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# JANUARY 2025 FAST

Monday, January 6th - Sunday, January 26th

## A Time of Focused Devotion

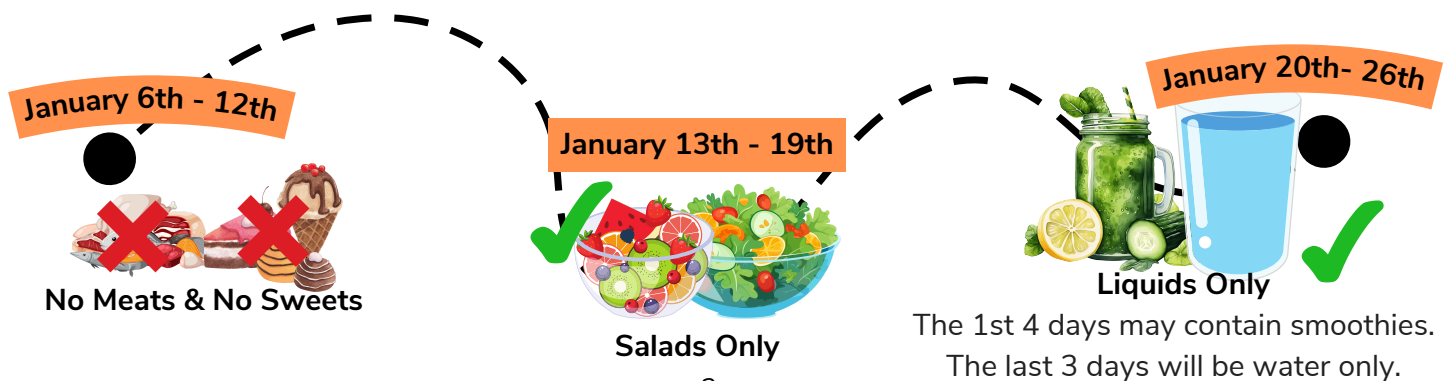
A fast that lacks prayer and time spent in God's word amounts to nothing more than a diet. The true purpose of fasting is to silence the cravings of the flesh and to connect with the Spirit of God that dwells within every believer.

According to Galatians 5:24 NIV, "those who belong to Christ Jesus have crucified the flesh with its passions and desires."

Fasting helps refocus our desires towards God and His Kingdom. As stated in Matthew 5:6, "Those who hunger and thirst for righteousness are filled." This fast should be a dedicated time of devotion aimed at seeking God's will. Our prayer focus will be inspired by the following scriptures:

- [2 Chronicles 7:14](#)
- [Joel 2:17](#)
- [Isaiah 54:1](#)

The January 2025 fast will unfold as a gradual 21-day journey. Each week, the restrictions will intensify, with the limitations from the previous week continuing into the next phase of the fast.



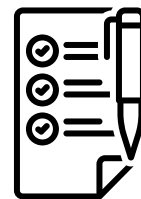


# Preparing for the Fast

The Daniel Fast is a unique type of fast because you can eat, unlike a liquid fast where only water or juices are consumed. But just because you can have food does not mean the Daniel Fast is easy. Fasting, in any form, is difficult because you are doing battle physically and spiritually. However, there are steps you can take to strengthen yourself for the fight. Here are some ways you can prepare your heart, mind, and body for your 21-day Daniel Fast journey.

## Spiritual Preparation

1. **Pray.** – Begin praying for your fast even before it begins. Ask the Lord to reveal any unconfessed sin, unforgiveness, or rebellion. When He reveals it to you (and He will), confess your sin quickly and repent. Allow God to get your heart ready for what He wants to do in your life.
2. **Read verses on fasting.** Take time to study passages in the Bible that have to do with fasting. It will help you gain insight on people fasted, the ways God responded to their prayers, and what God requires of His people on a fast. Suggested passages are [Isaiah 58](#), [2 Chronicles 20:1-4](#), [Ezra 8:21-23](#), [Nehemiah 1:1-4](#), [Esther 4:15-17](#), and [Matthew 4:1-11](#)).
3. **Buy a journal or use a notebook.** Use a journal or notebook for prayer requests, praises, and answers to prayer. Record what the Lord shows you through His Word.
4. **Write down prayer requests.** What do you want to see God do during your fast? Take time to identify your primary motivations for fasting. Record your prayer requests in your journal or on a separate piece of paper. Keep the list visible and pray over those needs throughout your fast. Make sure you include requests for others and not just your own requests.
5. **Find a prayer partner.** It's important to have a trusted friend or family member who can be your prayer partner during your fast. Ideally, you should choose someone who is doing the fast with you, but it is certainly not a requirement. The key is to ask someone who will lift you up and keep you accountable.



