

Food List & Sample Meals

As a reminder, the Daniel Fast is based on one of the books of the Bible, the Book of Daniel. The fast restricts our normal food intake to include only vegetables and fruits. Like most religious fasts, the Daniel fast involves using sacrifice to deepen the relationship between us and God. Thus, we should consume the Daniel fast's permitted foods in their natural state as much as possible, but know that cooking the food by baking, steaming, roasting, and microwaving are usable means of preparing our food as well. However, no deep-frying, but stir-frying with olive oil, canola oil, walnut oil, grape seed oil, peanut oil, and sesame oil are allowed on the Daniel Fast. Nut oils are a good source of vitamin E and omega-3 fatty acids. However, they lack fiber and contain both saturated and unsaturated fats. **Nut oils are also high in calories and fat so they should be used sparingly.** Consult a medical professional if you have any questions concerning health conditions and fasting.

Fruits

Fruits are important sources of nutrition to consume on the Daniel Fast. They contain essential vitamins, minerals, and antioxidants your body needs to properly function. For example, C and B vitamins are powerful antioxidants that protect your body from free radical invasion and strengthen your immune system. They also contain starch and sugars for added energy during your fast. All fruits are considered good to eat during the 21-day Daniel Fast. Frozen and canned fruits are allowed if they contain zero amounts of preservatives or sugar, reports Daniel-Fast.com

Vegetables

Vegetables are wonderful additions to include in your daily diet. Like fruits, they contain fiber, which promotes bowel and overall digestive health. All vegetables qualify as permitted foods for the Daniel Fast. For best results, steam a variety of vegetables or eat them raw. Canned or frozen foods are available if no additional sweeteners or artificial preservatives are added. Vegetables can be enjoyed for breakfast, lunch, and dinner or as snacks.

Whole grains

Whole grains such as grits, plain oatmeal, brown rice and wild rice can be consumed whole on the Daniel Fast. Whole grains are sources of plentiful fiber, B and E vitamins, magnesium, copper and zinc. Refined grains, such as enriched flour or most cereals, are not allowed on the Daniel Fast. Consuming an adequate amount of water is important while on your fast. MayoClinic.com recommends you consume 64 ounces of water daily, which is equal to eight standard 8-ounce glasses. Although water is the basic liquid staple, you can consume one to two cups of decaffeinated tea and/or coffee or one to glasses of unsweetened natural juices are considered permissible as well.

Protein

Since the 21-day Daniel Fast restricts meat and seafood, you can derive your protein from permitted sources, such as beans, seeds, and nuts. Consuming these foods during your fast is a beneficial way to improve your protein intake. Examples of these foods include kidney beans, black beans, lentils, macadamia nuts, Brazil nuts, peanuts, sesame seeds, sunflower seeds, and almonds. Check the nutritional labels to ensure your nuts or seeds contain no added sweeteners or artificial preservatives.

So that you are not attempting to eat candied nuts, we are providing a variety of nuts, including nut butters, which can be consumed while on the Daniel Fast. Given the variety of nuts available, you should be able to find a nut that suits your taste. Cashews, Brazil nuts, pine nuts, chestnuts, macadamia nuts, pistachios, walnuts, pecans, and almonds are a few nut choices. Nuts can be lightly

salted with sea salt if desired. Nut butters that may be consumed on the diet include peanut butter, hazelnut butter, cashew butter and almond butter.

All the recipes are from the Daniel Fast Cookbooks available at Daniel-Fast.com, unless stated otherwise.

Sample Breakfasts taken from DanielFast.com

Breakfast - Oatmeal - 2 Servings

1 cup of decaffeinated tea or coffee

6 ozs. apple juice all natural unsweetened

1 cup of oatmeal (**not instant**) with 1/4 cup of chopped apples or berries,

2 tablespoons raisins, 1 tablespoon walnuts or pecans and a pinch of cinnamon

Preparation:

1. In a 1 quart sauce pan over high heat, bring the water to a boil. Stir in the oatmeal and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the desired fruit, raisins, and spices. Let stand until fruit pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 2 bowls. Serve with soy milk, coconut milk or almond milk if desired.

