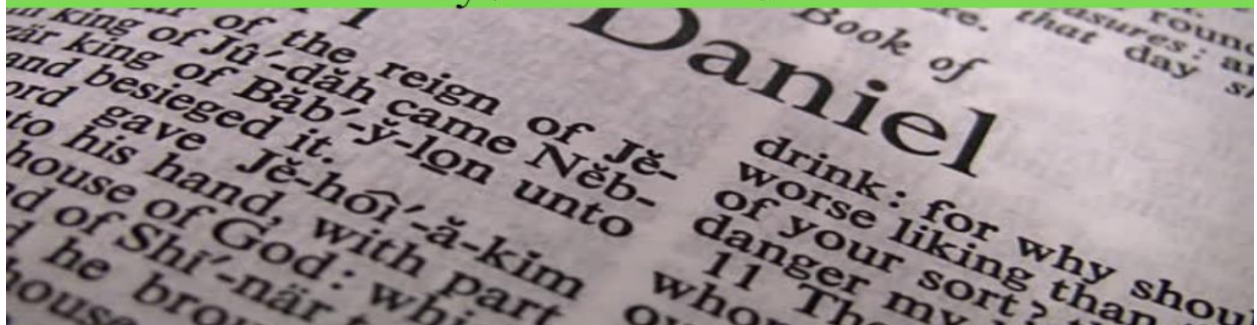




# First Baptist Church of Guilford



## The **DANIEL FAST** History, Benefits, & Diet



## Prayer & Fasting

**February 14 – March 30, 2024**

Join us for prayer every morning at 7am

Dial in at 1-857-232-0157 Code: 876986

*Playback codes will be posted every morning on our Facebook page*



## *Message from Pastor Jones*



To the Disciples of Christ at FBCOG:

I greet you in the name of our Lord and Savior Jesus Christ!

As we have come now to this time of fasting and prayer, I want us to take seriously this time of fasting together. For the next 40 days we will continue daily to pray and seek God's power to transform our lives. I pray this time of spiritual renewal will be a blessing to all who partake.

These 40 days of fasting and prayer will be designed to help us as a church prepare to refocus, refuel, and reaffirm our faith. Our theme for 2024 is **Faith In Action** (James 2:14-17). The devotional guide and fasting outline will help to keep us on target during the Lenten Season. It is important that you make every effort to submit to what we are doing as a corporate body of believers so that we will reap a corporate blessing.

I ask each and every one of you to please take this seriously and devote each day to reading, prayer, and reflections while fasting together.

In His Service,

Pastor Tyrone P. Jones, IV

# What is **fasting**?

In the Old Testament, the word “fast” was derived from the Hebrew term *tsom*, which refers to the practice of self-denial. It was Hannah, who later became the mother of Samuel, who was so troubled about her inability to have children that “she wept and did not eat.” (1Samuel 1: 7, NIV) In the New Testament, the word “fast” is derived from the Greek word *nesteia*, which also refers to self-denial. When Jesus began his public ministry, He did so with an extended fast of 40 days (Matthew 4:1-2).

Fasting is abstaining from food for a spiritual purpose. Fasting is not a tool to twist the arm of God so that He will give you exactly what you want. The purpose of fasting is to get your flesh out of the way so that the Spirit of God can move in your life. Fasting removes the barriers to communication with God and allows your spiritual nature to commune directly with the heavenly Father-without distractions or disturbances



***Important: If you have a special dietary need, please consult your physician before starting the Daniel Fast. You can modify the fast to meet your health needs.***

## FOUR KINDS OF FASTS

*Be sure to consult your doctor before beginning any of the fasts listed here, especially if you have been diagnosed with any kind of medical condition*

**1 THE NORMAL FAST** is going without food for a definite period which you ingest only liquids (water and/or juice). The duration can be 1 day, 3 days, 1 week, 1 month or 40 days. Extreme care should be taken with longer fasts, which should only be attempted after medical advice from your physician.

**2 THE ABSOLUTE FAST** allows no food or water at all and should be short. Moses fasted for 40 days, but this would be a challenge for anyone without supernatural intervention.