## Physical Preparation

- 1. Ease into the fast.** Start cutting back on restricted foods about a week before the fast begins. Reduce your intake of caffeine, meat, dairy, sugar, and processed foods. Doing so will help your body adjust to the Daniel Fast and reduce the severity of any unpleasant side effects. The temptation to eat everything you can't have on the fast will be strong, but splurging will only make the transition much more difficult. Also, before beginning the fast, increase your water consumption.
- 2. Plan your meals for the first week.** The key to success with the food portion of the Daniel Fast is proper planning. It will save you time in the long run and help prevent the frustration of trying to decide at the last minute what to eat. Having a plan will also keep you from indulging in foods that don't fall within the Daniel Fast guidelines. There are some recipes in this book to help you get started. At the end of this guide, is also a resource guide to help you further plan meals.
- 3. Make a grocery list for the first week.** Putting a list together before you go to the grocery store will make your shopping much more efficient.
- 4. Get your kitchen ready.** Make sure you have the proper appliances (ex. blender, cutting board, food processor, etc.) and utensils (ex. knives, spatula, garlic press, etc.) before embarking on this fast. When preparing recipes, having the tools you need will make everything much easier.
- 5. Prepare food ahead of time.** Look at the first week's recipes on your meal plan to find ways you can speed up food preparation and make it more efficient. For example, if you're making Taco Soup for dinner on Sunday, go ahead and prepare the Taco Seasoning on Saturday, so it's ready to go.  
**Cook and freeze meals.** Dedicate a few hours on the weekend before the fast begins to make a few meals, then freeze half of each recipe. This way you have food for when you don't have time to cook or need a quick go-to meal.

# What to Eat & Avoid During the Fast



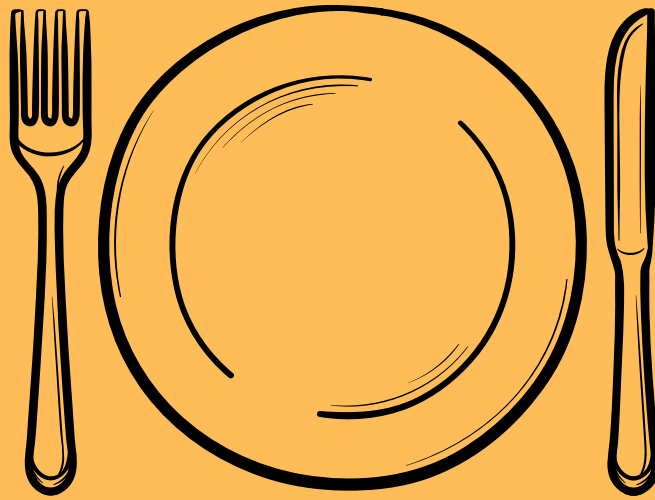
## Foods to Eat

- All fruit – fresh, frozen, dried, juiced, or canned.
- All vegetables – fresh, frozen, dried, juiced, or canned.
- All whole grains – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- All nuts & seeds – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- All legumes – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- All quality oils – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- Beverages– distilled water, filtered water, spring water, fresh fruit or vegetable juices.
- Other – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Aminos, soy products, and tofu.

- All meat & animal products – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- All dairy products – butter, cheese, cream, milk, and yogurt.
- All sweeteners – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.
- All leavened bread & yeast – baked goods and Ezekiel bread (if it contains yeast and honey).
- All refined & processed food products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- All deep-fried foods – corn chips, French fries, and potato chips.
- All solid fats – lard, margarine, and shortening.
- Beverages – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.



