

The

DANIEL FAST

HISTORY, BENEFITS, & DIET



History, Benefits, Food List & Recipes

The Daniel fast brings **healing breakthrough** in the **body, mind and spirit**.

“This is the fast that I have chosen...to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth.”

– Isaiah 58:6

HISTORY

What is a fast?

Fasting is abstaining from something like food, drink or entertainment for a period of time. There are many types of fasts which include:

- Standard Fast (water only)
- Absolute Fast (No water or food)
- Partial Fast (restrict certain food and drink categories)
- Intermittent Fast (Only eat during small daily window, for example: 1pm-6pm)

What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast referenced in the Bible, particularly in two sections of the Book of Daniel:

“Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink.”
Daniel 1:12

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”
Daniel 10: 1-2

The Daniel Fast Story

Daniel was among the best and the brightest of the Israelites of his time. In the book of Daniel in the Bible, the backdrop is set: King Nebuchadnezzar of Babylon had seized Jerusalem, the capital city of Judah, and had taken King Jehoiakam captive and overrun God’s temple. As the victor, King Nebuchadnezzar had the power to select and “enlist” young Israelite men to serve in his Babylonian palace, and he wanted only the best. So, he chose young men from wealthy, influential families who are strong, handsome and intelligent, and who exhibited strong leadership qualities. So, Daniel and some of his friends were “enlisted” in a three-year training time prior to entering the king’s service, and King Nebuchadnezzar appointed his chief official to be in charge of them and the other leaders-in-training.

Here’s the scenario: Daniel and his buddies—devout Israelites—are placed in a pagan palace to be trained up to serve a pagan king, a process complete with a prescribed diet of food and wine from the king’s own table. Most historians agree that the king’s menu most likely included food that had been sacrificed to idols and/or meat from unclean animals, both of which are strictly forbidden by Jewish dietary customs.

Daniel, being a winsome man of conviction, asks to eat only vegetables and to drink only water instead of what’s on the king’s menu. That request was acknowledged by (not approved by) the king’s chief official, but he didn’t want to risk Daniel and his friends looking unhealthy or frail by not eating what the other recruits ate. Since Daniel couldn’t get the king’s chief official to agree to the veggie and water diet, he asked the guard appointed to care for Daniel and his three friends instead.

It took some convincing, but Daniel’s request was granted. Here was the deal. Daniel said, “Please test your servants for ten days. Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food and treat your servants in accordance with what you see.” (Daniel 1: 12-13) The guard agreed.

After ten days of only “pulse”—which consists of vegetables, fruits, seeds and grains—and water, Daniel and his comrades were brought before the King. **The results? Their health and appearance “appeared better than all the young men who consumed the ‘best’ food of the land from the very table of the king.”**

Fast forward three years and beyond—while still eating only the pulse and water diet—and Daniel still outperformed those who ate the king’s delicacies. In fact, the king found Daniel and his buddies were “ten times better than all the magicians and astrologers that were in all his realm.” Ten times better! What’s more is that Daniel outlived the king and advised the king’s grandson, Belshazzar, roughly 70 years after the reign of Nebuchadnezzar began!

That’s the story of Daniel’s 10-day fast that turned into three years as well as how it benefited him into his later years—which brings me to the 21-day Daniel Fast that is also mentioned in the Bible

The tenth chapter of Daniel describes how he ate “no choice food; no meat or wine touched [his] lips” (Dan. 10:3) for three weeks. At this point in time, Daniel is approximately 85 years old, well beyond the years when he was a young man in King Nebuchadnezzar’s palace. However, Daniel was still attentive to what God had for him to do, which was also reflected in his diet. For example, in Daniel 10, Daniel gets a vision from God about the future plight of the Jewish people for rejecting the Messiah and the gospel, leading Daniel into a state of sorrowful mourning that leads to his 21-day fast.