**3 THE PARTIAL FAST** omits certain foods or is on a schedule that included limited eating. Elijah practiced partial fasts at least twice. John the Baptist and Daniel with his three friends are other examples of those participated in partial fasts.

**4 A ROTATIONAL FAST** consists of eating or omitting certain families of foods for designated periods. For example, grains may be eaten only every fourth day. The various food families are rotated some food is available each day.

### The Daniel Fast

In those days I, Daniel was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three weeks fulfilled Daniel 10:2-3 (NKJV). The Daniel Fast is a biblically based partial fast. The Daniel Fast essentially requires that we eat only fruit, vegetables, and drink only water.

*There are two anchoring scriptures for the 12-13), the Prophet (Daniel) ate only vegetables (that would have included fruit) and drank only water.*

In Daniel 10: 2-3, we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. Here at FBCOG we fast for 40 days as we model the example of Christ in Matthew 4:1-2. From this we see that we should abstain from sweeteners (including artificial) and no breads are allowed on the FBCOG Daniel Fast.

## Spiritual Preparation



- Designate a specific time of day that you will spend in prayer and meditation with God and try to stick to it.
- Make a list of the things you want to commit to prayer during this period.
- Always keep in mind that fasting without prayer is a diet.
- Use your prayer time in prayer to express your gratitude, confess your sins, ask for forgiveness, make your petitions and intercessions and for God's will for you to manifest in your life. Then thank God.

During the Daniel Fast you will not consume any sugar or sweeteners except for those provided in the list below nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days, which may include headaches, fatigue, leg cramps and other typical symptoms. You can reduce these effects by weaning yourself from these foods before the fast begins by drinking at least 1/2 gallons of filtered water each day before, during and after the fasting period. Anytime you have concerns about symptoms you may be experiencing, please be sure to contact your healthcare professional. Fasting should never be harmful to the body.

***If you have a special dietary need, please consult your physician before starting the Daniel Fast. You can modify the fast to meet your health needs.***



## **Pre-Fast Suggestions for an Easier Transition**

The Sunday before Ash Wednesday:

- Switch from caffeine products to decaffeinated herbal teas
- Increase water consumption – try to drink at least eight 8oz glasses of water daily
- Eat lighter meals preferably fish or chicken
- Eliminate/cut back on eating sweets, cooking with fats, using butter and white starch products
- Take an age appropriate multivitamin throughout the fast
- Exercise at least 20 minutes a day

## **Cooking Methods: Stir-fry, Grill, Sauté, Steam, Stew, Puree**

**Preparation:** Slice and cube as many vegetables as possible and store in good quality plastic bags. This helps to speed up meal preparation time. Most vegetables will last several days if stored properly. Test your creativity by doing a different medley each time.

### **During the Fast:**

- Eat 6 to 8 times per day
- Drink 8 to 10 glasses of water
- Try to eat every two hours, keep snacks like carrots or nuts handy
- Try making your own salad dressings

**SUNDAY OPTION:** We recognize that fasting is a lifestyle into which we must grow. As a result, we have chosen to allow the optional eating of baked chicken or fish on Sunday. If you chose to eat fish or chicken, we ask that you abstain from shrimp, crab meats, oysters or any food from the sea with a shell.

## **Daniel Fast Foods:**

**All fruits:** These can be fresh, frozen, dried, juiced or canned fruits. 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 and 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, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams and zucchini. Veggie burgers are an option if you are not allergic to soy. NO white or red potatoes

**Whole grains:** millet, quinoa, oats, grits, and popcorn. ***Brown rice on Sunday only.***

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

**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 and white beans.

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

**Beverages:** spring water, distilled water or other pure waters, herbal teas and juices or smoothies made from fruits or vegetables using a blender, juicer or other food processor.

**Other:** tofu, soy products, vinegars, seasonings, sea & kosher salt, herbs and spices.

**Sundays ONLY** – fish or chicken (broiled or baked) **NOT** fried.

**Sweeteners:** pure honey, blue agave, date honey, and stevia

**Bread:** Ezekiel Bread

## Foods to avoid on the Daniel Fast

**All meat** and animal products including but not limited to: beef, lamb, and pork.

**All dairy products** including but not limited to: milk, cheese, cream, butter, and eggs. Note: milk made from nut products is acceptable for example almond milk.