## Foods to Avoid



# **RECIPES FOR SUCCESS**

**We won't leave you without support. In the upcoming pages, you'll find a selection of recipes to use during the fast. These ideas will help you navigate your meals throughout the entire day.**

### Apple-Cinnamon Hot Cereal

- 1 14.5-ounce can coconut milk
- 2 cups cooked brown rice
- 1 apple, chopped, unpeeled (about 1 1/2 cups)
- 1 banana, mashed (about 1 cup)
- 1 cup roughly chopped dates
- 1½ teaspoons cinnamon
- Pinch nutmeg
- ½ cup toasted pecans or walnuts



Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans or walnuts over each serving. Store unused portion in refrigerator or freeze for later use.

Yield: 8 servings (serving size: about ½ cup)

### Berry Blast Smoothie



- 1 cup water or any unsweetened non-dairy milk (such as almond, coconut, rice or soy)
- 1 cup frozen blackberries, blueberries, and raspberries
- 1 banana, peeled

To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).

Yield: 1 serving (serving size: about 8 ounces or 1 cup)

### Tropical Fruit Salad

- 2 cups sliced strawberries
- 3 kiwifruit, peeled and quartered
- 1 1/2 cups orange segments, cut into 1-inch pieces
- 1 cup red seedless grapes, halved
- 1 cup fresh pineapple chunks, cut into tidbits



Mix fruit in a large bowl, and chill until ready to serve.

Use mandarin oranges instead of regular oranges.

Top with chopped almonds, macadamia nuts, pecans, and/or walnuts.

Sprinkle lightly with toasted unsweetened shredded coconut.

Other fruit choices are apples, bananas, blueberries, peaches, and/or mangoes. However, if you do use apples, bananas, or peaches, mix in a little lemon juice to prevent browning.





## Gimme More Granola

- 1/4 cup chopped dried plums or Medjool dates
- 1/4 cup water
- 1 cup old-fashioned rolled oats
- 2 tablespoons unsweetened apple juice
- 1 tablespoon extra-virgin olive oil
- 1/4 cup raisins
- 2 tablespoons chopped almonds
- 2 tablespoons chopped walnuts
- 2 tablespoons sunflower seeds
- 2 tablespoons unsweetened shredded coconut

Preheat oven to 350° F. In a small saucepan, add plums and water. Cook over medium heat 5 minutes, or until plums are softened. Transfer to a food processor or blender, and process until mixture is a thick paste.

In a large bowl, combine plum mixture, apple juice, olive oil, oats, raisins, almonds, walnuts, sunflower seeds, and coconut. Stir well, making sure everything is well coated. Spread out on a baking sheet, and bake 5 minutes.

Stir granola, and bake another 5 minutes, or until lightly browned. Let cool (will become more crispy as it cools), and store in an airtight container.

Yield: 8 servings (serving size: about 1/4 cup)

## Broiled Pineapple Slices

- 6 fresh or canned pineapple slices
- 1 tablespoon [Date Honey](#)
- 1 tablespoon fresh lime juice
- 1 tablespoon unsweetened coconut flakes



Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix Date Honey and lime juice in a small bowl.

Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with 1/2 teaspoon coconut flakes. Broil for 2 minutes and serve.

Yield: 6 servings (serving size: 1 slice)



**Fruit Pizza**

Crust	Fruit Sauce	Topping Ideas
<ul style="list-style-type: none"> <li>• 1 ½ cups almond flour or meal</li> <li>• ½ cup roughly chopped pitted dates</li> <li>• ½ cup chopped pecans</li> <li>• ¼ cup unsweetened apple juice</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup <u>Date Honey</u></li> <li>• ½ cup sliced strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced apples, bananas, blueberries, grapes, kiwifruit, mangoes, oranges, peaches, pineapples, strawberries</li> </ul>

Preheat oven to 350 degrees. Place almond flour, dates, pecans and apple juice in a food processor. Process until mixture forms a ball. Press dough into 10-inch circle, about ¼-inch thick, on an 11 x 17-inch baking sheet or pizza pan (rub a little olive oil on your hands if dough gets too sticky). With a fork, poke holes all across crust dough. Bake 10 minutes, or until edges are browned and slightly crispy. Remove from oven and let cool completely, about 45 minutes.

