



**21 DAY  
DANIEL FAST  
11 - 31 JANUARY 2016**

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# Daniel Fast

As we collectively embark on this Fast for 21 days, it's important to have a deep grasp of not only what it entails practically, but why as a church we feel this is such an enriching and significant step on our journey of faith.

## What is it ?

The Daniel fast is simply a representation of the fast that Daniel, an Old Testament Prophet engaged in to honour God instead of honouring the King of the region at that time. It is a fast which includes a large range of natural foods whilst abstaining from others.

## Why should we do it ?

Any form of fasting is crucial to our christian walk with God, if Jesus did it before he embarked on his ministry, how much more important is it for us to follow his lead and do the same for our lives, ministries, marriages, anything? Fasting and prayer enables us to refocus, refresh and realign ourselves with God again, to break from dry patterns or routines and to purposefully seek God first and encounter him afresh

## How do we do it ?

The Daniel Fast is a 21-day fast based on mainly natural fruits and vegetables and some grains whilst abstaining from other foods- aka the ones we like to indulge in the most! We have carefully put together an online booklet to equip you on how to do the fast effectively.

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We have written a devotional for each day of the fast to encourage you spiritually, included a food list and recipes to equip your practical preparation and will be sharing testimonies throughout to build your faith along the way! But remember, it is YOUR personal sacrifice, make sure to write down what you are expecting from this fast, write a prayer list, organise and set time aside to pray or read God's word or simply listen for him in dedicated pockets of peace and silence

### **A bit more history ?**

This fast is based on the Old Testament Prophet Daniel in the Bible in the time where he, among others were chosen to enter into the King's service, then King Nebuchadnezzar. For a period of 10 days, Daniel and 3 others abstained from "Royal Food" so as not to defile themselves to God. The King's officials at the end of the 10 days found that Daniel and 3 other young men had gained from the Lord all kinds of understanding, knowledge and wisdom and that Daniel himself found he could interpret dreams and visions. (Daniel 1:8-18)

These four young men found that by abstaining from what their world was offering and instead sacrificing their food to honour God, they entered into a new sense of knowledge and depth in their relationship with God. Furthermore, the rest of the book shows the incredible faithfulness, protection and power of God over these men's lives from being unscorched in the fiery furnace, saved from the lion's den, given gifts of interpretation dreams and much more.

In our day and age, Christians can find this to be true of any kind of fasting. That when we choose to honour God or sacrifice something in order to put God higher, there is much to be discovered and experienced in our relationship with God. God is Jehovah Roi - The God who sees, He sees our hearts and sacrifices we make and wants to bless us and wants to have a real, active, personal, flourishing relationship with him. He longs for us to spend time with him and get to know him. "And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who diligently seek him." (Hebrew 11:6)

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# Devotional Thoughts//

## Thankfulness

### Day 1

#### Colossians 3:15-17

'And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him'

This is the first day of a journey - a step into the unknown. A place we believe God loves us to be - where we totally rely on who God is and as He leads us to victory it's God alone who receives the praise. Thankfulness is the starting block. We need to begin with our feet firmly planted on the realisation that we have so much to be thankful for. It's personal and different for us all. Let's be thankful for God's grace and mercy, for yet another chance and for friends to help us along the journey. Are you ready? Are your feet on the starting block? Is your heart thankful? Take some time to reflect on what you are thankful for and jot them down as a reminder.



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## Thankfulness

### Day 2

#### Acts 2:25

For David says of Him, 'I saw the Lord constantly before me; For He is at my right hand, so that I will not be shaken [from my state of security]'

thank' ful . 1. Aware and appreciative of a benefit; grateful.

When posed with the subject of thankfulness, by default we all jump to things to be thankful for. We think of all of the materials, objects, jobs, opportunities even our family and friends etc that we appreciate, but do we ever stop to be thankful to the One who gave us those things in the first place? Thankful to the One just for his presence? For existing? Is that enough for us?

