

## **FOODS TO EAT ON THE DANIEL FAST**

### **Whole grains**

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

### **Beans and legumes**

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

### **Nuts and seeds**

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

### **Vegetables**

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

### **Fruit**

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

### **Oils**

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

### **Other**

- Unleavened bread (whole grain bread made without yeast, sugars, or preservatives)
- All herbs, spices, and seasonings are allowed, including salt and pepper.
- Soy products (such as edamame and soy nuts) and tofu are acceptable.

### **Beverages**

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened non-dairy milk is acceptable (such as almond milk, coconut milk, soy milk).

## **FOODS TO AVOID ON THE DANIEL FAST**

### **Animal products**

- Meat (bacon, beef, bison, chicken, lamb, pork, and turkey).
- Dairy (butter, cheese, cream, milk, and yogurt)
- Fish
- Eggs

### **Added sugar**

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

### **Yeast**

Yeast and, therefore, leavened bread isn't part of the Daniel Fast.

### **Refined grains**

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

### **Processed food**

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

### **Deep-fried food**

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

### **Solid fats**

Butter, lard, margarine, and shortening.

### **Chocolate**

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

### **Caffeinated and alcoholic beverages**

Alcohol, coffee, caffeinated tea, and energy drinks.

Here are 50 easy recipes for the Daniel Fast, including soups, meals, and smoothies:

## **Soups:**

1. Lentil Soup: Cook lentils with onions, carrots, celery, and vegetable broth. Season with herbs like thyme and bay leaves.
2. Vegetable Quinoa Soup: Combine quinoa, mixed vegetables, and vegetable broth. Add garlic, ginger, and turmeric for flavor.
3. Tomato Basil Soup: Simmer tomatoes, onions, garlic, and vegetable broth. Blend until smooth and stir in fresh basil.
4. Chickpea and Vegetable Soup: Cook chickpeas with tomatoes, zucchini, bell peppers, and spinach in vegetable broth.
5. Butternut Squash Soup: Roast butternut squash, carrots, and onions. Blend with vegetable broth and season with nutmeg and cinnamon.
6. Black Bean Soup: Simmer black beans with onions, tomatoes, bell peppers, and corn. Season with cumin and chili powder.
7. Spinach and White Bean Soup: Combine white beans, spinach, onions, garlic, and vegetable broth. Add Italian seasoning for flavor.
8. Mushroom Barley Soup: Cook barley with mushrooms, onions, carrots, and celery in vegetable broth.
9. Sweet Potato Soup: Roast sweet potatoes, onions, and carrots. Blend with vegetable broth and season with ginger and cinnamon.
10. Minestrone Soup: Combine mixed vegetables, kidney beans, and pasta in vegetable broth. Add Italian herbs and spinach.

## **Meals:**

1. Vegetable Stir-Fry: Stir-fry mixed vegetables like bell peppers, broccoli, and snap peas with tofu or tempeh. Season with soy sauce and ginger.
2. Quinoa Salad: Mix cooked quinoa with diced cucumbers, tomatoes, bell peppers, and parsley. Dress with olive oil and lemon juice.
3. Stuffed Bell Peppers: Fill bell peppers with a mixture of cooked rice, black beans, corn, and diced tomatoes. Bake until tender.
4. Spaghetti Squash with Marinara Sauce: Roast spaghetti squash and top with homemade marinara sauce made from tomatoes, onions, and garlic.
5. Veggie Tacos: Fill corn tortillas with sautéed vegetables like onions, bell peppers, and zucchini. Top with avocado and salsa.
6. Baked Sweet Potatoes: Bake sweet potatoes until tender. Top with black beans, diced tomatoes, avocado, and cilantro.
7. Lentil Curry: Cook lentils with onions, garlic, tomatoes, and coconut milk. Season with curry powder and serve over brown rice.
8. Black Bean Quesadillas: Fill whole-grain tortillas with mashed black beans, diced tomatoes, and dairy-free cheese. Grill until crispy.
9. Cauliflower Fried Rice: Pulse cauliflower in a food processor and stir-fry with mixed vegetables, tofu, and soy sauce.
10. Veggie Burger Wraps: Serve veggie burgers wrapped in lettuce leaves with sliced tomatoes, avocado, and mustard.

## **Smoothies:**

1. Green Smoothie: Blend spinach, kale, banana, pineapple, and almond milk until smooth.
2. Berry Smoothie: Blend mixed berries, banana, spinach, and coconut water until creamy.
3. Mango Banana Smoothie: Blend mango, banana, almond milk, and a splash of orange juice until smooth.
4. Pineapple Coconut Smoothie: Blend pineapple, coconut milk, banana, and shredded coconut until creamy.
5. Chocolate Peanut Butter Smoothie: Blend cocoa powder, peanut butter, banana, spinach, and almond milk until smooth.
6. Tropical Green Smoothie: Blend kale, pineapple, mango, banana, and coconut water until well combined.
7. Blueberry Almond Smoothie: Blend blueberries, almond butter, banana, spinach, and almond milk until creamy.
8. Peach Oatmeal Smoothie: Blend peaches, oats, banana, almond milk, and a dash of cinnamon until smooth.
9. Apple Cinnamon Smoothie: Blend apples, dates, cinnamon, almond milk, and a handful of spinach until well combined.
10. Avocado Spinach Smoothie: Blend avocado, spinach, banana, pineapple, and coconut water until creamy.

## **Additional Tips:**

- Experiment with different herbs, spices, and condiments to enhance flavor.
- Use whole grains like brown rice, quinoa, and barley as a base for meals.
- Incorporate a variety of beans and legumes for protein and fiber.
- Stock up on fresh fruits and vegetables to add color and nutrients to your meals.
- Stay hydrated by drinking plenty of water throughout the day.