**Sweeteners** including sugar, raw sugar, syrups, molasses, and cane juice.

**All refined and processed food** products including but not limited to: artificial flavorings, food additives, chemicals, white rice, white flour, pastas and foods that contain artificial preservatives.

**All deep fried foods** including but not limited to: potato chips, French fries, corn chips.

**All solid fats** including shortening, margarine, lard and foods high in fat.

**Beverages** including but not limited to: coffee, caffeinated teas, carbonated beverages, energy drinks, and alcohol.





## A message to Families about praying and fasting together



### **YOUR CHILDREN CAN FAST WITH YOU!!!!**

Explain to them that fasting will help them grow stronger as Christians and get closer to Jesus. When they take special time out to pray to Jesus and at the same time, take special effort to not enjoy a favorite food/snack item or activity during a certain period of time, they are fasting.

As a Family, sit down together and talk about for whom or what your children are seeking God and in which way they are going to fast. Then, have your children write down their decisions on a card and you do the same and refer to it during the fast to remind yourselves of the commitment you have made during the fast. Explain to your children that there will be times when they will find it hard to fast and may even want to change their minds in the middle of the fast. However, as Parents, gently encourage them and help them keep the commitment they made to the Lord and see how God answers their prayers. Following the 40 Days of Fasting and Praying, sit down with your children and talk with them about the objectives they set prior to the fast and what the Lord did during this special time.

Remember that a child's body needs the proper nutrition and activity as well as rest to keep them healthy and whole. They don't need to fast complete meals or healthy food choices for days at a time or give up on exercise that playtime affords. Children respond best with a set schedule, so be sure to create one where they will know which days they will be fasting and what exactly they are fasting (from).



## FASTING SUGGESTION FOR CHILDREN:

- No TV, texting or electronics on a specific day/night. (Use this time to play games or spend quality family time together)
- No “Fast Foods” for all of the 40 days
- Abstaining from special snacks (candy, cookies, sweets, etc)

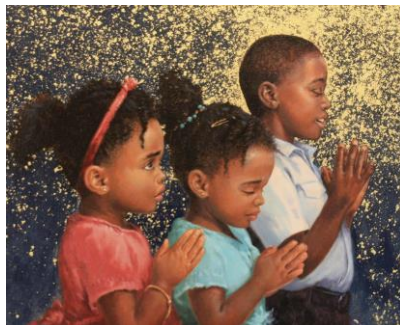


### A final word about FASTING

Be Specific and make a verbal commitment to the Lord. Be clear, before beginning your fast, write down a plan and a verbal commitment to the Lord.

**When you approach your fast with determination and a clear goal you will be less likely to waiver in weak moments.**

FASTING IS BIBLICAL (Daniel 2:2-3) and FASTING IS A SPIRITUAL COMMITMENT (Daniel 1:8)



# Survive the Daniel's Fast with Ease

*AmiCietta D. Clarke, Esq., Certified Holistic Health Coach, FBCOG Health Ministry*

## PREPARING FOR THE FAST (NOW – FEBRUARY 28, 2017)

- Pray for God's strength during the FAST and for His revelations during the FAST
  - o **Remember that changing your eating habits without seeking God is just a diet, not a FAST.**
- Drink 8 ounces or more of warm water in the morning
  - o This will jumpstart your metabolism and lymphatic system.
- Increase your intake of water
  - o Aim for  $\frac{1}{2}$  your weight in ounces
    - 250 pounds = 125 ounces
    - 175 pounds = 87.5 ounces
  - o Wherever you are now, aim to increase your intake by 8 ounces per week.
- Begin to cut back on caffeine
  - o Cut back on coffee
    - Try  $\frac{1}{2}$  caffeinated and  $\frac{1}{2}$  decaf
    - Try Dandyblend "instant herbal tea" – it tastes like coffee, but has no caffeine. It's made from Dandelion Root. It's also great for detoxification.
    - Try caffeinated green tea (which has about  $\frac{1}{2}$  the amount of caffeine in coffee) and then switch to decaf green tea
- Begin to back on processed foods and sugary drinks
  - o Instead of Soda → Try sparkling water + juice
  - o Instead of Candy → Try dried fruit
  - o Instead of Chips → Try carrots/celery sticks/kale chips/baked plantain chips/baked sweet potato chips
  - o Instead of Rice → Try quinoa/bulgar wheat
- Cut back on red meat and pork
  - o Eat chicken and fish instead
- Cut back on fried foods
  - o Grill/bake or sauté instead.
- Find an accountability buddy to keep you on track during the FAST