David was thankful because he could see beyond his life and recognised and appreciated God. God for who He is. He is constantly before us, going ahead of us, guiding, paving the way, protecting us from what we cannot even see. He is constantly at our very side, now, where you are reading this, by your side, ready to love on us, give peace, bless us and rush to our rescue at the moment we call on His name. He is security. He is stability. He is all the love that we need. He is the only thing we need. He is our Father. Be thankful to Him. He chose you to be one of his people just because he loves you and wants to be with you. That is more than enough. David noticed God, how great He is and was in awe such a God would even communicate with him let alone bless him. God is here with you now, God was there when we didn't realise and He will be with you on the road ahead, holding you securely, always. David's response and whole life was framed by thanksgiving, praise and worship. What will your response be?

## **Thankfulness**

### **Day 3**

#### **1 Thessalonians 5:16-18**

“Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”

What an amazing few verses! And what a challenge!

If we are honest not many of us can say that we are always joyful, but the fact is that God, most of all, wants to have a relationship with us. He wants us to continually talk (pray) to Him and turn to Him first when things aren’t going well.

When we know that He loves us unconditionally, that He promises to always be with us and that He says that all things will work together for my good, then we can totally depend on Him for all that happens today and tomorrow.

Want to know God’s will for your life? Then allow thankfulness to well up from deep within you and speak it out over everything you face today. God is good!

## **Thankfulness**

### **Day 4**

#### **1 King 8:5-6**

'Blessed be God, who has given peace to his people Israel just as he said he'd do. Not one of all those good and wonderful words that he spoke through Moses has misfired.'

Take a moment and recap and reflect with thankfulness God's great faithfulness to us over the years. Let us praise him for who He is because He keeps His promises to us. Be encouraged to take His words to heart and absolutely believe them. Here lies the challenge, to actually take god's words and promises on board and believe them. Lets rise up together and allow God's living word to penetrate our hearts, because His word is alive and it will bear fruit. Just believe it!

**Discipline**  
**Day 5**  
**Proverbs 10:17**

'The road to life is a disciplined life; ignore correction and you're lost for good.  
Whoever heeds discipline shows the way to life, but whoever ignores correction leads others astray.'

We can build our life on God's words. His thoughts are wisdom, they are put in the form of words so that we can understand Him. These words, Jesus is the living word, lead us and keep us on the pathway to life, providing we obey them – Him!  
Be encouraged Abba father knows it takes discipline for us to read His words, He will help us. Discipline is a tremendous key to a successful Godly life. Embrace discipline, He will come alongside you and lead you with the scriptures, He is the Holy Spirit.

The rewards are real. With discipline comes inner strength, just as we exercise our muscles, so Godly discipline creates an atmosphere for spiritual growth. The challenge is to keep it up! Be assured, when you start the whole of heaven sees you and the host of heaven applauds you. It's worth it!



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**Discipline**  
**Day 6**  
**Matthew 6:16-17**

“When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face,”

Notice that Jesus says “When you fast” not “if you fast’ which suggests that fasting should not be a one-off experience in our Christian journey, but rather a discipline which we incorporate into the rhythm of our lives. In Jesus’ day some of the religious people fasted to show off their piety, however, as in all things, what really counts is our heart and our motivation.

In verse 17 Jesus says to “put oil on your head and wash your face”; this was contrary to the Jewish custom for fasting and feast days. Putting oil on your head represented joyful celebration and what Jesus was saying was smarten up your appearance, don’t look somber and gloomy for today ‘The joy of the Lord is your strength!’

It’s day 6, keep going and live today in joyful celebration!

**Discipline**  
**Day 7**  
**2 Peter 1:3-8**

“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ”

Discipline and self-control - two words that can make us go into panic and self-perseverance-mode but why? Hebrews 12:6 tells us God disciplines those he loves. When we begin to love ourselves, we will discipline our bodies instead of allowing our emotions to rule over us. The best news is that God has already given us everything to live a godly life - it is within us. We make choices every day that impact us. How does anyone become better at something? Simply by exercising. Our muscles develop the more we use them and as a result, it will become easier for us to get stronger in the area of self-control when we practice discipline in everyday life. Today make a conscious effort to exercise discipline and self-control and remember if it is not something you need to ask God for, you may just need to exercise your muscles and actively choose to do it.