Put Date Honey and strawberries in a food processor or blender. Process about 30 seconds or until smooth and creamy. Spread fruit sauce onto cooled crust. Top with your favorite assortment of sliced fruit. Refrigerate 3 hours or until chilled.

Yield: 8 servings (serving size: 1 slice)

**Black and White Chili**

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onions
- 1 clove garlic, minced
- 4 cups Vegetable Broth or water
- 3 15.5-ounce cans black beans, rinsed and drained
- 3 15.5-ounce cans great northern beans, rinsed and drained
- 1 tablespoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon salt



Heat olive oil in a large saucepan over medium heat. Stir in onions and cook until soft and translucent. Add garlic, and cook one minute, stirring frequently so the garlic doesn't burn.

Add vegetable broth, beans, chili powder, cumin, and salt. Bring to a boil. Reduce heat, and simmer uncovered for 30 minutes.

Yield: 8 servings (serving size: 1 cup)

**Rice, Bean, and Sweet Potato Soup**

- 8 cups Vegetable Broth
- 1 pound sweet potatoes, about 3 cups, peeled and diced
- 1 15-ounce can black beans, rinsed and drained
- 2 cups cooked brown rice
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 1/8 teaspoon pepper



Place all ingredients in a large stock pot. Heat to boiling. Reduce heat, and simmer 20 minutes. Discard bay leaf.

Place half of soup in a food processor or blender, and process until smooth. (You may need to do this in two batches, because filling your processor or blender more than half full could cause the hot soup to pop the lid.) Return to stock pot and cook 10 more minutes.

Yield: 8 servings (serving size: about 1 1/4 cups)

Note: You can use cannellini beans, navy beans, or great northern beans instead of black beans.



## **Black Bean Minestrone**

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 cup chopped carrots
- 2 stalks celery, sliced
- 2 cloves garlic, minced
- 4 cups Vegetable Broth or water
- 1 15-oz can black beans, rinsed and drained
- 1 cup fresh or frozen green beans, cut into 1-inch pieces
- 1 cup chopped tomatoes, unpeeled, unseeded
- 1 cup chopped fresh spinach or ½ cup frozen spinach
- 2 tablespoons chopped fresh basil or 1 ½ teaspoons dried basil
- 2 tablespoons chopped fresh parsley or 1 ½ teaspoons dried parsley
- ½ teaspoon salt
- 1/8 teaspoon pepper

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.

Yield: 6 servings (serving size: about 1 ¼ cups)

Kick it up a notch!!! Add barley, brown rice, or whole grain pasta. You can also add other vegetables including corn, peas, potatoes, squash, or zucchini.



### Moroccan Stew

- 1/2 tablespoon extra-virgin olive oil
- 1 cup chopped red onion
- 8 cups Vegetable Broth or water see Recipe Notes
- 1 acorn squash, about 1 pound, peeled and cut into 1-inch cubes
- 1 butternut squash, 1-1 1/2 pounds, peeled and cut into 1-inch cubes
- 2 sweet potatoes, about 1 pound, peeled and cut into 1-inch cubes
- 1 cup dry lentils
- 1 15.5-ounce can chickpeas, rinsed and drained
- 2 teaspoons minced ginger root
- 1 teaspoon cinnamon
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/4 teaspoon cloves
- 1/4 teaspoon pepper
- Chopped fresh parsley, to taste
- 2 cups cooked brown rice or cooked couscous

Heat olive oil over medium heat in large saucepan or stockpot and add onions. Cook 3-5 minutes, or until onion is translucent.

Add broth or water, acorn squash, butternut squash, sweet potatoes, lentils, and chickpeas. Stir in ginger root, cinnamon, cumin, salt, cloves, and pepper. Heat to boiling, and then reduce heat to low. Simmer 30-45 minutes or until vegetables are tender. About 10 minutes before serving, add parsley and brown rice.