In Hebrew, the words “choice food” suggest that Daniel refused desirable foods, most likely breads and sweets or at least foods which were considered tasty. Once again, Daniel trimmed his diet down to the basics—only for sustenance, not indulgence or personal satisfaction—so that he could focus on the spiritual, not his personal needs or wants. And while there certainly are spiritual benefits to fasting, physical and mental benefits can occur as well. Are you ready to experience the incredible benefits of doing a Daniel Fast? If so then plan out your fast and try some of these healthy Daniel Fast recipes.

BENEFITS

Spiritual Benefits of Fasting

Fasting makes you more sensitive to God's voice

Mental & Emotional Benefits of Fasting

Fasting relieves anxiety and nervousness

Fasting can increase peace and shalom

Fasting clears your mind of negative thoughts & feelings

Fasting decreases brain fog

Fasting helps increase your ability to trust God

Fasting clears out toxins that can make you feel sluggish or depressed

Physical Benefits of Fasting

Fasting helps break addictions to sugar

Fasting supports the body's detoxification

Fasting promotes healthy weight Loss

Fasting promoted healthy energy Levels

Fasting improves skin health

Fasting promotes healthy digestion and elimination

Fasting supports healthy inflammation response and promotes joint comfort

Fasting promotes healthy hormonal balance

Healing of the body (*examples*)

During a fast, many systems of the body are given a break from the hard work of digesting foods that it normally has to manage. The extra energy the body gains gives the body a chance to restore itself, while the burning of stored calories gets rid of toxic substances stored in the body.

The digestive tract is the body area most exposed to environmental threats, including bacteria, viruses, parasites and toxins. Plus, most of your immune system is in your digestive tract, so it needs to be in top shape. When food is broken down in the intestines, it travels through the blood to the liver, the largest organ of the body's natural detoxification system. The liver breaks down and removes the toxic by-products produced by digestion, including natural ones and the chemicals which are typically present in our food supply and often on our daily menus.

During a fast, the liver and immune system are essentially freed up to detoxify and heal other parts of the body.

A diet high in vegetables and fruits is known for halting bodily inflammation and oxidation—two primary processes that can lead to ill health.

SUPPORT

1. **Write out your prayer list**
2. **Tuesday Night Prayer, 7 PM**
3. **Facebook Private Support Group**
4. **Pinterest**
5. **Visit our fasting page website**

Wk 1: <http://www.fitnowstephanie.com/daniel-fast-meal-plan1/>

Wk 2: <http://www.fitnowstephanie.com/daniel-plan-shopping-list-2/>

Wk 3: <http://www.fitnowstephanie.com/daniel-fast-week-3/>

FOOD LIST

BEVERAGES

- Water only-must be purified/filtered and spring or distilled water is best.
- Homemade Almond milk, coconut water, coconut kefir and vegetable juice

VEGETABLES (should form the basis of the diet)

- Fresh or cooked

FRUITS

- Fresh and cooked
- May be dried like raisins or apricots (no sulfites or added oils or sweeteners)

WHOLE GRAINS

- Brown Rice, Quinoa, Millet, Amaranth, Buckwheat, Barley cooked in water
- No Wheat, ezeziel bread, others bread, flours, or pasta

BEANS & LEGUMES

- Dried and cooked in water

NUTS & SEEDS

- Raw, sprouted or dry roasted (no salt added)

FOODS TO AVOID

On the Daniel Fast, you should not consume any of the foods or beverages listed below. And, I want to mention that on the Daniel Fast some allow sea salt or Himalayan salt and others do not. My recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

- **Iodized Salt**
- **Sweeteners**
- **Meat**
- **Dairy products**
- **Breads, pasta, flour, crackers, cookies**
- **Bad Oils**
- **Juices**
- **Coffee**
- **Energy drinks**
- **Gum**
- **Mints**
- **Candy**

FRUITS *preferably organic and*

fresh or frozen:

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

VEGETABLES *preferably*

organic and fresh or frozen:

Artichokes
Asparagus
Beets
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Corn
Cucumbers
Eggplant
Green beans
Kale
Leeks
Lettuce
Mushrooms
Mustard greens
Okra
Onions
Parsley
Peppers
Potatoes
Radishes
Rutabagas
Scallions
Spinach
Sprouts
Squash
Sweet potatoes
Tomatoes
Turnips
Yams
Zucchini

LEGUMES *preferably organic:*

Black beans
Black-eyed peas
Kidney beans
Lentils
Mung beans
Pinto beans
Split peas

NUTS & SEEDS (preferably

organic, raw, unsalted and
soaked/sprouted):

All nuts (raw, unsalted)
Almonds
Cashews
Chia seed
Flaxseed
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

WHOLE GRAINS

Preferable organic:

Amaranth
Barley
Brown rice
Millet
Quinoa
Oats (groats soaked)

LIQUIDS

Water (spring, distilled, filtered)
Vegetable juice (fresh pressed)
Coconut milk (pure/raw)
Coconut Kefir (pure/raw)
Almond Milk (pure/raw)

RECIPES

Black Bean Soup

Ingredients:

- 8 cups vegetable stock
- 1 cup celery
- 1 potato
- 2 garlic cloves
- 1 teaspoon honey
- 2 bay leaves
- sea salt, to taste
- 1 pound of black beans, soaked overnight, rinsed and drained
- 1 yellow or red pepper
- 1 cup carrots, diced
- 2 Tablespoons cilantro
- 1 Tablespoon parsley
- 2 Tablespoons marjoram
- 1 whole onion



Directions:

1. Place beans in pot with vegetable stock, whole onion and bay leaves.
2. Bring to a boil and cook 2½ hours or until beans are tender.
3. Remove onion and bay leaves.
4. Chop onion, pepper and celery.
5. Grate carrots and potato on cheese grater.
6. Mince garlic and sauté in a Tablespoon of olive oil until tender.
7. During last hour of cooking, combine vegetables and seasonings with beans.
8. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

Stir Fry Vegetables

Ingredients:

- 1 red onion, sliced
- 3 stalks celery, thinly sliced
- ½ cup broccoli, chopped
- 1 bell pepper, sliced
- 1 teaspoon sea salt
- 3 carrots, peeled and sliced
- ½ cup cauliflower, chopped
- 1 cup zucchini, thinly sliced
- 1 cup yellow squash, thinly sliced
- 1 Tablespoon Oriental seasoning



Directions:

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

Smoked Lentil Soup

- 2 cartons of low sodium, organic veggie broth (8 cups)
- 6-7 carrots
- 6-7 sm/med red potatoes
- 1 red onion
- 1 bag of lentil beans (1 pound)
- 1 heaping tablespoon of smoked paprika
- 1 even tablespoon of cumin
- 1-2 pinch of pink sea salt
- 1 teaspoon of Thyme



Directions: Combined all ingredients in pressure cooker and cook 15-20 minutes on stew/soup setting.

Harira

Serves 4 (Note: Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.)

Ingredients:

- 2 Tbl healthy oil, such as coconut oil or olive oil
- 1 cups chopped onion
- ½ cups chopped celery
- 2 cups warm water
- pinch of saffron threads
- ½ tsp salt, divided
- ¼ tsp peeled fresh ginger, minced
- ¼ tsp ground red pepper
- ¼ tsp ground cinnamon
- 2 garlic cloves, minced
- 2 cups organic mushroom broth
- 1½ cups chopped and seeded plum tomatoes
- ½ cup dried small red lentils
- 2 15-ounce cans no-salt-added chickpeas, drained
- 3 Tbl chopped fresh cilantro
- 3 Tbl chopped fresh parsley



Directions:

1. Heat oil in a large saucepan on medium heat.
2. Add onion and celery and sauté 4 minutes or until tender.
3. Combine 2 cups warm water and saffron; let stand 2 minutes.
4. Add ¼ teaspoon salt, ginger, red pepper, cinnamon and garlic.
5. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils and chickpeas.
6. Bring to boil; then reduce heat.
7. Simmer 20 minutes or until lentils are tender.
8. Stir in cilantro, parsley and remaining ¼ teaspoon salt.