With these easy recipes, you can enjoy delicious and nutritious meals while honoring the guidelines of the Daniel Fast. Happy cooking!

# Here are 10 Daniel Fast-friendly dessert ideas:

1. Fruit Salad: Combine a variety of fresh fruits like berries, grapes, pineapple, and melon. Add a squeeze of lemon juice and a sprinkle of cinnamon for extra flavor.
2. Baked Apples: Core apples and fill them with a mixture of chopped nuts, raisins, and cinnamon. Bake until tender and serve warm.
3. Banana Nice Cream: Freeze ripe bananas and blend them until creamy. Add toppings like chopped nuts, coconut flakes, or fresh fruit.
4. Date and Nut Bars: Blend dates, nuts, and a pinch of cinnamon in a food processor until sticky. Press into a pan and refrigerate until firm. Cut into bars and enjoy.
5. Chia Seed Pudding: Mix chia seeds with almond milk and sweeten with a bit of maple syrup or mashed banana. Let it sit in the fridge overnight to thicken. Top with fresh fruit before serving.
6. Coconut Bliss Balls: Combine shredded coconut, dates, almond butter, and a dash of vanilla extract in a food processor. Roll into balls and coat in more shredded coconut. Chill before serving.
7. Stuffed Dates: Remove pits from dates and stuff them with almond or cashew butter. Sprinkle with chopped nuts or coconut flakes.
8. Grilled Pineapple: Slice fresh pineapple and grill until caramelized. Serve with a sprinkle of cinnamon for a simple yet delicious dessert.
9. Baked Pears: Core pears and fill the center with a mixture of chopped nuts, dried fruit, and a drizzle of honey (optional). Bake until soft and golden.
10. Berry Sorbet: Blend frozen mixed berries with a splash of coconut water until smooth. Serve immediately for a refreshing treat.

These dessert ideas are both satisfying and in line with the guidelines of the Daniel Fast. Enjoy experimenting with different flavors and ingredients!

# Here are 20 easy Daniel Fast salad ideas:

1. Mediterranean Chickpea Salad: Combine chickpeas with diced cucumbers, cherry tomatoes, red onions, olives, and parsley. Dress with olive oil, lemon juice, and oregano.
2. Quinoa Avocado Salad: Mix cooked quinoa with diced avocado, black beans, corn, and red bell peppers. Toss with lime juice and cilantro.
3. Greek Salad: Toss together diced tomatoes, cucumbers, red onions, Kalamata olives, and parsley. Add crumbled dairy-free feta cheese (optional) and dress with olive oil and red wine vinegar.
4. Kale and Cranberry Salad: Massage kale leaves with olive oil and lemon juice. Add dried cranberries, sliced almonds, diced apples, and a sprinkle of cinnamon.
5. Asian Slaw: Shred cabbage, carrots, and bell peppers. Toss with sliced snow peas, green onions, and sesame seeds. Dress with a mixture of soy sauce, rice vinegar, and ginger.
6. Spinach Strawberry Salad: Combine baby spinach with sliced strawberries, toasted pecans, and thinly sliced red onions. Dress with balsamic vinaigrette.
7. Roasted Vegetable Salad: Roast diced sweet potatoes, Brussels sprouts, and red onions until tender. Serve over mixed greens with a drizzle of balsamic glaze.
8. Black Bean and Corn Salad: Mix cooked black beans with corn kernels, diced tomatoes, red onions, and cilantro. Dress with lime juice and cumin.
9. Cucumber Tomato Salad: Toss together diced cucumbers, cherry tomatoes, red onions, and parsley. Dress with olive oil, red wine vinegar, and a pinch of Italian seasoning.
10. Lentil Salad: Cook lentils until tender and mix with diced bell peppers, celery, carrots, and parsley. Dress with lemon juice and olive oil.
11. Pear and Walnut Salad: Combine mixed greens with sliced pears, toasted walnuts, and dairy-free cheese (optional). Dress with a vinaigrette made from olive oil, apple cider vinegar, and Dijon mustard.
12. Three Bean Salad: Mix cooked kidney beans, cannellini beans, and green beans with diced red onions and parsley. Dress with apple cider vinegar and a touch of maple syrup.
13. Broccoli Salad: Blanch broccoli florets and toss with sliced almonds, raisins, diced red onions, and dairy-free mayonnaise.
14. Summer Zucchini Salad: Shave zucchini into ribbons and toss with cherry tomatoes, basil leaves, pine nuts, and lemon zest. Dress with olive oil and balsamic vinegar.
15. Beet and Orange Salad: Roast beets until tender and slice thinly. Arrange on a bed of mixed greens with orange segments and toasted walnuts. Dress with orange vinaigrette.
16. Cauliflower Tabouli Salad: Pulse cauliflower in a food processor until it resembles couscous. Mix with diced cucumbers, tomatoes, parsley, mint, and lemon juice.
17. Arugula Apple Salad: Combine arugula with thinly sliced apples, toasted pecans, and dairy-free cheese (optional). Dress with a vinaigrette made from apple cider vinegar, olive oil, and honey (optional).

18. Mexican Street Corn Salad: Mix grilled corn kernels with diced red onions, cilantro, lime juice, and dairy-free mayonnaise. Sprinkle with chili powder and crumbled dairy-free cheese (optional).
19. Roasted Beetroot and Chickpea Salad: Roast diced beetroot and chickpeas until tender. Serve over baby spinach with toasted pumpkin seeds and a drizzle of tahini dressing.
20. Caprese Salad: Arrange sliced tomatoes and dairy-free mozzarella cheese (optional) on a plate. Top with fresh basil leaves, a drizzle of balsamic glaze, and a sprinkle of salt and pepper.