Yield: 10 servings (serving size: about 1 1/4 cups)

#### NOTES:

- Both acorn and butternut squash are difficult to peel. It's easier to cut the acorn squash in half before peeling it so that you can get a better grip.
- You can also put this recipe in the slow cooker: 2-3 hours on high or 4-6 hours on low.
- Kick it up by adding chopped spinach or kale to the stew.



## Cauliflower Kale Soup

- 1 tablespoon extra-virgin olive oil
- ½ cup diced red onion
- 2-3 garlic cloves, minced, minced
- 4 cups Vegetable Broth or water see Recipe Notes
- 4 cups cauliflower florets, about one small head or 12 ounces frozen florets
- 4 cups lightly packed chopped kale (or about 2 1/2 cups frozen chopped kale)
- 1 15-ounce can chickpeas, rinsed and drained
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon red pepper flakes

Heat olive oil in saucepan over medium heat. Cook onions until softened. Stir in garlic, and cook for 30 seconds, stirring constantly so garlic doesn't burn.

Add broth or water and remaining ingredients. Bring to a boil. Simmer, uncovered, for 20 minutes, and serve.

### NOTES:

- Substitute spinach for kale.
- You can omit the chickpeas if you'd like only vegetables in your soup.
- One (10-ounce) bag of frozen riced cauliflower can be used instead of florets.



### **Cabbage and Rice Casserole**

- 1/2 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 cup chopped white button mushrooms
- 1 (15-ounce) can black beans, rinsed and drained
- 2 (14.5-ounce) cans diced tomatoes
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 4 cups chopped green cabbage
- 1 cup cooked brown or wild rice

Put diced tomatoes in a food processor or blender, and process until smooth. Set aside. Heat olive oil over medium heat in a large skillet. Add onions and cook until soft and translucent. Stir in garlic, mushrooms, tomatoes, parsley, oregano, salt, and pepper. Reduce heat to low, and cook 20 minutes, stirring occasionally.

Preheat oven to 350 degrees. Steam cabbage 8-10 minutes or until tender crisp (or add cabbage to boiling water and cook 5-7 minutes). Lightly spray or rub a 9"x13" baking dish with olive oil, and cover bottom of dish with cooked cabbage. Place rice and beans on top of cabbage. Pour tomato sauce all over. Bake 20 minutes.

Yield: 8 servings (serving size: about 1 cup)

**Baked Rice with Butternut Squash and Asparagus**

- 3 cups water
- ½ cup brown rice
- ½ cup wild rice
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- ½ teaspoon ground sage
- ½ teaspoon salt
- 1/8 teaspoon black pepper
- 1 ½ pounds butternut squash, peeled, seeded, and cut into 1-inch cubes (about 4 cups)
- ½ pound asparagus spears, ends trimmed and cut into 1-inch pieces
- 1 cup sliced onion, sliced pole to pole



Preheat oven to 350 degrees. Rub a little olive oil along the sides and bottom of a 3-quart baking dish. Add water, rice, garlic, thyme, sage, salt, and pepper. Stir well.

Bake uncovered 30 minutes. Mix in squash, asparagus, and onions. Cook 30 minutes, stir, and then bake another 15 minutes, or until water is nearly all absorbed and rice is softened.

Yield: 8 servings (serving size: 1 cup)

**Sweet Potato Protein Bowl**

- 1 tablespoon coconut or olive oil
- ½ cup chopped red onion
- 2 cups chopped sweet potatoes, cut into 1/2-inch pieces (about 1 pound)
- 1 cup cooked edamame or chickpeas, or ½ cup each
- 2 cups torn kale, lightly packed, torn into bite-sized pieces
- ½ cup chopped walnuts
- 1 clove garlic, minced
- ¼ teaspoon salt
- 1/8 teaspoon freshly ground pepper

Add coconut oil, onions, and sweet potatoes to a large skillet. Cook about 10-12 minutes, and then add the remaining ingredients. Stir frequently so garlic doesn't burn. Cook another 5 minutes. If the pan becomes dry, add 1-2 tablespoons of water. Remove from heat and serve when sweet potatoes are crisp tender (not mushy).

