

Daniel Fast
2012

At GWM



What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

Then in Daniel 10 we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners and no breads

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.

When asked about the eating plan on the Daniel Fast, I often say it is a "vegan diet with even more restrictions."

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.

For more information please go to: <http://www.daniel-fast.com>

In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 10:2-3

The Daniel Fast for the body, soul and spirit

The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Daniel Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

The Body - Certainly our bodies are effected as our diet is changed, for some in very dramatic ways, during the Daniel Fast. Many men and women experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and malaise.

Most people lose weight during the Daniel Fast. And many report healings from diabetes, allergies, arthritis and cancer.

The Soul - Frequently referred to as "the flesh" in the Bible, the soul is also greatly impacted during the Daniel Fast. The soul is the seat of our emotions, intellect, personality and will. It is in the "soulish realm" where we experience cravings, frustration, anger . . . and even happiness.

During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Daniel Fast.

The Spirit - Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Daniel Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just as a parent takes control of a rebellious child).

Fasting is always coupled with a spiritual goal. So during this time of fasting, you will want to focus on prayer, study and meditation.

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.

I encourage you to check with your doctor . . . and by the way, being addicted to Snickers and Coke don't count as a special need!

Before You Begin

The Daniel Fast includes a very healthy eating plan. However, please allow the Great Physician to work hand in hand with your earthly physician. Any time you enter into a significant change to your diet and exercise routines, it's a good idea to check with your health professional for his or her input.

Fasting should never harm the body. If you have special dietary needs - if you are pregnant or nursing, if you have a chronic illness such as cancer or diabetes, if you are a young person who is still growing or an athlete who expends more than typical amounts of energy on a regular basis—contact your health professional and modify the Daniel Fast eating plan in a way that is appropriate to meet your health needs.

What is Fasting

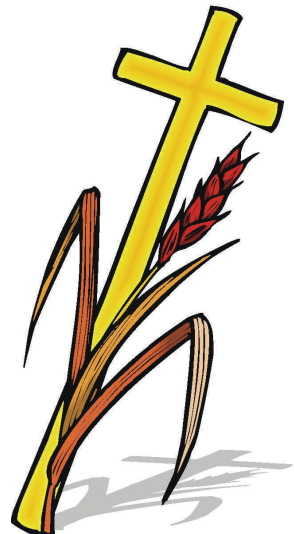
Let's start with what fasting is and what it is not. First, fasting is always about food. The definition of a biblical fast is “to restrict food for a spiritual purpose.” The Hebrew word for fast is *tsôwm* (tsoom) which means “to cover the mouth.” The Greek word for fast is *nēstēuō* (nace-tyoo-o), which means “to abstain from food.” Whenever fasts are mentioned in the Bible, they are accompanied with a spiritual issue. So when we consider biblical fasting, it always has to do with restricting food for a spiritual purpose.

In addition to restricting or changing our eating habits, fasting always has to do with our spiritual life. Without that aspect, it's just a diet. Using the Daniel Fast eating plan for health purposes may be a good dietary change. However, understand that you would not be fasting if the spiritual component is not fully engaged.

It's a spiritual tool that God created to help you strengthen your spirit, learn self-control of the flesh, draw closer to your Father, and focus on prayer. When you fast, you are stepping into a temporary set of actions for a spiritual purpose—like entering a bubble where everything is different for a set period of time.

Five Steps for a Successful Daniel Fast

1. **Pray.** From the very beginning, include God in your fast. Open yourself up to Him and talk to Him about your intentions. Submit the fast and yourself to Him.
2. **Plan.** Take some quality time to plan your fast. What is your purpose for the fast? When will it begin for you? When will you complete it, and is there something you will do to acknowledge the finishing point? Review your calendar and consider the appointments and activities that are planned. Do you need to change any of them? Do you need to make special arrangements due to the fast? What study and devotional materials will you need?
3. **Prepare.** Now that you know the time period of your fast, your purpose, the study materials you want, and ideas about meal planning, this is the step where you actually get busy and get everything ready.
4. **Participate.** This is it! You are participating in the fast. You might experience several battles during your fast. Your flesh might rebel because you're not giving in to cravings and hunger pangs. Be sure to drink plenty of water—at least a half gallon each day. When the flesh rebels, put your spirit in control and stand your ground.
5. **Praise and process.** Thank God for this experience and all the blessings and lessons He's given you during this period. Spend some time looking back on your experience to process what you learned and think about any permanent changes you may want to make



Foods to Include in the Daniel Fast

Remember, READ THE LABELS to know all the ingredients included in prepared foods!