**Discipline**  
**Day 8**  
**Matthew 23:23**

“Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices—mint, dill and cumin. But you have neglected the more important matters of the law—justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former (NIV)

It's easy to be disciplined in one area yet ignore others. Jesus instructed us to be disciplined in justice, mercy and faithfulness. The hard ones. Yay... You see a New-Year's-gym-membership or healthy eating plan is beneficial and important yet, having set routines or recipes makes life a lot easier than trying to make them from scratch. While we have God's word to guide us, there is no set regime or recipe for how we should do our devotions, how many grams of grace we should give to a person, how to show justice and to whom? They are daily, unique and often tough challenges. However, they always require the key ingredient - discipline. Discipline in not losing our temper but, showing grace. Discipline to say no to the flesh. Discipline to stop and take time to reach out to someone. Maybe the biggest area we need discipline in is faithfulness. Whether that's making time for God, praying or just being in His presence. It could be choosing to keep on serving, even when we don't feel like it. It could be remaining faithful in this very fast! It is easy to get “really good at this fast” yet forget to pray or not hold our tongues and gossip. 1 Thessalonians 4:11 says; 11 “and to make it your ambition to lead a quiet life: You should mind your own business and work with your hands, just as we told you, 12 so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.” (NIV) Nike probably didn't realise just how much their “Just do it!” slogan applies to our Christian lives! If there is order needed in our lives, it is up to us to take initiative to work with what we have in our hands and use it! It isn't anyone else's responsibility. The good news is that we have the power of the Holy Spirit to teach us and help us, thank God! Otherwise, we'd be screwed! Our daily expressions affect others around us and even win the respect of unbelievers. Our lives tell a story and paint a picture, how we act and live should reflect Jesus. The world is watching the church, yet what will they see?

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**Prayer**  
**Day 9**  
**Ephesians 1:16**

“I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit[a] of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,”

My motto in prayer is K.I.S.S - Keep It Super Simple. Prayer is conversation with God. Why do we feel the need to complicate it or try to impress God with our range of vocabulary. Like any conversation prayer is a two way thing. We don't just talk to God we take time to listen to what He says whether through that still small voice or through His word the bible. What a great privilege to come to God and know that not only does He listen, but He longs to spend time with us. Prayer brings us hope and renews our faith. Prayer reveals the truth we seek. Prayer makes room for wisdom to be imparted. Prayer says we are giving God the quality time he rightfully deserves from us. Prayer paves pathways through the impossible. Not only just for us but for others too. What opportunities can you take today to pray for others who you know are struggling? Is there anyone who is simply on your heart? Why not intervene for them and lift them up before God?



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**Prayer**  
**Day 10**  
**Psalm 55:1-3**

“Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught because of what my enemy is saying.”

When was the last time you were just “real” in your prayers to God? Sometimes we can feel like we need to pray using “prayer language”. But when reading the Psalms we see some of David’s prayers and the sheer rawness in which he prays them. David gets to the point and calls to God for help amidst some dire circumstances. David enters into a wrestle of prayer with God many times throughout the Psalms, asking for answers to why he is in the situations he finds himself in and he isn’t afraid to get real with how he’s feeling and why he’s feeling that way ( see Psalm 55 above ) The thing about entering into a wrestle of prayer with our Heavenly Father is that when we wrestle, he’s close to us, when we get real he’s right there, wrestling requires close contact and also rids us of frustration. We read the Psalms and see David calling out in rawness with real prayers in sometimes life or death situations. But we know how it ends, we know that David lives a long life and establishes Israel as one of the greatest Kingdoms in the world at that time. The rawness brought breakthrough. Maybe it’s time to get real with God, starting today!

## Prayer

### Day 11

#### 1 Thessalonians 1:3

“We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.” (NIV)

Here Paul is highlighting the three pillars of the Christian walk – Faith, Love and Hope, and linking them with Work, Labor and Endurance. These qualities (Faith, Love and Hope) do not come naturally but are a result of an encounter with the Living God and take some effort on our part.

Here are 3 questions to ponder today:

Is the outcome of our activity (Work) a result of an unshakeable faith in God?

Is our service (Labor) motivated by love for God and His Kingdom or out of obligation and duty?

Are we committed to staying the course (Endurance) because our hope is in Jesus, the coming King?

Today may others look at us and see our work produced by faith, our labor prompted by love and our endurance inspired by hope in our Lord Jesus Christ.