Breakfast - Smoothie - 1 Serving

2 handfuls of collard greens, kale, spinach, spring greens or swiss chard

put at least 2 cups of fruit, such as apple, banana, blackberry, blueberry, seedless grapes, kiwi, mango, nectarine, oranges, pear, peach, pineapple, raspberries, strawberries or watermelon
add 1/4 cup of one but not more than two of the following: chi seeds, flax seeds, hemp seeds, pumpkin seeds, sunflower seeds, goji berries, acai berries

1 cup of coconut water

1/2 cup of unsweetened coconut milk or almond milk mix in blender until smooth, (NutriBullet: User Guide & Recipe Book, 2013, p. 41).

Breakfast - Apple and Oat Porridge

4 cups water

1 1/2 cups oat bran (not oatmeal)

1 large apple - peeled/cored and

chopped into very small pieces 1/3 cup raisins

Preparation:

1. In a 2 quart sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with soy milk, coconut milk or almond milk if desired.

Blueberry and Spinach Flax Smoothie - Serves 2

2 cups unsweetened almond or coconut milk
2 tablespoons ground flax seeds
1 scoop unsweetened protein powder
1 cup spinach
1/2 cup fresh or frozen blueberries
1/2 cup crushed ice

Process first five ingredients in a blender. Add ice and process until smooth, (Warren, Amen, & Hyman, 2013, p. 306).

Chia Coconut Brown Rice Breakfast - Serves 3-4

1 cup cooked brown rice
2 ounces dry chia seeds
2 cups coconut milk
2 tablespoons coconut flakes

Combine ingredients in a container, and refrigerate at least one hour. Enjoy warm or cold, (Warren, Amen, & Hyman, 2013, p.308).

Chia Coconut Oatmeal

1 cup steel cut or old-fashioned oats
2 ounces dry chia seeds
2 cups unsweetened coconut milk
1 teaspoon stevia extract
2 tablespoons unsweetened coconut flakes

Soak Oats and Chia Seeds in coconut milk overnight. Before eating, warm oatmeal on a stovetop or cook it for about five minutes until desired consistency. Stir in stevia, and top it with coconut flakes or shredded coconut. Enjoy warm. Tip: Soaking oatmeal overnight is an easy way to make and enjoy raw or steel cut oatmeal (Warren, Amen, & Hyman, 2013, p. 308).

Spiced Oatmeal with Dried Apricot and Walnuts - Serves 4 (1/2 cup)

Prep time: 5 minutes Cook time: 20 minutes

This quick, heavenly oatmeal is made with steel-cut oats, a favorite because of its distinctive dense texture and high levels of protein, iron, soluble fiber—satisfying nutrients that help boost energy. Make a double batch if you'd like; the oatmeal keeps for up to 5 days in the refrigerator

1/4 cup walnuts
2 cups water
1/2 cup steel-cut oats
12 dried apricots, cut into 1/4-inch pieces
1 1/2 teaspoons agave-free pancake syrup
1/2 teaspoon ground cinnamon or all spice
Pinch of salt

Heat over or toaster oven to 275 F. Spread walnuts on a baking tray and bake until fragrant and toasted, 8 to 10 minutes. Roughly chop.

Microwave instructions: While the nuts are toasting, combine water, oats, apricots, syrup, cinnamon or all spice, and a pinch of salt in an 8-cup microwave-safe bowl (the size of the bowl is important as it must allow the oats to bubble up without spilling over). Cover with plastic wrap, vent, and cook at full power for 5 to 7 minutes. Cover with plastic wrap and cook for an additional 5 to 7 minutes. Stir, replace plastic wrap, and cook for an additional 5 to 7 minutes, until liquid is mostly absorbed. Sprinkle with nuts and serve.