Yield: 4 servings (serving size: about ¾ cup)





### Caribbean Wild Rice

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 8-ounce can unsweetened pineapple tidbits, juice reserved
- 2 tbsp soy sauce or soy sauce alternative
- 1-1/2 tbsp fresh lime juice
- 1 cup sliced carrots
- 1 cup chopped snow peas
- 1/2 cup chopped jarred roasted red bell peppers, drained (or chopped red bell pepper)
- 1/2 cup canned black beans, rinsed and drained
- 1/2 cup canned chickpeas, rinsed and drained
- 2 cups cooked wild rice
- Avocado slices
- Chopped macadamia nuts

Heat olive oil in large skillet over medium heat. Stir in onions and cook until soft and translucent. Add garlic, and cook 1 minute, stirring constantly so garlic doesn't burn.

Add 1/2 cup pineapple juice, Bragg's Liquid Aminos, and lime juice. Stir in carrots, snow peas, zucchini, red peppers, black beans, and chickpeas. Increase heat to medium high, stirring often.

Cook 5 minutes, or until 3/4 of the liquid is absorbed and vegetables are slightly softened.

Add wild rice and pineapple. Increase heat, and stir-fry until heated through. Serve immediately.

Garnish with avocado slices and chopped macadamia nuts.

Yield: 6 servings (serving size: about 1 cup)

#### NOTES:

- Use cooked brown rice instead of wild rice.
- Bragg's Liquid Aminos is an alternative to soy sauce that has no added salt or preservatives. It's a certified non-GMO (not genetically modified) liquid protein concentrate, derived from healthy soybeans, that contains 16 essential and non-essential amino acids. Coconut Aminos is another option.



### Greek-Style Stuffed Peppers

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- ½ cup diced zucchini
- 1 clove garlic, minced
- 1 8-ounce can tomato sauce
- 3 chopped canned artichokes, drained
- ½ cup chopped black olives
- 1 teaspoon dried oregano flakes or 1 tablespoon chopped fresh oregano
- 1 teaspoon dried parsley or 1 tablespoon chopped fresh parsley
- ½ teaspoon salt
- 6 medium bell peppers, green, orange, red, and/or yellow
- 2 cups cooked quinoa
- 1 ½ tablespoons pine nuts

Preheat oven to 350 degrees. Place artichokes in a food processor, and pulse until artichokes are chopped well. Set aside.

Heat olive oil over medium heat. Add onion and zucchini. Cook 3-5 minutes or until vegetables are softened. Lower heat and add garlic. Cook 1 minute, stirring constantly so garlic doesn't burn.

Add tomato sauce, artichokes, olives, oregano, parsley, and salt. Cook 15 minutes, or until sauce is thickened.

While sauce is cooking, prepare peppers. Cut in half lengthwise and remove stems and seeds.

Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish.

When sauce is finished, mix in the quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of ½ inch. Bake uncovered for 20 minutes.



### **Cinnamon-Raisin Carrot Salad**

- 2 cups shredded carrots, peeled
- 1 cup shredded red cabbage
- 1 apple, cored, unpeeled, cut into 1-inch matchsticks (about 1 ½ cups)
- ½ cup raisins
- ¼ cup chopped pecans
- 2 tablespoons raw sunflower seed kernels

#### **Dressing**

- 1/3 cup unsweetened apple juice
- 1 teaspoon cinnamon

Mix carrots, cabbage, apple, raisins, pecans, and sunflower seeds kernels in a large bowl. In a smaller bowl, add apple juice and cinnamon. Use a whisk to combine and pour over carrot mixture. Stir well to coat.

Place in refrigerator 1-2 hours or until cool. Serve chilled.

Yield: 10 servings (serving size: ½ cup)

#### **NOTES:**

- Substitute raisins with golden raisins.
- Use walnuts instead of pecans.