All fruits. These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, black berries, blueberries, boysenberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, avocados, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, jicama, kale, leeks, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, parsnips, peppers, potatoes, radishes, rutabagas, scallions, shallots, spinach, sprouts, squashes, sweet potatoes, tomatoes, tomato paste, turnips, water chestnuts, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

All whole grains. These include but are not limited to barley, brown rice, corn flour, cornmeal, grits, millet, oat bran, oats, popcorn, quinoa, rice cakes, wheat germ, whole wheat, whole wheat pasta, and whole wheat tortilla.

All nuts and seeds. These include but are not limited to almonds, cashews, coconut, flax seeds, pecans, peanuts, pine nuts, poppy seeds, sesame seeds, and walnuts. Nut butters such as peanut butter and tahini (sesame seed paste) may be included.

All legumes. These can be canned or dried. Legumes include but are not limited to black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, and white beans.

All quality oils. These include but are not limited to canola, coconut, grape seed, olive, peanut, and sesame.

Water. Distilled water, filtered water, spring water, or other pure waters.

Soy foods. These include tofu (all kinds), TVP (textured vegetable protein), and other soy products.

Condiments and cooking ingredients. Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, soyonnaise, spices, TVP, vanilla, and vegetable broth. You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, pineapple juice).

Foods to Restrict in the Daniel Fast

Exclude **all meat and animal products** such as beef, lamb, pork, poultry, and fish.

Exclude **all dairy products** such as milk, cheese, cream, butter, and eggs. Replace dairy milk with soy, almond or rice milk.

Exclude **all sweeteners** such as sugar, raw sugar, honey, syrups, molasses, and cane juice.

Exclude **all leavened bread** such as Ezekiel Bread (most of which contains yeast and honey), pretzels, pita bread, and other baked goods made with leavening agents.

Exclude **all refined and processed food products** that contain such ingredients as artificial flavorings, food additives, chemicals, white rice, white flour, or artificial preservatives.

Exclude **all deep-fried foods** such as potato chips, French fries, corn chips.

Exclude **all solid fats** such as shortening, margarine, lard, and foods high in fat.

Exclude **all nonwater beverages** such as coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS to know all the ingredients included in prepared foods!



Daniel Fast Recipes

Dried Fruit and Almond Granola

Granola is a perfect breakfast choice on the Daniel Fast. But most granola found in supermarkets includes sweeteners or other ingredients not included on the Daniel Fast. So making a big batch of this easy (and very affordable) recipe is a smart move. Plus it's so nutritious and filling.

INGREDIENTS

- 2 cups rolled oats
- ½ cup shredded coconut
- ½ cup sliced almonds
- 3 tablespoons vegetable oil (such as canola oil)
- ½ cup chopped dried fruit (apples, figs, apricots, etc.)
- ½ cup raisins

1. Preheat oven to 350 degrees.
2. Combine oats, coconut, and almonds in a large baking dish. Drizzle with oil and toss until well blended. Bake in preheated oven for 15–20 minutes, tossing every 5 minutes, until lightly toasted.
3. Allow mixture to cool slightly before mixing in dried fruit and raisins.
4. Store in airtight container and serve with soy milk, fresh fruit, and/or fruit juice.

Makes 4 cups (about 8 servings)

Quick and Easy Muesli

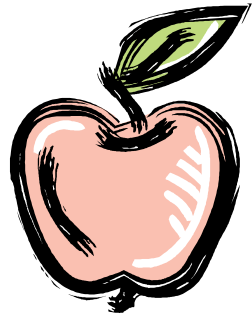
This is the “fast food” version of muesli. Be creative by adding the whole grain cereals you have on hand or especially like. The same goes for your choice of dried fruit and nuts or seeds. See what you have in your cupboard, blend the ingredients, and you have a simple breakfast cereal.

INGREDIENTS

- 2 cups rolled oats (or any combination of whole grains you prefer)
- ½ cup chopped dried fruit (apples, dates, figs, apricots, etc.)
- ½ cup raisins
- ½ cup nuts or seeds

1. Combine all ingredients in a large bowl (if desired, grind in a food processor until the ingredients are of a uniform texture).
2. Store muesli in an airtight container and it will keep nicely for 2 months in your cupboard.
3. Serve muesli either hot or cold with fresh fruit and soy milk.

Makes 3 cups (about 6 servings)



Basic Tofu Scramble

If you have never eaten tofu, this is an excellent way to introduce the protein soy product to your diet. One of the unique qualities of tofu is that it soaks up the flavors of the foods that it's with, so sautéing tofu with onions and bell peppers allows the flavor to expand. The texture of tofu is similar to egg whites in this recipe, so it's a winner on that front as well!