**Prayer**  
**Day 12**  
**Isaiah 40:3**

A voice of one calling:  
"In the wilderness prepare

the way for the Lord[a]; make straight in the desert

a highway for our God (NIV)

When I first did a fast, I prayed, and prayed and worshipped and sat in silence yet felt like I was hearing nothing. I thought, how can something that is meant to draw you closer to God make you feel that is farther away than ever? I wasted enough time annoyed before I realised, I had not paved a way for God in seeking him. Yes I was fasting, but I wasn't praying any more than usual (which at times can be not much at all). I wasn't hearing His voice. Then the revelation hit me that in the silence, I spent that time talking, saying, "I don't hear anything" or "I mustn't be doing this right". God is always speaking, we are not always listening. Prayer is a conversation, therefore we need to wait and be still for His voice. In the wilderness, there is nothing else. Just desert. In a way, it is a type of beauty we can't see. The beauty of a quiet place, a place undisturbed, thirsting to be quenched. It is in the wilderness where we appreciate the living water that comes from His word, His presence, His voice. We see desert as an empty land, God sees it as a blank canvas. An opportunity to see that all there is, is Him. Make a straight highway for God in the desert. Desert your distractions, preconditioned ideas of what prayer looks like, second hand revelations from pastors or others and simply be in the desert. Constructing a highway involves removing whatever makes the path obstructed. What obstructs your path of prayer? Be real, raw and open to embrace the peaceful silence and comfort of the desert with God.

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**Holy Spirit**  
**Day 13**  
**2 Corinthians 3:17-18**

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate[a] the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

When I think of the Holy Spirit I always go back to how Jesus said it was for our benefit that he went away so the Father could send the Holy Spirit as our helper. How incredible. Jesus knew he had to go but, He had something especially for us, someone especially assigned to us, to be continually with us and to have relationship with us. He wants to lead and guide us in our daily life helping us to navigate our way through the obstacles we face. The Holy Spirit is our closest companion and will change our lives when we develop a deeper relationship. He will equip us with power, wisdom, strength, courage and all things we need to live our lives for God. Ask God to fill you with his Holy Spirit and see the difference it makes in your life. It is not something to fear but rather a gift to celebrate and be thankful for. Many people interpret Holy Spirit as an ethereal being, a superpower. No, Holy Spirit, is God. When we realise truly who the Holy Spirit is, that the Spirit is another magnificent facet of the person of God himself yet to be discovered and unveiled, we will see God’s glory. We will experience the power of the Holy Spirit, the nearness, the presence, the love of the Spirit. And we, have the opportunity to show God’s glory in the world by allowing the Spirit to live and move from within our hearts and spirit out to the world to show God and his love for them. Now this all “comes from the Lord, who is the Spirit.” So what are you waiting for? Dive into a deeper relationship with the Holy Spirit!



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**Holy Spirit**  
**Day 14**  
**2 Samuel 23:2**

“The Spirit of the Lord spoke through me; his word was on my tongue.”

It is an amazing thought that not only does the Holy Spirit live within a true believer but that the Spirit of the Lord wants to speak through our mouth! God wants to use each of us to speak His words of life to others. The wonderful thing is that you don't have to be super spiritual or well qualified etc, but like David, who this scripture is referring to, God is looking for people whose heart is after Him; people who put God first in their lives.

The bible is full of examples of people who didn't have it all together but who God still used. The devil will want to point out your failings and disqualify you, but through God's amazing grace we are redeemed from those lies and the same power that raised Christ from the dead lives in us! So be bold and ask the Holy Spirit who He wants to speak to today through you.

**Holy Spirit**  
**Day 15**  
**Romans 8:8-10**

'Those who are in the realm of the flesh cannot please God. You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.'

If we do not let the Holy Spirit control us, then the Spirit of this world will. That's just the way it is. The Holy Spirit wants to indwell us, he yearns and longs to live in us and share everything pertaining to this life and eternity with us. Be encouraged and know that the Holy Spirit is stronger and greater than the evil spirit of this world. The challenge again is to really, truly believe this. That's why it is so important to get to know Him, the Holy Spirit, as our comforter and strengthener. How do we get to know Him? By living disciplined lives of prayer and reading His word. Daily infilling of God's word, because the Holy Spirit brings these words to life. Just do it!

**Holy Spirit**  
**Day 16**  
**Daniel 4:18**  
**Mark 13:11**

"This is the dream that I, King Nebuchadnezzar, had. Now, Belteshazzar, tell me what it means, for none of the wise men in my kingdom can interpret it for me. But you can, because the spirit of the holy gods is in you."