## **Mega Greek Salad**

- 4 cups torn Romaine lettuce
- 1 cup sliced artichokes, about 4 canned hearts
- 1 cup sliced cherry tomatoes
- 1 cup quartered cucumber slices
- 1 cup sliced olives
- 1/2 cup diced green bell peppers
- 1/2 cup sliced red onions
- 1/2 cup chopped fresh parsley, lightly packed

## **Dressing**

- 1/4 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice
- 2 teaspoons dried oregano
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Put lettuce in a large bowl. Add artichokes, cherry tomatoes, cucumbers, olives, peppers, parsley, onions, and parsley. In a separate smaller bowl, mix olive oil, lemon juice, oregano, salt, and pepper. Just before serving, stir with a whisk until well-combined, and pour over salad. Toss well to coat and serve.

Yield: 6 servings (serving size: about 1 cup)



### Marinated Vegetable Salad

- 2 pounds zucchini, unpeeled
- 1-½ tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- 1 1/2 teaspoons dried oregano flakes
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon fresh lemon juice
- 2 cups broccoli florets, cut into bite-size pieces
- 1-1/2 cups diced carrots
- 2 tablespoons chopped fresh parsley, optional

Preheat oven to 475 degrees. Trim ends of zucchini and cut in half lengthwise. Feed zucchini halves through the tube of a food processor with the slicing disc attached. You may also use a mandoliner to cut the zucchini into thin slices or cut them by hand. Place slices in a large bowl. Add olive oil and stir to coat. Mix in garlic, oregano, salt, and pepper. Stir again.

Place zucchini on two large 11 x 17-inch baking sheets, trying to separate the pieces as much as possible so they are in a single layer. Roast 10 minutes, flip, and then roast another 5 minutes. Edges of zucchini should be slightly browned and crispy.

Remove zucchini from oven and put in a large bowl. Stir in lemon juice.

Steam or boil broccoli and carrots until crisp tender. Add broccoli and carrots (drain first, if boiled) to zucchini and stir well. Add parsley, if desired. Cover and let sit at room temperature for 1 hour.

Yield: 8 servings (serving size: about 1/2 cup)



### **Apple-Cinnamon Salad Dressing**

- 1/4 cup extra-virgin olive oil
- 1/4 cup unsweetened apple juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon diced red onion
- 1/4 teaspoon cinnamon

Combine all ingredients in a covered glass jar and shake well. Refrigerate until ready to use.

Yield: 8 servings (serving size: about 1 tablespoon)

### **Italian Salad Dressing**

This dressing is light-tasting--a perfect complement to your favorite green salad recipe.

- 1/2 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt

Combine all ingredients in a blender. Refrigerate until chilled.

Yield: 8 servings (serving size: 1 tablespoon)



## Date Honey

Dates are an unbelievable treat that will make your mouth dance with delight! Date Honey is featured in several recipes featured in this guide.

- 1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)
- 1 cup water
- ½ teaspoon cinnamon

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well.

Store in a sealed container in refrigerator.

Yield: 12 servings (serving size: about 1 tablespoon)



## Crunchy Kale Chips

- 6 cups kale, ribs removed and torn into bite-size pieces
- 1 tablespoon extra-virgin olive oil or coconut oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt

Preheat oven to 400 degrees. Lightly oil an 11 x 17-inch baking sheet. Place kale in a large bowl, and add olive oil, garlic powder, and salt. Use your hands to incorporate into leaves so that they are well coated. Spread leaves on baking sheet. Bake 12-15 minutes or until crispy.



### Corn Muffins

- 1 1/2 cups yellow cornmeal
- 1/2 cup unsweetened almond or rice milk
- 1/4 cup water
- 1 tablespoon Date Honey
- 1 tablespoon extra-virgin olive oil
- 3/4 cup fresh or frozen corn kernels
- 1/4 cup chopped green onions, green parts only
- 1/2 teaspoon salt

Preheat oven to 400 degrees. Mix cornmeal, almond milk, water, Date Honey, and olive oil in a medium bowl. Stir until smooth.

Add corn, green onions, and salt. Stir until well combined. Lightly rub a mini-muffin tin with olive oil. Fill all 24 cups about 3/4 full. Bake 15 minutes. If using a regular muffin tin, fill all 12 cups about 3/4 full and bake 20 minutes.

