrace God’s grace. There may be circumstances or areas where we still try to earn our way to the Father.

You cannot earn God's pleasure, but you can experience it to a greater degree as you follow Jesus Christ. As you seek God today, ask Him for a greater revelation of Jesus in your heart. Then you will be reminded that you are beloved child of God. And that He finds *pleasure* in you. *"If heaven were by merit, it would never be heaven to me for if I were in it I should say, 'I am sure I am here by mistake; I am sure this is not my place; I have no claim to it.' But if it be of grace and not of works, then we may walk into heaven with boldness."* – Charles H. Spurgeon

Bible Reading Plan: Luke 5

Prayer Focus: How does understanding the New Covenant of grace change the focus of your fast? As you pray and seek after God, let His be the loudest voice you hear.

DAY 9 - Clean House

For Those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. – Romans 8:5-6, NKJV

Have you ever looked at the top of your refrigerator or in the deep recesses of your couch cushions and noticed the filth that has built up over time? Even though we might clean on a regular basis, there are times when we need to go...a little deeper. We realize that what appeared to be clean on the surface was in all actuality, quite filthy.

The same thing can happen spiritually. As we go about our daily lives, there are things that can build up over time. Even if we worship, pray, and read our Bible regularly, the different temptations, pressures, and cares of this world can build up quietly and end up consuming our lives. Without even realizing it, we can lose our peace, joy, and passion for the things of God. Our service to God, which used to fill us with life and excitement, becomes a tiresome duty that we must fulfill.

Fasting is the deep cleaning that helps us take our minds off the things of this world and instead have a refreshed focus on the things of the Spirit. Fasting offers an incredibly effective way to get into the nooks and crannies of our souls and bring all those dusty old habits, broken mind-sets, and rusty attitudes out into the light of God's truth.

In fasting and prayer, our service to God returns to something we *want to do* rather than something we *have to do*.

"One of the reasons for fasting is to know what is in us...In fasting it will come out. You will see it. And you will have to deal with it quickly or smother it again." – John Piper

Bible Reading Plan: Luke 6

Prayer Focus: As you pray and fast today, ask God to show you any areas where you could use a refreshed spiritual focus. Pray as David did in Psalm 51:10-12 that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

DAY 10 - Unwavering Faith

But let him ask in faith, nothing wavering. – James 1:6, KJV

What do you expect when you pray? When we pray with earnest expectation, we are exercising our faith. The earnest prayer of righteous people produces powerful results (James 5:16), and the most earnest prayers come from us when we recognize our need for God.

There can be a natural tendency to shrink back when praying for the seemingly impossible, but we must remember that nothing is impossible with God (Luke 1:37). If we know the promises that God has given us, and understand His character and the principles by which He works, we can pray with confidence and trust Him for the answer.

What has caused you to waver in your expectation with God? James reminds us that faith and wavering are actually contradictory – James says “nothing wavering.” Know that God never wavers in His love for you. You can trust Him completely.

“There is no way that Christians in a private capacity can do some much to promote the work of God and advance the kingdom of Christ as by prayer.” – Jonathan Edwards

“When we depend up organizations, we get what organizations can do; when we depend upon education, we get what education can do; when we depend upon man, we get what man can do; but when we depend upon prayer, we get what God can do.” – A. C. Dixon

Bible Reading Plan: Luke 7

Prayer Focus: What are you trusting God for in this season? How can you line up your expectations with the Word of God when you pray? Find promises in His Word that answer your need and write them down today.

Recommended Daniel Fast Recipes

Breakfast Recipes

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

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

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
1 cup crushed almonds
1/2 cup whole grain flour
1 tsp. cinnamon
1/4 cup shredded coconut
1 cup sunflower seeds
1/2 cup wheat germ or other whole grain bran
3/4 - 1 cup honey
1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Apple Blueberry Oatmeal Cereal

2 sweet apples
3/4 cup rolled oats
1 cup blueberries
1/2 cup almonds
1 cup apple juice

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

Meals and Sides

Quick Tomato Sauce

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

2 tablespoons olive oil	Salt to taste
1 medium yellow onion (chopped)	1/4 cup cilantro, finely chopped
2 cans diced tomatoes (14.5 oz) (or fresh)	