OR

Stovetop instructions: Combine water and oats in a medium saucepan; soak overnight. Add apricots, syrup, and salt and bring to a boil over medium heat. Reduce heat and simmer, stirring occasionally, until liquid is mostly absorbed, 15 to 20 minutes. Sprinkle each serving with nuts and cinnamon.

Sample Lunches

Southwest Corn and Black Bean Salad - 4 Servings

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

Ingredients:

- 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

Preparation:

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat.
3. Freshly ground pepper and salt to taste just before serving.

Refrigerate until ready to serve.

Simple Orange and Red Onion Salad - 4 Servings

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes

Ingredients:

- 4 cups torn romaine
- 2 medium navel oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Preparation:

On a serving platter, arrange the romaine, oranges and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad; serve immediately.

Beautiful Green Salad - 6 Servings

Beautiful Green Salad

This is a basic green salad with a little “zip” to it.

Ingredients:

- 8 cups baby spinach leaves
- 1/2 medium red onion, sliced and separated into rings 1 cucumber, seeds removed and cut into 1/2” chunks
- 1 sweet orange, sliced into sections or triangles
- 1 1/2 cups naturally sweetened dried cranberries
- 1 cup roasted sliced almonds
- 1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

Yield: 6 servings

1. Place servings of spinach on to salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order.
2. Drizzle dressing over each salad.

Cauliflower Mash

- 1 medium cauliflower, trimmed and diced
- 2 tablespoons extra-virgin olive oil
- Salt and ground black pepper

Bring a Large Pot of water to a boil. Add cauliflower and cook until very tender, about 10 minutes. Reserve 1/4 cup of the cooking liquid and then drain well. In a large bowl, mash cauliflower with reserved water with a potato masher or large fork until smooth but with texture. Add oil, and combine well. Season with salt and pepper. Experiment with herbs and spices in this dish, such rosemary, thyme, or curry powder, (Warren, Amen & Hyman, 2013, pp. 315-316).

Dr. Hyman’s Raw Kale salad - Serves 4

- 1 large bunch kale, stemmed and finely chopped
- Zest and juice of 1 large lemon
- 1/4 cup extra-virgin olive oil
- 1 garlic clove, minced
- 1/8 teaspoon salt
- 1/4 cup toasted pine nuts
- 1/4 cup currants
- 1/4 cup currants
- 1/2 cup chopped pitted kalamata olives

Place the Kale in a large salad bowl, and add the lemon zest and juice, olive oil, garlic, and salt. Massage the mixture with your hands for 1-2 minutes to soften the kale. Add the remaining

ingredients and toss to combine. Allow the salad to rest and soften for about 15 minutes before serving. Kale said is best if eaten the same day, but can be stored overnight in the refrigerator, (Hyman, 2013).

Baked Sweet Potato Fries Servings 4

Prep time: 5 minutes Cook time: 30 minutes

Sweet potato makes this golden oven fries much healthier than the fried white potatoes. If you want to add a spicy touch, use Hungarian hot paprika (Agatston, 2005, p. 282).

2 medium sweet potatoes, scrubbed and dried

1 tablespoon extra-virgin olive oil

1 teaspoon salt

1/2 teaspoon paprika

Heat over to 425 F.

Slice each sweet potato lengthwise into 8 pieces. Toss with oil, salt, and paprika. Spread in a single layer on a baking sheet and bake until lightly browned on the bottom, about 15 minutes. Turn slices and bake until bottom is browned and potatoes are tender, about 10 minutes more. Serve hot with a veggie burger without bread.