Yield: 12 servings (serving size: 2 mini-muffins or 1 regular muffin)

### Guacamole with a Little Kick

- 2 medium avocados
- 1/2 medium tomato, diced
- 1/4 cup diced red onions
- 1/2 medium jalapeno pepper, seeded and diced
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lime juice
- 1 tsp salt



Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a small mixing bowl, and mash until smooth.

Stir in the rest of the ingredients. Chill in refrigerator for 1-2 hours.





### Flatbread

Flatbread is unleavened bread (doesn't contain any yeast), and it's the only type allowed on the Daniel Fast (yeast is restricted). If you're a bread lover, you'll appreciate this simple recipe.

- 2 ½ cups whole grain flour (brown rice, spelt, whole wheat, etc.)
- 2 tablespoons flaxseed meal, optional
- 1 teaspoon dried crushed rosemary
- 1 teaspoon salt
- 1 cup warm water
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon dried basil
- ½ teaspoon garlic powder
- ½ teaspoon dried parsley

Preheat oven to 400 degrees. Mix flour, flaxseed meal, rosemary, salt, and water in a food processor until dough forms a ball. Turn dough onto a floured work surface and knead for 5 minutes. Transfer to a bowl and cover tightly with plastic wrap. Let dough rest at room temperature 30-60 minutes.

Roll dough out to ¼-inch thickness to cover an oiled 11 x 17-inch baking sheet. With a fork, poke holes across dough. Mix olive oil, basil, and garlic powder in a small bowl, and stir well. Use a basting brush to spread oil mixture across dough. Score (make shallow cuts without separating into pieces) with a knife into 12 (3 x 3 ½-inch) squares with a knife.

Bake 15-20 minutes or until slightly crispy and remove from oven. Let cool on baking sheet 10 minutes before cutting and serving.

Yield: 4 servings (serving size: 2 pieces)



### **Pesto**

Pesto can be a tasty sauce for whole grain pasta, spaghetti squash, or even brown rice. You can also mix it in a green salad as a substitute for dressing or use as a dip.

- 2 tablespoons extra-virgin olive oil
- 3 cups packed fresh spinach or 2 cups frozen spinach, thawed and drained
- 1/2 cup packed fresh basil leaves
- 1/4 cup chopped green onions
- 1/4 cup pine nuts or walnuts
- 1 clove garlic, minced
- 1/4 teaspoon salt

Place ingredients in a food processor or blender until smooth. If pesto seems too thick, add a little hot water.

Yield: 6 servings (serving size: about 2 tablespoons)



## Additional Resources

For additional meal ideas and inspiration, explore the links provided below. Each resource offers unique insights and delicious recipes that align with the Daniel Fast principles and can be invaluable in your fasting journey. Happy cooking and may your fast be both fulfilling and spiritually enriching!

### Recipes

Ultimate Daniel Fast: <https://ultimatedanielfast.com/>

All Recipes: <https://www.allrecipes.com/article/recipes-kick-start-daniel-fast/>

Pinterest: [https://www.pinterest.com/search/pins/?q=daniel%20fast%20food%20list&utm\\_source=google&utm\\_medium=paid\\_search&utm\\_term=daniel%20fast%20food%20list&utm\\_pai=9575011413\\_98162366854\\_434662390229&creative\\_id=434662390229\\_kwd-6102257873&adposition=&gclid=EAlalQobChMIImfbP6c2W6wIVDr7ACh2JqAMLEAMYAyAAEgKW0vD\\_BwE](https://www.pinterest.com/search/pins/?q=daniel%20fast%20food%20list&utm_source=google&utm_medium=paid_search&utm_term=daniel%20fast%20food%20list&utm_pai=9575011413_98162366854_434662390229&creative_id=434662390229_kwd-6102257873&adposition=&gclid=EAlalQobChMIImfbP6c2W6wIVDr7ACh2JqAMLEAMYAyAAEgKW0vD_BwE)

### Fasting Guidelines

All About Prayer: <https://www.allaboutprayer.org/daniel-fast.htm>

The Biblical Nutritionist: <https://thebiblicalthenutritionist.com/daniel-fast/>