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

Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

Spicy Green Beans

2 tablespoons vegetable oil
1 pound green beans, trimmed
1/4 teaspoon salt

3 cloves garlic, minced
1/4 - 1/2 teaspoon red pepper flakes

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

Herb-Roasted Idaho Potato Fries by Denise Austin

Makes 4 servings

1 pound small baking potatoes
2 tsp extra-virgin olive oil
1/2 tsp dried thyme
1/2 tsp dried rosemary
1/4 tsp salt

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

Minestrone Soup

8 cups vegetable stock
1 1/2 cups of garbanzo beans
2 cups red kidney beans
1/2 cups carrots
3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)
1/2 cup fresh parsley
Sea salt

1 cup cabbage
1/4 tsp. oregano
3/4 tsp. basil
1/4 tsp. thyme
1/2 cup celery
1/2 cup onion
1 clove garlic
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 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

8 cups vegetable stock
1 1/2 cup onion
1 cup celery
1 potato
2 garlic cloves
1 tsp. honey
2 bay leaves

Sea salt
1 pd. black beans, soaked overnight, rinsed & drained
1 yellow or red pepper
1 cup carrots
2 Tbsp. cilantro

1 Tbsp. parsley
2 Tbsp. marjoram

1 whole onion

Place beans in pot with veg. stock, whole onion and bay leaves. Bring to a boil and cook 2-1/2 hrs. or until beans are tender. Remove onion and bay leaves. Chop onion, pepper, and celery. Grate carrots and potato on cheese grater. Mince garlic and sauté in Tbsp. olive oil until tender. During 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.

White Beans and Sautéed Vegetables

2 cans white beans, drained
2 tablespoons olive oil
1/2 cup yellow onion, chopped
2 cloves garlic, minced
1/2 cup celery, finely diced

1/2 cup carrot, finely diced
1/4 cup virgin olive oil (to drizzle after beans are
dished up)
Salt and pepper to taste

Drain the white beans and set aside

Heat olive oil 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 extra virgin olive oil. Salt to taste.

Yield: 4 servings

Tip: It is best to cook with regular old pure olive oil - save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away. So use the less expensive pure olive oil for sautéing and frying.

Stir Fry Vegetables

1 red onion, sliced
3 stalks celery, thinly sliced
1/2 cup broccoli, chopped
1 bell pepper, sliced
1 tsp. sea salt

3 carrots, peeled and sliced
1/2 cup cauliflower, chopped
1 cup zucchini, thinly sliced
1 cup yellow squash, thinly sliced
1 Tbsp. Oriental seasoning

Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender. Add salt and seasoning. Serve alone or over brown rice.

Spanish Rice

1 cup brown rice
1 cup tomato juice
1/3 cup green pepper
1/3 cup celery
1 med. Tomato
2 tsp. chives
1 tsp. basil

1 cup vegetable stock
1 tsp. oregano
1/3 cup carrot
1/3 cup onion
2 small garlic cloves
1 tsp. sea salt

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 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15-20 min.

Rice-stuffed tomatoes

6 large tomatoes
½ cup raisins
2 Tbsp. chopped green pepper
2 Tbsp. green onions
2 cups cooked brown rice
2 Tbsp. parsley

Dressing:
¼ cup olive oil
1 Tbsp. ketchup (with no added sugar)
1 tsp. chili powder (optional)
2 Tbsp. lemon juice
½ 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, rice, raisins, green pepper, onion, and parsley. Prepare 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

2 Tbs. olive oil
2 stalks celery, minced (1/2 cup)
1 medium onion, minced
1 tsp. salt
1 clove garlic, minced (1 tsp.)
2 cups cooked brown rice

1/2 cup yellow raisins
1/2 cup vegetable broth
5 oz tofu, mashed
3 red bell peppers, laved lengthwise
2 Tbs. fresh flat leaf parsley

Preheat oven to 400 degrees

Heat oil in pan over medium heat. Add celery, onion, ½ 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, ½ 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

2 tablespoons olive oil, plus extra for drizzling
1 medium onion, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
2 garlic cloves, chopped
Salt

1 (14 1/2-ounce) can diced tomatoes
1 pound lentils (approximately 1 1/4 cups)
2/3 cup pearl barley
11 cups vegetable broth (can substitute water)
4 to 6 fresh thyme sprigs