'Whenever you are arrested and brought to trial, do not worry beforehand about what to say. Just say whatever is given you at the time, for it is not you speaking, but the Holy Spirit.'

Holy Spirit is a person. The Holy Spirit is God. Even before Pentecost happened in the book of Acts where God's spirit was poured out as a gift to us, the Holy Spirit was always in our midst. The spirit was always ready to intervene supernaturally on our behalf to achieve God's purpose on earth. Daniel was just an ordinary man. It wasn't Daniel in his wisdom that made him able to interpret dreams and visions, it was the Holy Spirit in him. We spend so much time worrying and trying to figure out the answers, plan our own ways, weighing up options for direction or trying to figure out God or situations, in our own strength. We ALL have the gift of the Holy Spirit. The spirit brings life, knowledge, understanding, clarity, peace, wisdom, truth, empowerment for self-discipline, gentleness, discernment, encouragement and I could go on. He fills our mouths when we don't know what to say, he guides us when we're unsure what to do. What a precious gift we have in the Holy Spirit. Don't neglect a relationship with the Holy Spirit and all the wonders and miracles that accompany that any longer! Why not try praying to the Holy Spirit, worshipping the Holy Spirit, or even ask to be baptised in the fire of the Holy Spirit? Ask the spirit, "fill me, reveal yourself to me, allow me to experience a relationship with you".

**Trust**  
**Day 17**  
**Psalm 73:26**

“My flesh and my heart may fail, but God is the rock and strength of my heart and my portion forever.”

Life can be tough at times in many different ways. Sometimes it can be our health or often things can hit us that really knock our confidence and dent our spirit and motivation. But don't you just love the 'But God' verses in the bible. God has promised that He will never fail us or abandon us and what a privilege to know that not only is He in control but we can boldly declare today over our lives that God is the rock and strength of my heart and my portion forever!

Grab hold of this truth today, speak it boldly over your life and circumstances and trust God in all that He has for you today and for your dreams, your destiny and for all your tomorrows. He is on your side!



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**Trust**  
**Day 18**  
**Proverbs 3:25-26**

'Have no fear of sudden disaster or of the ruin that overtakes the wicked,  
for the Lord will be at your side and will keep your foot from being snared.'

We are called to be a people of trust. Trust is the wonderful work that God is continually doing within us, changing us. He is making us strong inside so that we can cope with the suddenlies that happen outside. These are things beyond our control. God wants us to master the things we can control, this is really important. They are love, faith and hope, our personalities and decision making and our tongue. We can banish the fear of failure with trust. It's not easy, but make a start. Every day purpose yourself to fill your mind with God's promises and His word and you will feel yourself getting lighter with each day.

**Trust**  
**Day 19**  
**Psalm 20:7**

“Some trust in chariots and some in horses, but we trust in the name of the Lord our God.”

What do you put your trust in when things get tough? Chariots and horses in this psalm represent the strength of a nation or empire. How many horses, chariots and men you had, showed your strength. You could rely on it for reassurance when danger loomed. You know we can build many personal empires in the western world today. Our bank account, our business success, how many Instagram followers we have and at times we can look to them for our strength and reassurance, rather than to God. The thing is, all these things are temporal, they can be here today and gone tomorrow. But our God is everlasting, his love never ending and when we put him first, when we put our trust in him and not in the things of this world there is a strength and confidence that comes over us. “You’ll never come second by putting God first” God is after our hearts. He wants us to want him over anything else. Let this Psalm be your confession of prayer in tough times. God is our rock, unmoving and solid ground, unlike the shaky things of this world that eventually crumble. Confess your trust in him over anything else and watch as your perspective shifts, a confidence rises within you and your situation changes.

**Trust**  
**Day 20**  
**Zechariah 13:9**

'This third I will put into the fire; I will refine them like silver and test them like gold. They will call on my name and I will answer them; I will say, 'They are my people,' and they will say, 'The Lord is our God.'