## DURING THE FAST (MARCH 1 – APRIL 15, 2017)

- Tune in to Pastor Jones every morning at 7:00am for the prayer call.
- Spend some quiet time with God seeking His will every day.

- Continue your morning lemon water
- Eat breakfast
  - o Always pair carbs with protein. Protein will slow the rise of your blood sugar & will help with muscle recovery.
    - Ex: Try not to eat oatmeal alone. Add some nuts/seeds to it for protein.
      - Chia seeds, flax seeds & hemp seeds are great w/ oatmeal
- Drink, drink, drink....(water, that is ☺)
  - o Remember ½ your weight in ounces
  - o Staying hydrated curbs cravings
- Plan ahead
  - o On Sundays plan for the week so that you aren't tempted to break the FAST.
  - o Have snacks handy (see below for ideas)
- Limit your intake of soy products
  - o Soy mimics estrogen in the body and some studies link it to breast cancer.
  - o If you do eat soy, make sure that it's NON-GMO.
- Snack
  - o Carrots
  - o Celery sticks
  - o Kale chips
  - o Fruits
  - o Peppers
  - o Nuts
  - o Trail mix
  - o Hummus + cucumber slices
  - o Baked sweet potato fries
  - o Applesauce with seeds (hemp & flax are my favorites)
- Spice it up
  - o Hot peppers (chili/Scotch bonnets/habaneros/jalapeno/cayenne) have capsaicin which has anti-cancer properties and helps digestion and metabolism
  - o Turmeric – powerful anti-inflammatory
  - o Ginger – good for digestion + anti-inflammatory
- Eat GOOD fats
  - o Avocado
  - o Nuts and seeds
  - o Healthy oils (olive, avocado, sunflower)
    - Avoid GMO and inflammatory oils (canola, vegetable, soy and corn oil)

## IDEAS OF WHAT TO EAT

**Breakfast** – Breakfast Quinoa/Smoothies/Oatmeal (add protein – nuts/seeds)

**Lunch** – Green Lentil & Quinoa Salad/Bean burgers

**Dinner** – Soups (lentil, sweet potato, chili)

**Drinks** –

- Water
  - o Sparkling water
  - o Water with strawberries (organic)/cucumbers (organic)/mint tea bag
- Make your own ice tea
- Honest Tea makes great cold teas
  - o *Make sure that you only get herbal decaf tea and not lemonade*
- Homemade juice

**WAYS TO MAXIMIZE YOUR HEALTH DURING THE FAST**

- Eat *Organic*
  - o *Dirty Dozen/Clean 15*
- Exercise/move your body several times a week
- Don't skip meals
  - o It can cause diabetes and causes you to eat more.
- Eat protein at every meal
- Avoid GMO foods
  - o Canola/soy/corn/zucchini/squash/cottonseed/papaya
  - o Unless these foods have the Non-GMO verified seal, you want to avoid them
- Beware of smoke points of oils:
  - o Baking → olive oil, non-GMO canola oil
  - o Salads → olive oil
  - o Sautéing → non-GMO canola oil and virgin coconut oil
  - o Frying (you won't be frying) → avocado oil and refined coconut oil
    - Avocado oil and olive oil are good for your heart.

**EXTRA TIPS**

- Physicians Committee for Responsible Medicine has a 21 day Vegan Kickstart Program
  - o They will send you tips and recipe ideas.
  - o It starts on the 1<sup>st</sup> of every month, March 1<sup>st</sup>.
  - o Sign up at [www.pcrm.org/health](http://www.pcrm.org/health)
- Facebook Group?