Heat the oil 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

2 medium-sized green peppers, chopped	¼ teaspoon ground red peppers
1 medium-sized yellow onion, chopped	2 cups corn kernels (fresh or frozen)
1 zucchini, sliced	2 16 oz. cans tomatoes (juice and all)
1 yellow squash, sliced	2 16 oz. cans pinto beans (juice and all)
2 tablespoons olive oil	2 16 oz. cans black beans (juice and all)
2 tablespoons chili powder	1 4 oz. can mild green chilies
¾ teaspoon salt	1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. 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 barley 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	1/3 cup chopped fresh cilantro
1 (15 ounce) can black beans, rinsed	2 tablespoons lime juice
1/2 cup corn (thawed if frozen)	1 tablespoon extra-virgin olive oil
	Salt to taste

Combine cooked barley, beans, corn, cilantro, lime juice, oil, and salt in a medium bowl. Serve on 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	2 tablespoons olive oil
½ teaspoon salt	½ cup warm water

Mix flour and salt in bowl. Add olive oil and stir until well combined. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl. Knead dough on floured board for about 3 minutes (20 folds). Allow dough to rest for 15 minutes. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball. With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward). Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.

Yield: Makes 12 tortillas

Polenta “Biscuits” for the Daniel Fast

This recipe for polenta “biscuits” is a nice addition to soups, stews or casseroles. Plus the tofu is rich in protein.

1/2 cup dry polenta	1 teaspoon Italian seasoning
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Salt
2 - 12 ounce packages extra-firm tofu,

drained
1 tablespoon olive oil

Preheat oven to 400 degrees. Combine polenta, Italian seasoning, & salt on a plate. Slice the tofu into 2" x 2" squares (approximate). Brush tofu pieces with olive oil and dredge in polenta mixture. Transfer to baking pan lined with parchment paper or sprayed with 100 percent olive oil spray. Bake 30 minutes or until browned. Serve by laying polenta biscuits on top of stew or with soup or casserole.

Celery and Peanut Butter Snacks

Stuff celery with peanut butter and add nuts or raisins.

Harira

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

2 Tbs oil	2 garlic clove, minced
1 cup chopped onion	2 cups organic mushroom broth
1/2 cup chopped celery	1 1/2 cups chopped and seeded plum tomatoes
2 cups warm water	1/2 cup dried small red lentils
Pinch of saffron threads	2 15 oz. cans no-salt-added chickpeas, drained
1/2 tsp salt, divided	3 Tbs chopped fresh cilantro
1/4 tsp peeled fresh ginger, minced	3 Tbs chopped fresh parsley
1/4 tsp ground red pepper	
1/4 tsp ground cinnamon	

Heat oil 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 Fast

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

Vegetable Stock

A good vegetable stock is useful in the Daniel Fast. Vegetable stock is an excellent substitute for chicken or beef stock.

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.

Greek Vegetable Stew

2 tablespoons oil	4 tomatoes, quartered
2 onions, chopped	1 teaspoon salt
1 pound green string beans, broken in half	8 slices lemon
1 package frozen or fresh spinach	1 tablespoon dried oregano
4 cups water	3 tablespoons fresh basil
6 zucchini, chunked	2 cloves chopped garlic
4 yellow squash, chunked	2 tablespoons lemon juice
2 cups celery leaves	

Lightly brown onions in a hot skillet in 2 tablespoons oil. 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.
Eight servings

Barbara's Rice, Black beans and corn

1 can Organic Black beans drained	organic corn tortilla
1 can of Organic corn drained	homemade salsa (see below)
organic long grain rice	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 (which is 2 tomatoes diced, 1 onions diced, cilantro, squirt of lime, clove of garlic minced, tad bit of salt, 1 Jalapeno minced, 1/2 of an avocado diced.)

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.

Karen's Tabouleh

1 bunch parsley	3 tbs Bulgur (cracked wheat)
1 small onion	juice of 1 lemon
1 small tomato	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 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 cup cooked brown rice
2 med green onions (chopped)
¼ cup fresh cilantro (chopped)
2 tbsp extra virgin olive oil
2 tbsp lime juice
1 clove garlic (finely chopped)
2-3 large bell peppers (cut in half lengthwise and deseeded)

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

Maria's Curry brown rice

Cooked brown rice
1-2 tspn curry powder
1/2 c frozen sweet peas
1/2 c corn
1/4 c onions
1/4 c tomato
1/2 tspn dried thyme leaves
1 tbsp virgin olive oil

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

Angela's veggie soup

1 28oz. can diced or crushed tomatoes
1 6oz. can tomato paste
1 can of tomato sauce
1 can (drained) each of corn, green beans, potatoes, english peas, carrots.

salt to taste
2 medium onions diced
1 tsp garlic
4-5 bay leaves

Add water to cover items cook in slow cooker for 3-4 hrs or on stove top. Could also add mushrooms or other veggies you enjoy.