Soups for Lunch taken from The South Beach Diet Super Charged

Lunch Soup - Black Bean Soup - 4 Servings

In a medium saucepan, heat 1 tablespoon extra-virgin olive oil over medium heat. Add 4 thinly sliced scallions, 1 thinly sliced celery stalk, 4 minced garlic cloves, 2 teaspoons ground cumin, 1/8 teaspoon cayenne, and a pinch of salt and freshly ground black pepper. Cook, stirring occasionally, until vegetables soften. Add 2 (15-ounce) cans black beans and their liquid, 1 (15-ounce) can black beans and their liquid, 1 (15-ounce) can diced tomatoes with juices, and 1 1/2 cups lower-sodium vegetable broth. Bring to a simmer and cook for 10 minutes. Transfer 2 cups of soup to a blender and process until smooth. Return soup to the pan and stir to combine. Return to a simmer and cook for 10 minutes longer. Season with 1 tablespoon fresh lime juice and adjust seasonings. Serve hot with hot pepper sauce and extra scallions on the side (Agatston, 2008, p. 204).

Lunch Soup - Provencal White Bean Soup - 6 Servings

The addition of basil, rosemary, and thyme turns simple blended soup into heady French-style fare. Add a little extra vegetable broth if you prefer a thinner version. Ingredients are as follows: 1 tablespoon extra-virgin olive oil, 1 small onion, chopped, 1 celery stalk, finely chopped, 2 garlic cloves, smashed and peeled, 1/2 teaspoon dried basil, 1/2 teaspoon dried rosemary, 1/4 teaspoon dried thyme, 1/4 teaspoon salt, 1 (15-ounce) can cannelloni or Great Northern beans, drained and rinsed, 1 1/2 cups low-sodium vegetable broth, and freshly ground black pepper to taste. In a large saucepan, heat oil over medium-high heat. Add onion, celery, garlic, basil, rosemary, thyme, and salt; reduce heat to medium-low and cook, stirring occasionally, 15 minutes, or until vegetables are softened. Add beans and stir to combine. Using a large metal spoon, transfer about 3/4 of the bean mixture to a blender (if you prefer smoother soup). Then add broth and puree until smooth. Return mixture to the saucepan, stir to combine, and bring to a simmer just to heat through. Season with additional salt and pepper to taste. Serve warm (Agatston, 2008, p. 206).

Lunch Soup - Chock-Full of Veggies Chili - 4 (2-cup) Servings

This basic vegetarian chili is thick and hearty. Ingredients are as follows: 1 tablespoon extra-virgin olive oil; 2 bell peppers (any color), chopped; 1 1/2 cups chopped mushrooms; 1 large onion, chopped; 2 celery stalks, chopped; 3 garlic cloves, minced; 1 tablespoon chili powder; 1 tablespoon dried oregano; 1 tablespoon ground cumin; 1/4 teaspoon salt; 2 (15-ounce) cans pinto beans; and 1 (14.5 ounce) can no-salt-added diced tomatoes, with juices. In a large saucepan, heat oil over medium heat. Add peppers, mushrooms, onion, celery, and garlic; cook, stirring, until vegetables begin to soften, about 7 minutes. Add chili powder, oregano, cumin, and salt; cook, stirring occasionally, 5 minutes more. Add beans and tomatoes with their juices. Bring to a gentle simmer and cook, stirring occasionally, until chili is fragrant and slightly thickened, 25 to 30 minutes. Serve warm (Agatston, 2008, p. 224).

Sample Dinners

Dinner - Bean and Rice Casserole - 4 Servings

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:

1 medium onion, chopped
2 cup uncooked brown rice
1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
1 can black beans (15 1/4 - 19 oz), drained and rinsed
1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
1 can stewed tomatoes (14 1/2 - 16 oz), drained
1 can chopped mild chilies (4 oz), drained
10 ounces frozen green peas, thawed by placing under running water
1 cup frozen corn, thawed by placing under running water

Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

Dinner - Stir Fry Vegetables with Brown Rice - 4 Servings

You will end up having a couple meals that you really enjoy and you might find yourself making this meal over and over again during your fast. Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

Ingredients:

1 tablespoon sesame oil
3 green onions, finely chopped
3 tablespoons fresh ginger, minced

