

## What to Eat and Not to Eat

### 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	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 (see recipe in FAQ's)			

**Liquids:**

Water (spring, distilled, filtered)	Unsweetened Soy Milk
Herbal (caffeine free) Tea	Unsweetened Almond Milk
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 preservatives)			

**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			

\*\*As with anything else we do, pray and ask God on how exactly you are to participate in the Daniel Fast. These foods listed are suggestions, not the "law."

## Common FAQ's

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 an option.*

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.*

## Sample Recipes

### Breakfast Recipes

#### Blended Mango Salad

1 ripe mango, chilled  
1 cup chopped spinach  
4 cups chopped romaine lettuce  
½ cup unsweetened soy, hemp, or almond milk

Peel and chop the mango and place in a food processor or high-powered blender. Add the spinach and half of the lettuce. Blend until well combined. Add the milk and remaining lettuce. Blend until creamy.

#### 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  
½ cup whole grain flour  
1 tsp. cinnamon  
¼ cup shredded coconut  
1 cup sunflower seeds  
½ cup wheat germ or other whole grain bran  
¾ - 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.

### **Blue Apple-Nut Oatmeal** Serves 2

- 1 2/3 cups water
- 1/4 teaspoon cinnamon
- 1/4 cup old-fashioned rolled oats
- 2 tablespoons dried currants
- 1 cup fresh or frozen blueberries
- 1 banana, sliced
- 1 apple, peeled, cored, and chopped or grated
- 2 tablespoons chopped walnuts

In a saucepan, combine the water, cinnamon, oats, and currants. Simmer until the oatmeal is creamy. Add the blueberries and banana. Cook for 5 minutes, or until hot, stirring constantly. Mix in the apples and nuts.

## **Meals and Sides**

### **Bean Enchiladas** Serves 4

- 1 medium green bell pepper, seeded and chopped
- 1/2 cup sliced onion
- 1 8-ounce can tomato sauce, divided, no-salt-added
- 2 cups cooked or canned no-salt-added pinto or black beans, drained and rinsed
- 1 cup frozen corn, thawed, or fresh corn off the cob
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon onion powder (not onion salt)
- 1/8 teaspoon cayenne pepper (optional)
- 6-8 corn tortillas

Saute the bell pepper and onion in 2 tablespoons of the tomato sauce until tender. Stir in the remaining tomato sauce, beans, corn, cilantro, chili powder, cumin, onion powder, and cayenne (if using); simmer 5 minutes. Spoon about 1/4 cup of the bean mixture on each tortilla and roll up. Serve as is or bake for 15 minutes in a 375-degree oven.

### **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

Saute 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 cup 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 saute 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.

## 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 saute 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

## 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

## 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.*

### **Hot water cornbread**

White or yellow corn meal, hot water

Stir it up very well. Pat out individually like hamburger patties. Brown both sides in skillet with olive oil.

## **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/Dressings**

### **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  
1/2 cup fresh lemon juice  
Sea salt to taste  
Place all ingredients in blender and blend until smooth.

### **Creamy Green Dressing**

1/2 medium 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 to taste  
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 to taste  
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.

## "Sweets"

### **Banana Walnut 'Ice Cream'** Serves 2

2 ripe bananas, frozen (see note)  
1/3 cup vanilla soy, hemp, or almond milk  
2 tablespoons chopped walnuts

Blend all the ingredients in a high-powered blender until smooth and creamy.

**\*\*Note\*\*** Freeze ripe bananas at least 24 hours before using. To freeze, peel, cut into thirds, and wrap tightly in plastic wrap or zipper-type freezer bag.

### **Yummy Banana-Oat Bars** Serves 8

2 cups quick-cooking rolled oats (not instant)  
1/2 cup shredded coconut  
1/2 cup raisins or chopped dates  
1/4 cup chopped walnuts  
2 large, ripe bananas, mashed  
1/4 cup unsweetened applesauce (optional: see note)  
1 tablespoon date sugar (optional: see note)

Preheat oven to 350 degrees. Mix all the ingredients in a large bowl until well combined. Press into a 9 x 9 inch baking pan and bake for 30 minutes. Cool on a wire rack. When cool, cut in to squares or bars.

**\*\*Note\*\*** Add the applesauce and date sugar for sweeter, moister bars.

### **Apple Strudel** Serves 4

1/4 cup apple juice  
3/4 teaspoon vanilla  
1 teaspoon cinnamon  
1 egg white  
1/4 cup vanilla soy, hemp, or almond milk  
3 apples, peeled, cored, and chopped  
1/4 cup raisins, chopped  
1/2 cup old-fashioned rolled oats or oatmeal flakes

Preheat oven to 350 degrees. In a bowl, mix the apple juice, vanilla, cinnamon, egg white, and milk until combined. Stir in the apple, raisins, and oats. Pour into an 8 x 8 inch baking dish. Bake for 1 hour.

These are just a sampling of recipes that are available for use during the Daniel Fast. If you would like to do your own search on the internet, feel free.

You can find more Daniel Fast/Vegetarian Recipes at the following web sites:

<http://www.christ-web.com/missions/farho/daniel-fast-recipes>

<http://daniel-fast.com/recipes.html>

<http://www.goodhope.tv/daniel-fast/daniel-fast-recipes/>

Just to name a few.

The Information in this booklet was researched and compiled by Marshall W. Michael, Childrens Pastor at Abundant Grace Community Church in Edinburg, Texas.

Resources used in preparation of this booklet:

Websites:

<http://danielfast.wordpress.com/daniel-fast-food-list/>

<http://www.jentezenfranklin.org/fasting/danielfast.php>

<http://www.christ-web.com/missions/farho/daniel-fast>

<http://daniel-fast.com/about.html>

"Eat to Live" by Joel Fuhrman, M.D.

The Holy Bible, King James Version

Special thanks to Elevation Church, Charlotte, North Carolina for offering information on their church website:

<http://danielfast.elevationchurch.org/>

[www.hacres.com/recipes/recipes.asp](http://www.hacres.com/recipes/recipes.asp)

### **What if you have health issues?**

Fasting should never bring harm to the body. And if you have concerns, be sure to consult your health professional before going on the Daniel Fast or making any major dietary change.

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast, but otherwise stay the course. Diabetics may need to add more carbohydrates or include chicken and fish. Also, those who are especially active either through sports, bodybuilding or vocation may need to slightly alter the eating plan.