# FBCOG Recipe Book



# Jesus Facts

Serving Size 1 Cup

Amount Per Serving

Calories 0

**% Daily Value\***

Love	100%	Gentleness	100%
Joy	100%	Self Control	100%
Peace	100%	Mercy	100%
Patience	100%	Grace	100%
Kindness	100%	Forgiveness	100%
Goodness	100%	Restoration	100%
Faithfulness	100%	Hope	100%

Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

**Psalm 73:25-26**

## SUNDAY FOODS CAN INCLUDE THE FOLLOWING

Chicken & Fish (Grilled, Baked, Boiled, Roasted )



Absolutely No Shellfish

### List of Shellfish Card

1. No shellfish!
2. No shrimp!
3. No lobster!
4. No crab!
5. No mussels!
6. No oysters!
7. No scallops!
8. No clams!
9. No crawfish!
10. No prawns!



SelectWisely

For a list of Daniel Fast friendly dishes, please visit

<https://ultimatedanielfast.com/recipes/>



### **Pear, Mango, Spinach Juice**

2 Pears (green)

1 Mango

1 cup of Raw Spinach



Peel and core fruit. In a blender blend pears then add mango. Put spinach in last and blend together until mixture has a green tint. Enjoy. (Pastor Tyrone P. Jones, IV).

### **Pico de galo (Latin Salsa)**

4 cups of diced tomatoes ( No juice or liquid)

1 Jalapeño Pepper thinly diced

1/2 cup on red onion diced

1 garlic pressed

1/2 of lime squeezed

1/4 cup of cilantro



Directions: Add all ingredients into a bowl. Mix well. Refrigerate for 1 hour.

### **Portobello Steaks**

6 portobello mushroom caps

1/2 cup fresh squeezed lemon juice

2 tablespoons apple cider vinegar

2 tablespoons honey

2 teaspoons fresh grated ginger

1/2 teaspoon marjoram



Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through.

## SWEET POTATO AND BLACK BEAN CHILI

Prep 20 m; Cook 1 h 10 m; Ready In 1 h 30 m

2 pounds orange-fleshed sweet potatoes, peeled and cut into cubes  
1/2 teaspoon ground dried chipotle pepper  
1/2 teaspoon salt  
2 tablespoons olive oil, divided  
1 onion, diced  
4 cloves garlic, minced  
1 red bell pepper, diced  
1 jalapeno pepper, sliced  
2 tablespoons ancho chile powder, or to taste  
1/4 teaspoon dried oregano  
1 (28 ounce) can diced tomatoes  
1 cup water, or more as needed  
1 teaspoon salt, or to taste  
1 teaspoon unsweetened cocoa powder  
2 (15 ounce) cans black beans, rinsed and drained  
1 pinch cayenne pepper, or to taste  
1/4 cup chopped fresh cilantro, for garnish (optional)



1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Combine sweet potatoes, chipotle pepper, 1/2 teaspoon salt, and 1 tablespoon olive oil in a large bowl and toss to coat. Spread sweet potatoes on the prepared baking sheet in a single layer.
3. Roast sweet potatoes in the preheated oven until the outside is crunchy and inside is tender, 20 to 25 minutes. Allow to cool to room temperature.
4. Cook and stir remaining 1 tablespoon olive oil, onion, garlic, red bell pepper, jalapeno pepper, ancho chile powder, cumin, and dried oregano together in a large pot or Dutch oven over medium heat. Cook and stir until onion is softened, about 5 minutes.
5. Pour tomatoes and water into the onion mixture and bring to a simmer. Add cornmeal, 1 teaspoon salt, and cocoa powder. Bring to a simmer, stirring constantly, reduce heat to low and simmer for 30 minutes.
6. Stir black beans and cooled sweet potatoes into the onion-tomato mixture. Add more water if mixture is too thick. Simmer until heated through, about 15 minutes. Season with salt and cayenne pepper to taste. Serve topped with and cilantro.