In this passage, the shepherd was struck, two-thirds of sheep were scattered, one third remained. Those that remain feel the heat of the fire that comes from feeling like the minority, from being misguided, hurt or uncared for. God has chosen the third that remain. God wants to draw out the gold in us and works out all things for the good. God knows what he's doing, trust Him. The fire is painful yet necessary. When refining gold, the metal is put into intense heat up to 1000 degrees celsius, until melting point and then stirred. It is at that point, the impurities come out and can be removed by skimming the surface of the melted gold. Then the testing comes to see if the gold is pure. The average human body weighing 70kgs contains 0.2 milligrams of gold. There is actual gold within us! The element of gold within us needs refined and tested to bring out its purest form. And once refined, the gold is captivating and of even greater value. God works like fire. If He is trusted and we allow him at work in our soul, the gold melts, warms us, purifies and burns up the impurities. Don't forget to hold onto the good shepherd when you feel you're in the fire. Call to him and he'll answer. He is a good father.

**Breakthrough**  
**Day 21**  
**Ephesians 3:20**

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,”

CONGRATULATIONS! You've made it to Day 21!!

What an incredible experience as we've journeyed these last 3 weeks together, praying and seeking God for ourselves and for Grace Generation as we commit 2016 to Him.

It has probably been a challenge for most people but there is something special happens when a company of God's people seek His face together and battle through the temptation to give up and endure to the end. We believe that as we've denied ourselves and not allowed the cravings of our bodies to control us, that God will have spoken to each one and for some it will have life changing effects.

So as we celebrate our final day, whatever you have been seeking God for, isn't it amazing to know that our God is able to do exceedingly, immeasurably more than we could ask, think, imagine or dream about, according to His mighty power that is at work in us!

May you know God's blessing and favour in 2016 in Jesus name!



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# The Food List

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

Foods to include in your diet during the Daniel Fast:

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

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chilli peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

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

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

### **Foods to avoid on the Daniel Fast:**

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods, peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

# RECIPES

## Breakfasts

### APPLE AND OAT PORRIDGE

#### Ingredients

4 cups water

1 1/2 cups 100% oats(no sugar)

1 large apple - peeled/cored and chopped into very small pieces 1/3 cup raisins

\*\*optional: pumpkin seeds/chia seeds/flax seeds

1/2 teaspoon cinnamon

1/2 teaspoon salt

Soy milk for serving (optional)

#### Instructions

1. In a sauce pan over high heat, bring the water to a boil. Stir in the oats 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 the soy milk if desired.
- \*\*This is a great interchangeable breakkie! For a change why not substitute your fillings and swap this recipe and instead top your oats with sliced banana, frozen forest berries or whatever fruits you like! If you need an extra flavour hit, why not add a dollop of natural 100% peanut butter?

# Breakfasts

## TOFU BREAKFAST SCRAMBLE

### Ingredients

- 1 box firm tofu
- 1 zucchini, diced small
- 1 tomato, diced
- 1/2 onion, diced
- 1 red bell pepper, diced
- 2 green onions, finely sliced
- 1 tablespoon fresh cilantro, minced 1 clove garlic, minced
- Salt and pepper to taste / Tomato paste if desired

### Instructions

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

# Breakfasts

## GRANOLA

### Ingredients

4 cups rolled oats

1 cup crushed almonds

1/2 cup whole grain flour

1 tsp. cinnamon

1/4 cup shredded coconut

1 cup sunflower seeds

1/2 cup wheat germ or other whole grain bran 1 cup pumpkin seeds

### Instructions

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

# Breakfasts

## FRUIT SALAD

### Ingredients

1 kiwi

1 pint strawberries 1 mango 2 bananas

1/2 pint blueberries

\*Slice and mix.\*

## Lunches

### **BUTTERNUT SQUASH & BROCCOLI SALAD**

**\*serves 5\***

#### Ingredients

- 1 -1 1/2 pounds butternut squash
- 3 cups broccoli florets, cut into pieces
- 1/2 cup canned black beans, rinsed & drained
- 1 1/2 tbsp extra-virgin olive oil
- 1/4 tsp dried basil
- 1/4 tsp garlic powder
- 1/8 tsp thyme
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped walnuts
- 2 tbsp pumpkin seeds, toasted

#### Instructions

Trim ends of squash, and use a vegetable peeler to remove outer layer. Cut squash in half lengthwise, and scoop out pulp and seeds. Slice squash into strips, and cut into 1-inch cubes (should yield about 3 cups).