Spinach & mushroom Quinoa

- 3 Garlic cloves
- 5 Green onions
- 1 lb Mushrooms (white or cremini)
- 5 oz Spinach, fresh
- 2 cups Quinoa, cooked
- Salt n pepper
- Olive oil



Brussel sprout Stir-fry

- Quinoa or Brown Rice
- Brussel sprouts
- Almond
- Homemade chili sauce
- Chili powder
- Red peppers if you like it spicy
- Salt n pepper
- Olive oil



Ginger Veggie & Red Quinoa

- Red quinoa
- Nuts
- Green onions
- Bell peppers
- Celery
- Ginger
- Any spicy spice
- Salt n pepper
- Olive oil



Hearty Lentil Soup

- 1 cup Lentil
- 2 cup potatos
- 1 cup frozen corn
- 2 bay leaves
- 1 teaspoon of Thyme
- 2 tbsp ground cumin
- 2 cartons (32 oz each) Veggie Broth
- Garlic/sea salt/pepper to taste



Made in my pressure cooker in 30 min

Hash-browns, avocado and fresh fruit.



Cajun Red Beans and Brown Rice

- 3 cups brown rice
- 1 pound red beans
- 1 1/2 cup of white onions
- 1 can Plain tomato sauce
- 1-2 tbsp chili powder
- 1/2 cayenne pepper
- Olive oil (to sauté onions & seasoning)
- Garlic/salt/pepper to taste



Bean & bell lettuce wraps

- 2 cups of Black Beans
- 1 jalapeno (dice small)
- 1/2 white onion
- 2-3 bell peppers
- 1 avocado (optional topping)
- 1-2 tsp chipotle chili powder
- Salt/pepper
- 1-2 tbsp. olive oil
- lettuce



In a pan, sauté chopped onion and jalapeno in olive oil. Then add beans and seasoning and cook for about 5 min. Then add bell peppers and cook until soft. Remove from heat. Serve in lettuce and enjoy.

Sweet Potato Cauliflower Soup

- large head cauliflower (the one I used was at least 7" in diameter)
- olive oil for drizzling
- Few dashes garam masala (optional)
- 3 medium to large sized peeled sweet potatoes, cut into 1" pieces
- 1 sweet onion, diced
- 2 cloves garlic
- 7 cups filtered water



1. First, preheat your oven to 400 °F and cut up your cauliflower into bite sized pieces. Sprinkle cauliflower lightly with garam masala. Place cauliflower onto ungreased cookie sheet and lightly drizzle with olive oil. Place in oven and let roast until golden brown on the tops and tender, but not mushy, about 20-30 minutes. There's no need to flip 'em. Just remove from oven and let cool while you cook the rest of the soup.
2. In large stockpot, bring sweet potato, onion, garlic and water to a boil. Salt (abt 3/4 tsp) and stir. Reduce heat and allow to remain at a constant simmer until sweet potatoes are tender. Add in cooked cauliflower and divide soup into 2 parts.
3. Let soup cool and then blend one part soup in blender until very smooth. Combine with second part soup and stir. Salt to taste and warm up over stovetop if needed.

Red quinoa, lime, cilantro, white onion

- 1/4 cup Cilantro
- 1/2 Lime, juice of
- 1/2 Lime, zest of
- 1 tbsp Olive
- 1 cup Quinoa, dried
- 1 Salt and pepper



Avocado Spaghetti Squash

- 2 avocados
- 2 clove garlic
- Juice from 1 lemon
- fresh basil (to taste)
- salt pepper (to taste)
- 1 spaghetti squash



Cut a hole in the spaghetti squash and add roughly 2 tbsp. of water then microwave 10-15 minutes depending on the size. Then in a bowl mix all ingredients until smooth. Once the spaghetti squash is cooked, cut in half and using a fork, pull the squash out of the shell. Mix sauce and squash to your liking and serve.