# Green Beans With Roasted Nuts and Cranberries

**Prep time:** 10 mins, serves 8

## Ingredients

- kosher salt and pepper
  - 1 1/2 pounds green beans, trimmed
  - 2 tablespoons extra-virgin olive oil
  - 1/2 cup roasted, unsalted mixed nuts, roughly chopped
  - 1/4 cup dried cranberries
- 



## How to Make It

- **Step 1**  
Bring a large pot of water to a boil. Add 1 tablespoon salt and the green beans and cook until tender, 4 to 6 minutes.
- **Step 2**  
Meanwhile, in a large bowl, combine the oil, nuts, and cranberries.
- **Step 3**  
Drain the green beans and transfer them to the bowl. Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat. Serve warm or at room temperature.

# Vegan Tuna

## Ingredients

1 can Garbanzo beans rinsed and drained

2 tablespoons of Vegan Mayonaise

1/2 red onions chopped

1 celery stalk chopped

## Directions:

Fork smash garbanzo beans in a bowl. (You may also use a food processor to smash garbanzo beans)

Add the rest of ingredients mixing well.

Great w/lettuce and tomatoes and rye bread



## APPLE & PB 'WICHES

1 apple(s), any variety

2 tablespoon peanut butter, natural, (or any preferred nut or seed butter)

*Core the apple and slice into thin wedges. Spread the peanut butter over half of the wedges. Then place the remaining apple wedges on top to make the Apple & PB sandwiches*

### ***Asian Tofu Stew***

- 1/2 cup 100% peanut butter
- 2 cups vegetable broth
- 2 tablespoons canola oil
- 1 cup chopped onion
- 3-4 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped carrots
- 2 pounds firm tofu, cut into 1 1/2-inch cubes
- 2 tablespoons soy sauce
- 1 teaspoon Five Spices
- 1 cup diced tomatoes
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon ground ginger
- 1 tablespoon lemon juice
- 2 6-8 cups cooked brown rice (on Sunday only)



WHISK together the peanut butter and vegetable broth in a medium bowl until well blended. SEASON the tofu with soy sauce and Five Spices. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Sauté until the onions are translucent. Add the tofu and continue to cook, stirring often, until browned on all sides. Add the peanut butter mixture, tomatoes with liquid, thyme, bay leaf, ginger and lemon juice. Stir well. Bring to a boil. Reduce heat to low and simmer, stirring occasionally for about 20 or until the vegetables are tender. SEASON to taste with salt and pepper. Serve hot over cooked rice on Sunday.

## **Baked Oatmeal (Dessert)**

1 1/2 cups old-fashioned rolled oats  
1 1/2 cups unsweetened almond milk  
1/2 cup unsweetened applesauce  
1/4 cup chopped dried apricots  
1/4 cup chopped dates or raisins  
1/4 cup chopped pecans or walnuts  
1/2 teaspoon cinnamon  
1/4 teaspoon salt



Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top. Yield: 6 servings (serving size: 2 squares). Recipe Notes: Spread almond butter or Date Honey on each serving. This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

## **Baked Tilapia with Spicy Tomato-Pineapple Relish (Sunday Dish)**

4 fish, tilapia, (6-ounce) fillets  
1/4 teaspoon salt, Kosher  
1/2 cup(s) pineapple, crushed, well-drained  
1 tomato(es), plum, diced  
1 teaspoon chili paste, Oriental, hot, such as siracha (or more to taste)

Preheat the oven to 375°F. Line a baking sheet with aluminum foil, and coat the foil with oil spray. Place the tilapia fillets on the prepared baking sheet and season them with the salt. In a small bowl, combine the pineapple, tomato, and chili paste. Divide the topping evenly among the tilapia fillets. Bake for 12 to 15 minutes, or until the tilapia flakes easily with a fork.