Lightly steam butternut squash and broccoli until tender crisp (butternut squash takes about 15-18 minutes and broccoli about 10-12 minutes). Place in a large bowl, and add beans. In a separate smaller bowl, whisk oil, basil, garlic powder, and thyme together. Pour over vegetables and beans, and stir to coat. Mix in parsley, walnuts, and pumpkin seeds. Serve warm, or let sit at room temperature for 10-15 minutes. Makes about 5 cups.

### Recipe Notes

Substitute cooked carrots for the butternut squash.

Use as a topping for a lettuce salad.

This dish is best served warm, but it can also be eaten cold, straight out of the refrigerator



## Lunches

### **JEANETTE'S IMMUNITY BOOST SOUP!**

**\*Heartily Serves 4\***

#### Ingredients

9 oz Carrots

9 oz Sweet Potato

1 onion

1 peeled Butternut Squash Thumb-size of ginger

1 tsp tumeric

1 tsp mix spice

3 cloves garlic

Salt + pepper to taste

350 ml Organic all-natural Vegetable stock(no sugar)

1 Can of Coconut Milk

#### Instructions

In a large pot, sweat the onion with a small drop of extra virgin olive oil along with the garlic and ginger.

When onion is slightly browned and soft, add all other ingredients and boiling water over the top until it covers the top of the ingredients.

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## Lunches

### **PROTEIN-PACKED SPICY VEGAN QUINOA WITH EDAMAME**

**\*Serves 8\***

#### Ingredients

3 1/2 cups water

2 cups quinoa, rinsed

4 teaspoons organic vegetable stock cube//or drop of organic vegetable stock

2 1/2 cups frozen shelled edamame (green soybeans)

1 tablespoon olive oil

2 sweet onions, chopped

2 bell peppers, chopped

2 tablespoons minced fresh ginger

6 cloves garlic, minced

1/4 cup reduced-sodium soy sauce

2 tablespoons chopped fresh coriander

1 tablespoon hot chile paste or fresh birdseye chillies (such as sambal oelek or other), or to taste (optional) **\*\*no sugar or preservatives\*\***

- read the label

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**Prep 15 min//Cook 30 mins//Ready in 45 mins**

Bring water, quinoa, and vegetable bouillon to a boil in a large pot; stir in edamame, cover, and simmer until quinoa is tender, 15 to 20 minutes. Heat olive oil in a large pan over medium heat; cook and stir onions and bell peppers until onions are translucent, about 5 minutes. Add ginger and garlic; cook and stir until fragrant, about 2 minutes. Remove from heat; stir in soy sauce, corriander, and chile paste or fresh chillies. Stir onion mixture into quinoa mixture; simmer, stirring occasionally, until excess broth has been absorbed, about 5 minutes.

Cook's Notes:

This can be served immediately or refrigerated for up to 1 week and reheated.

# Dinners

## SPICY POTATO CURRY

### Ingredients

4 potatoes, peeled and cubed

1 yellow onion, diced

2 tbsp vegetable oil

3 cloves garlic, minced

2 tsp ground cumin

1 1/2 tsp cayenne pepper

4 tsp curry powder \*organic/no sugar\*

4 tsp garam masala spice mix (blk+white peppercorns, cloves,cinnamon, nutmeg, blk and green cardamom pods, bay leaf, cumin)

1 (1 inch) piece fresh ginger root, peeled and minced

2 teaspoons salt

1 (14.5 oz) can diced tomatoes

1 (15 oz) can (chickpeas), rinsed and drained

1 (15 oz) can peas, drained

1 (14 oz) can coconut milk/almond milk/rice milk

## **Instructions**

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

# Dinners

## **GREEK VEGETABLE STEW**

### Ingredients

2 tablespoons oil

2 onions, chopped

1 pound green string beans, broken in half 1 package frozen or fresh spinach

4 cups water

6 zucchini, chunked

4 yellow squash, chunked

2 cups celery leaves

4 tomatoes, quartered

1 teaspoon salt

8 slices lemon

1 tablespoon dried oregano

3 tablespoons fresh basil

2 cloves chopped garlic

2 tablespoons lemon juice

## **Instructions**

1. Lightly brown onions in a hot dry skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups water and tomatoes. Cook 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl.