INGREDIENTS

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 1 block tofu, drained, pressed, and cut into 1-inch cubes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon soy sauce
- ½ teaspoon turmeric (optional)
- 1 tablespoon chopped fresh parsley

1. Heat oil in a large skillet over medium-high heat. Add onion, pepper, and tofu and sauté for 3–5 minutes, stirring often.
2. Stir in garlic powder, onion powder, soy sauce, and turmeric; reduce heat to medium and cook 5–7 more minutes, stirring frequently (add more oil if needed).
3. Add fresh parsley just before serving.
4. Serve tofu scramble with fresh fruit or wrap in a warmed flour tortilla with a bit of salsa for a breakfast burrito.

Makes 4 servings

Single Serving Fruit Smoothie

This basic fruit smoothie recipe is a great option for breakfast with your favorite seasonal fruits.

INGREDIENTS

- 1 cup unsweetened soy milk or silken tofu
- 1 ripe banana, broken into chunks
- ½ cup of your favorite fresh or frozen fruit (strawberries, peaches, pitted cherries)
- Pinch of cinnamon
- 2–3 ice cubes

1. Place all ingredients (except ice cubes) in a blender and puree until smooth.
2. Add ice cubes one at a time to reach desired consistency.
3. Serve cold.

Makes 1 serving

Why Are Smoothies Allowed?

The only acceptable beverage on the Daniel Fast is water (see Daniel 1). However, smoothies are allowed since they are considered a “liquid meal” rather than a beverage

Fruit and Vegetable Smoothies

Smoothies are a popular quick meal and a useful way to consume valuable nutrients. Several recipes are provided here, but be creative as you plan your smoothie. Use local organic fruits and vegetables whenever possible. Also, when local produce is not available, consider frozen options, as they often retain more of the food value than fresh varieties that are picked before they ripen and then are stored for long periods of time before they reach the grocery stores.

Here are some tips and tricks to a great smoothie.

1. The key to a perfect smoothie is the correct proportions of fresh fruit, frozen fruit, and juice. (See recipes for proportions.)
2. To balance flavors, use a mix of tart fruits and sweet fruits.
3. The more frozen fruits you use, the thicker the smoothie will be. You can thin the mixture with ice cubes, soy milk, or fruit juice.
4. If you don't want the smoothie watered down, choose juice or soy milk to thin the consistency.
5. Fresh fruit and juice mix easier, resulting in a smoother consistency.
6. Ground flaxseed is a great fiber source and does not alter the taste of the smoothie.
7. Invest in a good blender if you plan to make smoothies often.
8. If you plan to add protein powders to your smoothie, be sure to check the ingredients to make sure there are no dairy, sweeteners, or chemicals. Add the protein powder at the end of the blending process or the smoothie may become too frothy.
9. After blending, add coarsely chopped frozen grapes as "sweet ice cubes."
10. Serve your smoothie with a small handful of raw nuts for a quick and nutritious breakfast.

A healthy breakfast is the most important meal of the day and is important to start the day off right. Get creative and become a smoothie expert!

Following are some tasty combinations to get you started:

- ❖ *Tropical*: Fresh banana and frozen mango with pineapple juice
- ❖ *Very Berry*: Fresh or frozen blueberries, raspberries, and strawberries with pomegranate juice
- ❖ *Peachy Dreams*: Fresh or frozen strawberries and peaches with orange juice

Then experiment with other combinations or ingredients:

Try using frozen blueberries, mixed berries, peaches, or raspberries in place of the frozen strawberries.

Pineapple, pomegranate, or grape juice are flavorful alternatives to orange juice.

Consider ripe peaches, mangoes, or pineapple in place of the banana.

Homemade Hummus

Serve this dip with fresh vegetables as a side dish with a meal or as a snack.

Ingredients:

- 1 15-oz. can garbanzo beans
- 1 - 2 cloves garlic
- 1/8 teaspoon salt
- 1/4 cup extra virgin oil, decrease or increase to desired consistency

Preparation:

1. Blend garbanzo beans in a food processor with garlic, salt, and oil.

Tip: Stir in some lemon juice, tahini, sun dried tomatoes or chopped olives for variety.

EZ Veggie Burgers

After whipping up these little gems, you may find them on your menu several times a week. The beans are much less expensive than ground beef, and the fat content is almost nil. These burgers make a great meal option for your Daniel Fast meals.

INGREDIENTS

- 1 can (15 ounces) white navy beans, drained
- 3/4 cup crushed whole wheat matzo
- 1/2 cup chopped yellow onion
- 2 cloves garlic, minced
- 1/4 cup chopped Italian parsley
- 2 tablespoons olive oil

1. Using a food processor, mix all the ingredients. Pulse only 4 or 5 times.
2. Divide mixture into 4 mounds. Wet hands slightly and make each of the mounds into a patty.
3. Grill or fry the burgers in a lightly oiled nonstick pan for 4 to 5 minutes, turning once.
4. Serve with chapatis or with a sauce.