Spaghetti squash & Spinach

- 4 Garlic cloves
- 1 Spaghetti squash, medium size
- 8 oz Spinach, fresh
- 1 Salt and pepper (to taste)
- 3 tbsp Olive oil
- 1/2 cup Pine nuts, toasted



Cut a hole in the spaghetti squash and add roughly 2 tbsp. of water then microwave 10-15 minutes depending on the size. Then in a pan add oil, nuts, garlic and seasoning and sauté for about 5-10 minutes. Once nuts are toasted, add spinach and cook until soft (or your liking) and remove from burner and set aside. Once the spaghetti squash is cooked, cut in half and using a fork, pull the squash out of the shell. You may want to add a little more oil and even water to your sauce if it dried out. Pour over spaghetti squash and serve!

Couscous & Cauliflower Spicy Soup

- ¾ cup vegetable broth
- a pinch of crushed red pepper flakes
- ½ tbsp. olive oil
- 1/8 cup uncooked couscous
- ¼ cup broccoli
- ¼ cup cauliflower
- Optional: Serve topped with sun-dried tomato



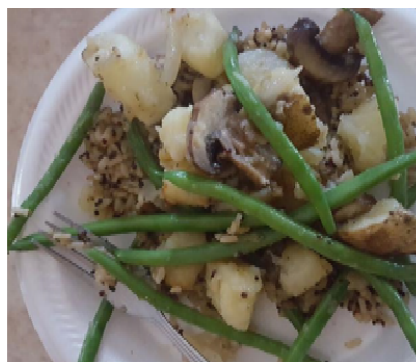
Dill pickle soup

- 2 quarts veggie broth
- 4 pickles cut up into chunks
- 1 bag of shredded carrots
- 1 spaghetti squash
- 1/3 cup of dill
- Salt/pepper to taste



Potatoes, Brown Rice, Quinoa, and Vegetables

Add salt n pepper to taste



Fajita Boats

- 1 Head of Romaine Lettuce
- 2 Cups Cooked Pinto Beans (keep juice)
- 1 Green Bell Pepper
- 1 Yellow or Red Bell Pepper
- 1 Onion
- 1 Avocado
- 2 tsp of chili powder (I use half chili powder and half chipotle powder)
- 2 tsp minced garlic
- 2 tsp cumin
- Dash of sea salt
- Salsa (Costco has all natural 4 ingredient Salsa with no preservatives)



Heat sauce pan on medium heat, add pinto beans and smash. (add liquid as needed)
In another sauce pan heat 1 TBSP. of olive oil and sauté bell peppers and onion.
Peel leave of romaine individually, rinse and pat dry.
Fill leaves with beans, bell pepper and onion, top with salsa and avocado and enjoy!

Curried Cauliflower and Lentil Soup

- 2 Tbs. coconut oil
- 2 cups diced tomatoes
- 1 can unsweetened coconut milk (light)
- 5 tsp. curry powder
- 1 medium yellow onion, finely chopped
- 2 Tbs. ginger, peeled and sliced thin
- 5 stemmed carrots chopped
- 1 Cup lentils (2 cups water)
- 1 Tbs. fresh garlic, chopped
- 1 head of cauliflower chopped



Heat oil in large skillet over high heat. Saute onions. Add curry powder and garlic, stir. Add cauliflower, lentils and carrots, stir 1 minute. Add water or veggie broth bring to boil and let simmer until lentils and carrots are soft. Add tomatoes and coconut milk, bring to boil. Simmer 5 additional minutes.