4 cups fresh broccoli, chopped
1/2 pound fresh green beans, chopped
2 carrots, peeled and sliced on diagonal
2 cloves garlic, minced

Preparation:

4 cups greens, chopped (kale, spinach, collards, etc.)
1 can sliced water chestnuts, drained
3 cups cooked brown rice
2 tablespoons soy sauce
1 1/2 cups peas (if frozen, run under water to thaw)
1/2 cup toasted sliced almonds

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

Dinner - Bean Curry and Rice - 8 Servings

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

Ingredients:

1 can garbanzo beans, drained and rinsed (15 ounce)
1 can kidney beans, drained and rinsed (8 ounce)
1/2 cup raisins
salt and pepper to taste
8 cups cooked brown rice
2 tablespoons olive oil
1 large white onion, chopped 1/2 cup dry lentils
2 cloves garlic, minced
3 tablespoons curry powder
1 teaspoon ground cumin 1 pinch cayenne pepper
1 can crushed tomatoes (28 ounce)

Preparation:

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Lentil and Kale Stew Servings 4 (2-cup)
Prep time: 10 minutes Cook time: 30 minutes

This is so hearty that calling it a mere soup just didn't seem right! It's jam-packed with protein and rich earthy flavor, (Agatston, 2005, p. 264).

1 tablespoon extra-virgin olive oil
4 celery stalks, finely chopped
2 garlic cloves, minced
2 (15-ounce) can brown lentils, rinsed and drained
1 cup canned crushed tomatoes
3 cups low-sodium tomato vegetable juice
1 (1/2-pound) bunch kale, tough stems removed and leaves roughly chopped (5 to 6 cups)
Salt and freshly ground black pepper

Heat oil in a large saucepan over medium-high heat. Add celery, onion, and garlic; cook 5 minutes, stirring occasionally (do not brown). Add lentils, tomatoes, juice, and kale; stir to combine and bring to a simmer. Reduce heat to low, cover, and cook 15 to 20 minutes. Season to taste with salt and pepper. Ladle into bowls and serve.

Red Beans and Rice Servings 2 1/2 - 5 Quarts

1 pound dry red beans
1 onion, chopped
1 green pepper, chopped
2 ribs celery, chopped
3 cloves garlic, minced
2 (14 1/2 ounce cans vegetable broth
2 cups water
1 teaspoon salt
1/2 teaspoon cumin
1/2 teaspoon hot pepper sauce
3 cups cooked brown rice

In a large pot, cover the beans with three times their volume of water and bring to a boil. Boil for 10 minutes and then remove from heat. Cover and let stand for one hour and then drain. Combine all of the ingredients in a slower cooker except the rice. Cover; cook on low for 10 hours or on high for six hours. Serve over the hot cooked brown rice, (Crock-Pot: The Original Slow Cooker Cook Book, p. 60).

Roasted Pepper and Bean Chili Servings 3 - 6 Quarts

2 green peppers
2 red peppers
1 onion, chopped
1 zucchini, quartered and sliced
2 cloves garlic
2 tablespoons chili powder

1 teaspoon dried oregano
1/2 teaspoon cumin
1 (14 1/2 ounce can crushed tomatoes)
1 (10 ounce can diced tomatoes)
1 (15 ounce can garbanzo beans, drained)
1 (15 ounce can pinto beans, drained)
1 (15 ounce can black beans, drained)

Cut the peppers in half and remove the seeds. Slash the edges so that the peppers will lay flat. Place the pepper skin side up on a baking sheet. Broil the peppers until blackened, about 15 minutes. Seal in a plastic food bag. Allow to stand for 15 minutes and then rub the skin from the peppers and chop them. Combine the peppers with the remaining ingredients in a slow cooker. Cover; cook on low for eight to 10 hours or on high for four to five hours (Crock-Pot: The Original Slow Cooker Cook Book, p. 63).