Makes 4 servings



Corn Chili

You can also add canned beans to this recipe as an alternative, but the corn along with the other richly flavored vegetables makes this recipe a novelty! Serve as a main course or a side dish!

Ingredients:

- 2 10 ounce packages frozen corn, thawed
- 4 tablespoons olive oil
- 1 medium red pepper, cut into ¼ inch dice
- 2 scallions, thinly slice separately green part and white part
- ½ teaspoon ground mild chilies
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 small jalapeno pepper, seeded and minced, about 1 teaspoon
(Always be sure to protect hands when preparing jalapeno peppers.)
- ½ cup loosely packed fresh cilantro leaves, finely chopped
- Tabasco Sauce to taste

Preparation:

Combine corn and ½ cup water in medium saucepan; cover and bring to boil over moderately high heat; cook corn for 3 minutes then drain in colander and set aside.

Heat the oil in a saucepan over medium temperature. Add red bell pepper and the scallion whites; cook stirring occasionally until softened, about 3 minutes. Stir in the corn, ground chili, salt and black pepper. Cook, stirring occasionally for about 3 minutes.

Stir in jalapeno pepper and the scallion greens. Remove from heat and stir in cilantro. Season to taste with salt and pepper.

Serve with hot sauce.

Yield: Six servings.

Mustard Vinaigrette

INGREDIENTS

- 1 clove garlic, finely minced
- 1 tablespoon Dijon mustard
- 3 tablespoons balsamic vinegar
- 1 teaspoon soy or tamari sauce
- Salt and freshly ground black pepper to taste
- ½ cup extra-virgin olive oil

1. Combine all ingredients except the olive oil in a small mixing bowl.
2. Whisk ingredients together and drizzle the olive oil into the bowl until emulsified.

Makes about ½ cup of dressing



Creamy Corn Chowder

Corn chowder is a nice soup to serve during the Daniel Fast with its naturally sweet flavor and hearty substance. Serve with a green salad and homemade chapattis or corn chips and you have a delightful and nutritious meal.

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 clove garlic, minced
- 2 ½ cups vegetable broth
- 2 cups canned corn
- 2 cups unsweetened soy milk
- 1 tablespoon whole wheat flour
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper



Preparation:

Heat oil in a large skillet over medium heat. Stir in onions and celery; cook until just slightly golden. Stir in carrots and garlic; cook until garlic is slightly golden.

Meanwhile, bring broth to a boil over high heat. Stir in corn and the vegetables from the skillet. Cook until vegetables are tender. Add water, if necessary. Reduce heat to low, and pour in 1 cup soy milk. Stir soup well, then stir in remaining 1 cup soy milk.

Quickly whisk in flour. Stir in parsley, garlic powder, salt, and pepper. Cook, stirring constantly, until chowder thickens, about 15 to 20 minutes.

Yield: Six servings

Creamy Soynnaise Dressing

INGREDIENTS

- ½ cup soynnaise
- 1 medium red bell pepper, minced
- ¼ cup raisins, chopped
- 1 tablespoon apple cider vinegar
- ¼ teaspoon curry powder

1. Combine all ingredients in a small bowl. Blend until well mixed.
2. Serve over cabbage slaw or torn lettuce.

Makes about ½ cup of dressing

Soy Milk Soynnaise (“Mayonnaise”)

It is so easy to make mayonnaise from soy milk that I never buy it anymore. Use this homemade soynnaise just as you would use traditional mayonnaise.

INGREDIENTS

- ½ cup soy milk
- 2 tablespoons fresh lemon juice
- Sea salt to taste (start with a pinch and add more as needed)
- 1 tablespoon cider vinegar
- ½ cup canola or olive oil

1. Put the soy milk, lemon juice, vinegar, and salt into a blender and blend well.
2. While still blending, add the oil in a slow, steady stream.
3. Continue to blend until the soynnaise becomes creamy, about 5 minutes.
4. Adjust seasoning and be creative by adding herbs and spices at this stage. Blend only until well mixed.
5. Store in airtight container in the refrigerator.

Makes about 1 cup

More or Less . . .

You can increase or decrease this recipe but keep the amount of soy milk and oil the same: 1 cup soy milk, then 1 cup oil. The other ingredients can be altered to your liking.

Tofu Soynnaise (“Mayonnaise”)

As you know, regular mayonnaise is made with eggs, which are not allowed on the Daniel Fast. This mayo is okay for fasting and all year long.

INGREDIENTS

- 1 cup cubed soft tofu
- 4 tablespoons olive oil
- 3 teaspoons fresh lemon juice
- 1 teaspoon apple juice concentrate
- ¼ teaspoon sea salt

1. Place the tofu, olive oil, lemon juice, apple juice, and salt in a blender. Cover and blend until smooth.
2. Store in an airtight container in the refrigerator.

Makes 1 cup