Taco Soup



- 1 cup diced tomatoes
- 2 cups vegetable broth
- 1 cup black beans (cooked)
- 1 cup kidney beans (cooked)
- 1 cup lentils (cooked)
- 1 red onion, very thinly diced
- 2 cloves garlic, minced
- 1-2 fresh jalapenos, sliced – the more you add the spicier it will be
- 1 yellow bell pepper, diced into large pieces
- 2 teaspoons chili powder
- 1 teaspoon onion powder
- 2 1/2 teaspoons cumin
- 1/4 teaspoon paprika
- 1 teaspoon oregano
- Avocado for topping after cooked.

Place all ingredients into a slow cooker and mix. Cook on high for 2 hours. Taste test and adjust seasonings if necessary. Cover and cook for another hour.

Stir Fry



- 1 tablespoon extra-virgin olive oil
- 2 tablespoons water
- 1 large carrot, chopped
- 1/2 cup water chestnuts
- 1/2 yellow bell pepper, thinly sliced
- 1/2 red bell pepper, thinly sliced
- 1 zucchini, thinly sliced
- 5 baby corn
- 1/2 head of broccoli
- 5 ounce package portabella mushrooms, thickly sliced
- 1/2 cup shredded coconut
- 1 red onion, thickly sliced
- 1 TBSP Minced Ginger
- 1 TBSP Minced Garlic
- Dash of Sea salt

1 teaspoon toasted sesame seeds (optional)

Heat oil and add water, cook for 1 minute. Add veggies and sauté over high heat until softened (7-10 minutes), and stir frequently. Turn down heat, add coconut garlic and ginger. Stir well and season to taste. Transfer to serving dish, sprinkle sesame seeds. Serve over quinoa or wild rice.

Creamy White Bean Soup

2 med. yellow onions diced
4 cups Veggie broth
1 tablespoon chili powder
1.5 tsp chipotle chili powder
(if you don't like spice substitute with regular chili powder)
1 tablespoon minced garlic
1.5 tsp ground cumin
1 tsp oregano
1.5 cups diced tomato
1 lime juiced
5 cups cooked great northern beans



Heat tablespoon of olive oil over med./high heat. Saute onion until translucent. Add chili powder, chipotle, garlic and cumin and sauté for two additional minutes. Add oregano and beans and cook for 30 seconds. Add broth and simmer for 20 minutes.

Place two cups of bean mixture in blender and blend until smooth. Return pureed mixture to pan and tomato and juice from lime. Enjoy.

Quick and Easy method... (blend two cups of beans with cup of broth... toss that and remaining ingredients in crockpot and cook all day... Done!!

MOROCCAN SWEET POTATO & LENTIL STEW

This exotic and fragrant Moroccan stew is reminiscent of a tagine dish but ready in much less time.

Ingredients:

1 lg onion, diced
3 cloves garlic, minced
Moroccan spice blend (below)
1 sweet potato, peeled and cut into 1" cubes
2 carrots, peeled and diced
1 stalk celery, chopped
1 c green or brown lentils
1/2 c red lentils
2 cups vegetable broth
1/4 c raisins
1 can diced tomatoes
Diced greens (optional)



Sauté onions for 2-3 minutes, adding broth or water in small amounts as needed so they don't stick. Add garlic and cook for another minute. Add 1/2 of the spices, sweet potatoes, carrots, celery, and raisins. Cook for another minute or two. Stir in lentils and broth. Cover and set for manual, 10 minutes pressure. Turn off when done and allow pressure to come down naturally.

Once pressure is released, take off lid, press sauté, and stir in tomatoes and the other half of the spices. Cook for 5 minutes, stirring often. Taste and adjust seasonings. Turn off and stir in greens just before serving. Delicious served over quinoa!

*Moroccan Spice Blend

1 t turmeric
1/2 t cinnamon
1 t paprika
1 t cumin
2 t coriander
1/4 t ginger
1/2 t black pepper
Pinch cloves
Pinch chili flakes

* I typically multiply each spice by 4 or more to make a large batch and keep in a sealed glass jar.

