

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 Apricots Avocados Bananas Berries Blackberries Blueberries Boysenberries Breadfruit Cantaloupe Cherries Coconuts Cranberries Dates Figs Grapefruit Grapes Grenadine Guava Honeydew melons Kiwi Lemons Limes Mangoes Melons Mulberry Nectarines Oats Olives Oranges Papayas Peaches Pears

Pineapples Plums Prunes Raisins Raspberries Strawberries Tangelos Tangerines Watermelon

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

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

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

Whole Grains: Whole wheat Brown rice Millet Quinoa Oats Rolled Oats Plain Oatmeal- not instant Barley Grits (no butter) Whole wheat pasta Whole wheat tortillas Plain Rice cakes

Popcorn

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

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.

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 1cup crushed almonds 1/2 cup whole grain flour 1 tsp. cinnamon 1/4 cup shredded coconut 1 cup sunflower seeds 1/2 cup wheat germ or other whole grain bran 3/4 - 1 cup honey 1 cup pumpkin seeds Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Apple Blueberry Oatmeal Cereal 2 sweet apples 3/4 cup rolled oats 1 cup blueberries 1/2 cup almonds 1 cup apple juice Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

Meals and Sides

Quick Tomato Sauce This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice. 2 tablespoons olive oil 1 medium yellow onion (chopped) 2 cans diced tomatoes (14.5 oz) (or fresh) Salt to taste 1/4 cup cilantro, finely chopped Sauté onions in heated 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 ½ cups of garbanzo beans 2 cups red kidney beans ½ cups carrots 3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes) ½ cup fresh parsley Sea salt 1 cup cabbage ¼ tsp. oregano ¾ tsp. basil ¼ tsp. thyme ½ cup celery ½ 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 ½ 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 ½ cup yellow onion, chopped 2 cloves garlic, minced ½ cup celery, finely diced ½ cup carrot, finely diced ¼ 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 ½ cup broccoli, chopped 1 bell pepper, sliced 1 tsp. sea salt 3 carrots, peeled and sliced ½ 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 1 medium-sized yellow onion, chopped 1 zucchini, sliced 1 yellow squash, sliced 2 tablespoons olive oil 2 tablespoons chili powder ¾ teaspoon salt ¼ teaspoon ground red peppers 2 cups corn kernels (fresh or frozen) 2 16 oz. cans tomatoes (juice and all) 2 16 oz. cans pinto beans (juice and all) 2 16 oz. cans black beans (juice and all) 1 4 oz. can mild green chilies 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 (15 ounce) can black beans, rinsed 1/2 cup corn (thawed if frozen) 1/3 cup chopped fresh cilantro 2 tablespoons lime juice 1 tablespoon extra-virgin olive oil Salt to taste Combine 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 ½ teaspoon salt 2 tablespoons olive oil 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 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 1 cup chopped onion 1/2 cup chopped celery 2 cups warm water Pinch of saffron threads 1/2 tsp salt, divided 1/4 tsp peeled fresh ginger, minced 1/4 tsp ground red pepper 1/4 tsp ground cinnamon 2 garlic clove, minced 2 cups organic mushroom broth 1 1/2 cups chopped and seeded plum tomatoes 1/2 cup dried small red lentils 2 15 oz. cans no-salt-added chickpeas, drained 3 Tbs chopped fresh cilantro 3 Tbs chopped fresh parsley 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 2 onions, chopped 1 pound green string beans, broken in half 1 package frozen or fresh spinach 4 cups water 6 zucchini, chunked 4 yellow squash, chunked 2 cups celery leaves 4 tomatoes, quartered 1 teaspoon salt 8 slices lemon 1 tablespoon dried oregano 3 tablespoons fresh basil 2 cloves chopped garlic 2 tablespoons lemon juice 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 1 can of Organic corn drained organic long grain rice organic corn tortilla homemade salsa (see below) 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 1 small onion 1 small tomato 3 tbs Bulgur (cracked wheat) juice of 1 lemon 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 ½ tsp. dried basil (if using fresh, use twice as much) 1 tsp. dried oregano ¼ tsp sea salt ½ tsp dry mustard (optional) ½ 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 ½ cup olive oil ¼ cup fresh lemon juice 1-2 garlic cloves, peeled 1 tsp. whole grain mustard seed (optional) ½ 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 ½ tsp. basil. Mix well.

French Dressing 1 cup olive oil 1/3 cup fresh lemon juice 1/3 cup honey 1 tablespoon paprika ¾ cup salt free tomato puree 1 tablespoon onion powder ½ 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