Cathy's Leek and Potato soup

1 tsp crushed fennel seeds
2 cloves garlic
2 tbsp olive oil
4 pints vegetable stock
2 lbs leeks (trimmed, cleaned, sliced)
2 lbs potatoes (cleaned, cut into cubes)

Heat olive oil on a medium heat in a large pan. Add garlic - heat for a few mins until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes and mix well with other ingredients. Cover and cook for 5 mins. Stir quickly. Cover and cook for further 5 mins. Add stock. Bring to boil, then cover, turn heat down and simmer for 40 mins.

Rice, Green Beans and Lentils

1 cup 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

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

Rice and Lentils

1 cup rice
1/2 cup of lentils
1 tsp salt
2 cups water

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

Vegetable soup and navy beans

1 cup puree spinach
1 cup puree green beans
1 can navy beans rinsed and drained
1 tsp salt
1 cup 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 of raisins
1 tsp salt

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

Rice and Chick Peas

1 cup rice
1 can chick peas drained and rinsed
1 cup water
1 tsp salt
1 TBSP raisins

Cook rice in a rice cooker. Put rest of ingredients in crock pot 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.
Half way through the cooking time, add:
1/2 cup of fresh salsa
1 cup of frozen corn
1/2 of a chopped red bell pepper
3/4 cup of cooked black beans

Stir and replace cover for 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 lunch bag. Fold at 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 - makes 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 and Dressings Recipes

Salad

3 cups bite-size pieces fresh spinach
1/2 cup sliced strawberries
1/2 cup cubed cantaloupe
Optional 1/2 cup sliced oranges
2 medium green onions, sliced

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

Strawberry-Melon Spinach Salad Dressing:

1 tablespoon orange juice
1 tablespoon honey (if you are allowing honey)
1 1/2 teaspoon olive oil

Avocado Tomato Dressing

2 ripe avocados, peeled and pitted
1 med. ripe tomato
1 tsp. herb seasoning
1/4 cup fresh lemon juice
Sea salt to taste

Place all ingredients in blender and blend until smooth.

Creamy Green Dressing

1/2 med. ripe avocado, peeled and pitted
3/4 cup distilled water
3 tablespoons fresh lemon juice
1/4 cup almonds, soaked overnight and drained
1/4 tsp. garlic powder
1 1/4 tsp. onion powder or flakes
Sea salt

Blend all ingredients until smooth.

Pesto Dressing

4 small garlic cloves, peeled
2 2/3 cup tightly packed fresh basil leaves
1/3 cup pine nuts

1/3 cup cold-pressed extra virgin olive oil
Sea salt

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

Herb Vinaigrette

1/3 cup fresh lemon juice
1/2 tsp. dried basil (if using fresh, use twice as much)
1 tsp. dried oregano
1/4 tsp sea salt
1/2 tsp dry mustard (optional)
1/2 cup fresh Italian parsley, minced
1 cup olive oil
1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

Italian Dressing

1/2 cup olive oil
1/4 cup fresh lemon juice
1-2 garlic cloves, peeled
1 tsp. whole grain mustard seed (optional)
1/2 cup distilled water
1 green onion, chopped
1 tsp. honey
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 olive oil
1/3 cup fresh lemon juice
1/3 cup honey
1 tablespoon paprika
3/4 cup salt free tomato puree
1 tablespoon onion powder
1/2 tsp. garlic powder
Sea salt

Blend on high for 30 seconds.

Diced Fruit Salad

1 kiwi
1 pint strawberries
1 mango

2 bananas
½ pint blueberries

Slice and mix.

Southwestern Corn and Black Bean Salad

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

1 1/2 cups corn kernels (fresh or frozen)
1/3 cup pine nuts
1/4 cup lime juice
2 tablespoons extra-virgin olive oil
1/4 cup chopped fresh cilantro
2 (14.5 ounce) cans black beans, rinsed
2 cups shredded red cabbage
1 large tomato, diced
1/2 cup minced red onion

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, oil, 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 serving