NOTE: If you are not following a whole foods plant based eating plan, this recipe can be modified to add salt. I sometimes add Himalayan salt and a pinch of smoked sea salt.

Green Smoothie

1 cucumber 1 green apple
1 stalk celery 1 Tbs. hemp seeds
1 c. spinach 1 lemon
1 c. romaine 2 cups of water or nut milk
1/4 cup parsley



Almond Smoothie

2 cups almond milk
1 head of romaine (or two cups of spinach)
1/2 banana
1/2 cup raw coconut
1 tablespoon almond butter



Banana Berry Smoothie

1 cup almond milk
1 banana
1 16 ounce box fresh strawberries
1 tablespoon Chia seed or ground flax seed



Berry Smoothie

1 cup coconut water
1 cup spinach
1 cup blueberries (frozen or fresh)
1/4 cup blackberries
1 tablespoon almond butter
1/2 lemon, juiced



Breakfast Quinoa

1 cup quinoa
2 cups water
1/2 cup blueberries, blackberries or raspberries
1 cup almond milk



Edamame noodles



Spaghetti Squash

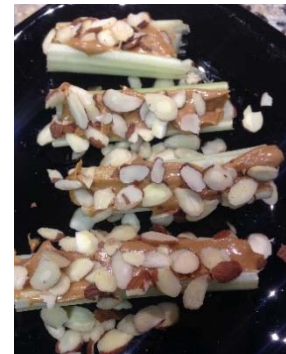


Snacks

Sweet potato chips, slice & bake @ 250 for 1 hour



Banana, almond butter, sprinkled nuts, freeze





DID YOU KNOW, STRAWBERRIES DRIED IN THE OVEN TASTE LIKE CANDY, BUT ARE HEALTHY AND NATURAL?



BAKE FOR 3 HOURS AT 210 DEGREES. THEY'LL TASTE LIKE TWIZZLERS, BUT BETTER!

NC NM



Mezzetta Tomato and Sweet Basil is Daniel Fast Friendly.

Saute some mushrooms, add a cup of cooked quinoa and pour over spaghetti squash for a tasty fulfilling dinner!

PREP... PREP....PREP.... Plan, Shop, & Prep

Dinner List

Mon: Pickle soup w/ spaghetti squash.

Tue: Barley mushroom soup (pinned)

Wed:

Thur: Tuscan white bean soup (pin)

Fri: Curry Lentil

Sat:

Sun: Squash Ginger noodle Soup (pin)

Shopping List

Cabbage

Kale

Prep:

Cook brown rice

Make cucumber water

Cut up snack veggies

Garbanzo bean salad

Other recipes

Blk Bean, bell pepper lettuce wraps

soyizo potatoes avocado

Smoked Black eye'd pea soup (pinned)

Edamame noodles, broccoli nuts pesto

Left over taco soup over baked potato

Avocado Lemon Spaghetti squash

Mushroom Spinach Quinoa

Red curry lentil soup (pinned)

Edamame noodles

Taco Soup

Mushroom carrot soup

Stir Fry

Lentil Soup (Pinterest)

Mushroom, spinach, Red quinoa, Green onions, Garlic

Blk Bean, ckn & bell pepper lettuce wraps

Mushroom, spinach, B rice

Red quinoa, lime, cilantro, white onion

Red quinoa, nuts, green onions, bell peppers, celery, ginger, spice

Red quinoa, Brussel sprouts, nuts, spice n chili sauce

B sprout, spin, R quinoa, Green onions, Garlic

Brussel sprout Stir-fry

Cabbage, carrots, onions, garlic, (crock pot)

Cauliflower, sweet potatoes, onion, garlic, and water.

Lentils, sweet potato, thyme, bay leaf, cumin

Avocado Spaghetti squash, garlic, lemon juice, basil, salt/pepper

Spag squash, garlic, oil, pine nuts, spinach

Cilantro Lime chicken quinoa

*Roasted Tomato and Lentil Soup