## **Balsamic Chicken (Sunday Dish)**

- 1 large onion(s), yellow, thinly sliced
- 2 large pepper(s), red, bell, sliced
- 4 clove(s) garlic, minced (may substitute 1 teaspoon garlic powder)
- 1/4 teaspoon pepper, red flakes, (or to taste)
- 4 piece(s) chicken, breast, boneless, skinless, medium-thin (may substitute 8 chicken tenders)
- 1/4 teaspoon salt, Kosher
- 1/4 teaspoon pepper, black ground
- 1/3 cup(s) vinegar, balsamic, (use a good-quality, aged variety if possible)
- 1 can(s) tomatoes, diced, (15-ounce) well drained, preferably no salt added



Liberally coat a large sauté pan with oil spray, and preheat the pan over medium-high heat. Add the onion and bell pepper and sauté for 5 minutes, or until the vegetables begin to soften. Add additional oil spray or a tablespoon of water if the vegetables start to stick to the bottom of the skillet. Add the garlic (or garlic powder) and red pepper flakes and sauté for 1 minute, stirring constantly. Season the chicken breasts with the salt and pepper. Add the chicken breasts to the pan and cook for 4 minutes on each side. Add the balsamic vinegar and canned tomatoes, and bring the liquids to a boil. Reduce the heat to medium-low, and simmer uncovered for 25 minutes, stirring occasionally. Season with additional salt and pepper to taste.

## **Bean Soup With Kale**

- 1 tablespoon olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 cups chopped raw kale
- 4 cups vegetable broth
- 2 (15 ounce) cans white beans, such as cannellini or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste
- 1 cup chopped parsley



In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

## **Broiled Pineapple Slices (Dessert)**

- 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).

Recipe Notes: Cut slices into chunks and mix in with oatmeal.

(Alternative) Omit the coconut flakes and just spread Date Honey and lime juice on top.



### **Brown Rice with Edamame and Vegetables (Sunday Dish)**

2 cups brown rice  
4 cups water or vegetable broth  
1 cup fresh squeezed orange juice  
1 package frozen, shelled edamame  
1 cup shredded carrots  
1 cup sliced white mushrooms  
1/2 teaspoon cumin  
1 clove garlic minced  
1/2 cup chopped green onion



Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside. While rice is cooking, prepare edamame according to package directions but without salt. Drain. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion. Servings: 4-6 entrée size. Serve with orange slices and celery sticks.

### ***Chocolate Nut Ice Dream Bars (Dessert)***

Prepare frozen bananas in advance by peeling and cutting bananas into thirds. Place in a Ziploc bag and freeze for several hours.

4 frozen bananas, 2 Tbsp raw almond butter  
1-2 Tbsp raw cocoa powder (depending on how chocolaty you like it)  
1 Tbsp coconut butter  
1/4 cup light coconut milk  
1 scoop pea protein powder  
10 drops liquid stevia, Chocolate flavored. I prefer Sweet Leaf brand.  
2 Tbsp shaved coconut

Put frozen banana pieces in a blender with almond butter, cacao powder, coconut butter, coconut milk, protein and stevia. If necessary, add a little almond milk to help blend. Blend on highest level or "Ice Cream" setting until smooth and creamy. Put in dessert dishes. Sprinkle with coconut shavings. Put in freezer for 20- 30 minutes and serve cold or pour into popsicle trays, place sticks in the center and freeze for several hours for delicious tasting ICE DREAM BARS.

### ***Easy High-protein Breakfast Stir-fry for the Daniel Fast***

1 tablespoon olive oil  
1 medium onion, sliced  
1/2 green pepper, chopped  
1 cup firm tofu, diced in bite-sized pieces  
garlic salt to taste  
Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft. Makes two servings.

### *Harira*

2 Tbs canola oil  
1 cup chopped onion  
1/2 cup chopped celery  
2 cups warm water  
Pinch of saffron threads  
1/2 tsp salt, divided  
1/4 tsp peeled fresh ginger, minced  
1/4 tsp ground red pepper  
1/4 tsp ground cinnamon  
2 garlic clove, minced  
2 cups organic mushroom broth  
1 1/2 cups chopped and seeded plum tomatoes  
1/2 cup dried small red lentils  
2 15 oz. cans no-salt-added chickpeas, drained

3 Tbs chopped fresh cilantro  
3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender. Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt. Yield: 4 servings

### **Garlicky Lima Bean Spread**

2 cups fresh lima beans  
1/3 cup fresh parley leaves  
1/2 cup water  
1 tablespoon fresh lemon juice  
1 table spoon olive oil  
2 teaspoon roasted garlic paste  
1/2 teaspoon sea salt  
1/4 teaspoon fresh ground black pepper  
1/4 teaspoon hot sauce



Sort and wash beans; drain and place in a medium saucepan. Cover with water to 2 inches above beans; bring to boil. Cover, reduce heat and simmer 20 minutes or until tender. Drain. Place beans and remaining ingredients in a food processor; process until smooth.