# Dinners

## **BEAN CURRY AND RICE**

**Serves 8**

### Ingredients

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)

1 can garbanzo beans, drained and rinsed (15 ounce) 1 can kidney beans, drained and rinsed (8 ounce)

1/2 cup raisins

8 cups cooked brown rice

salt and pepper to taste



## **Instructions**

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.

## Dinners

### **STIR FRY VEGETABLES WITH BROWN RICE**

**Serves 4**

#### Ingredients

1 tbsp sesame oil

3 green onions, finely chopped

3 tbsp 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

4 cups greens, chopped (kale, bok choy, spinach, collards, etc) 1 can sliced water chestnuts, drained

3 cups cooked brown rice

2 tbsp soy sauce

1 1/2 cups peas (if frozen run under water to thaw) 1/2 cup toasted sliced almonds

## Instructions

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.

A few extras

## COCONUT DATE BARS

### Ingredients

1/3 cup slivered almonds

1/2 cup flaked coconut

10 pitted dates, or to taste 1/4 cup cashews, or to taste 1 teaspoon coconut oil

### Instructions

Prep 10mins// Ready 40 mins

Blend almonds and coconut in a food processor; add dates and pulse until combined. Add cashews and coconut oil; pulse until mixture is thick and sticks together. Transfer to a sheet of waxed paper; form into a square, folding sides of waxed paper over the top. Refrigerate until solid, at least 30 minutes.

A few extras

## **ADDICTIVE SWEET POTATO SNACK BURRITOS**

**\*serves 12\*\***

### **Ingredients:**

1 Tbsp vegetable oil

1 onion, chopped

4 cloves garlic, minced

6 cups canned kidney beans, drained 2 cups water

3 tsp chilli powder

4 tsp prepared mustard

2 tsp ground cumin

1 pinch cayenne pepper, or to taste

3 tbsp soy sauce

4 cups mashed cooked sweet potatoes

12 (10 inch) whole wheat flour tortillas, warmed

## **Instructions**

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a medium pan and saute onion and garlic until soft.

Mash beans into the onion mixture. Gradually stir in water; heat until warm, 2 to 3 minutes. Remove from heat and stir in the soy sauce, chili powder, mustard, cumin, and cayenne pepper. Divide bean mixture and mashed sweet potatoes evenly between the tortillas. Fold tortillas burrito-style around the fillings and place on a baking sheet. Bake in the preheated oven until warmed through, about 12 minutes.

A few extras

## **GREEN POWER MOJITO SMOOTHIE**

**\*serves 4\*\***

### **Ingredients**

3 cups ice cubes, or as desired

2 cups baby spinach leaves, or to taste 1 (7 ounce) large cup fresh pineapple 1/2 cup water, or to taste

1 banana, broken into chunks

1 orange, peeled and segmented

10 fresh mint leaves, or more to taste 1 lemon, juiced

1 lime, juiced **\*\*blend and serve\*\***

A few extras

## CASHEW RICOTTA CHEESE

### Ingredients

1 1/2 cups raw cashews, soaked

1/2 cup water

juice of 1 large lemon or 1 tablespoon apple cider vinegar

1 garlic clove

Dash of onion powder

Himalayan sea salt & cracked pepper, to taste

### Instructions

Soak the cashews for at least 2 hours in a bowl of water, covering the cashews about 2 – 3 inches of water as they will swell up.

Drain cashews and place all remaining ingredients into a blender or food processor, process until creamy stopping to scrape down the sides every few minutes. Taste for flavours adding any additional ingredients. Some like a salty ricotta so feel free to add as much salt as you want. Store in an air tight container in the refrigerator for an hour or two, this will stiffen the mixture a bit. You can also prepare your dish straight away without refrigeration if needed. Refrigeration will thicken the mixture a bit. If it becomes too thick, add a tad of water and mix well. Makes approx. 2 cups. Stores in refrigerator for up to a week.\*\*top on whole wheat crackers or rice cakes with tomato and avocado, YUM!

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## Snack Ideas

Rice cakes// with peanut butter and raisins

Almonds

Dried fruit including apricots

Apples dipped in nut butter

Sliced fruit

Veggies with dip

Popped popcorn

Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit

Fruit kabobs

Frozen fruit including grapes, blueberries, strawberries and bananas Whole wheat crackers\* with nut butter

Hummus with flat bread\*