# Gazpacho

6 med. tomatoes, quartered

2 large cucumbers

1 small red onion

1 med. zucchini, chopped

3 med. garlic cloves, smashed

1 med. green bell pepper

Chopped fresh herbs: parsley, basil, chives

2 Tbsp. lemon juice

2 Tbsp. extra virgin olive oil

1 tsp. sea salt

1 tsp. cayenne pepper

1 tsp. ground cumin seed

2 cups vegetable stock or tomato juice

In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more burst. Blend in stock or tomato juice. Transfer to large bowl. Refrigerate at least 1 hour before serving. Serves 4. Preparation Time:10 minutes.



## Green Bean Stir-Fr with Shredded Coconut

1/4 cup canola oil

1 Tbs. yellow mustard seeds

24 curry leaves, roughly torn (optional)

1-1/4 tsp. cumin seeds

2 lb. green beans, trimmed and cut into bite-size pieces (about 7 cups)

3/4 cup unsweetened shredded coconut

1-1/2 tsp. kosher salt; more to taste

Heat the oil and the mustard seeds in a large wok or skillet over medium-high heat until the mustard seeds start to sizzle and pop, about 1 minute (use a splatter screen, if you have one, so the seeds don't pop out of the pan). Add the curry leaves (if using) and the cumin seeds and cook, stirring often, until the cumin becomes fragrant and browned, 1 to 2 minutes. Add the green beans and cook for 5 minutes, stirring occasionally. Stir in the coconut and 1 cup water and bring to a simmer. Cover the pan, reduce the heat to medium low, and cook until the green beans are tender, 8 to 10 minutes. Uncover, increase the heat to medium, and cook until all of the water has evaporated, stirring often, 2 to 5 minutes. Stir in the salt, taste, and add more salt if needed.



## Grilled Vegetable Salad

Thin asparagus spears may need to cook only four minutes.

### Vinaigrette:

- 2 tablespoons sherry vinegar
- 1 tablespoon extra virgin olive oil
- 1/2 kosher salt
- 1 1/2 teaspoons honey
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper



### Salad

- 8 ounces asparagus, trimmed
- 2 (4-inch) Portobello mushroom caps (about 6 oz)
- 1 medium zucchini, cut lengthwise into 1/4 inch thick slices
- 1 yellow squash lengthwise into 1/4 inch thick slices
- 1 small red onion, cut into 1/4 inch thick slices
- 1 red bell pepper, halved and seeded
- cooking spray
- 2 tablespoons chopped fresh basil
- 1 tablespoons chopped fresh chives
- 1 tablespoons chopped fresh parsley

Prepare grill to medium-high heat. To prepare vinaigrette, combine first 6 ingredients in a large bowl and set aside.

Salad: Cook asparagus, mushrooms, zucchini, squash, onion and bell pepper with cooking spray. Place vegetables on grill rack; grill 4 minutes on each side or until slightly blackened. Remove vegetables from grill; cool slightly. Cut vegetables into 1-inch pieces. Add vegetables, basil, chives, and parsley to vinaigrette' toss gently to coat.

## **Guacamole**

3 avocados pitted and crushed (Leave some chunks)

1/2 cup of red onion diced

1/2 lime squeezed

1/4 cup cilantro

1/2 cup diced tomatoes

1 garlic piece crushed

1/4 of jalapeño pepper (You can add more)

salt and pepper to taste

Directions: Add crushed avocado, onion, cilantro, garlic in a bowl. Fold mixture together. Add Lime juice, pepper and tomatoes carefully. Then add salt and pepper to taste.

## **Hummus**

2 1/2 cups of garbanzo beans

1 clove of garlic

2 tablespoons of Tahini

2 table spoons of lemon juice

2 tablespoons of olive oil.

salt\*

pepper\*

cayenne\*

roasted red peppers\*



Place garlic, tahini, lemon juice and beans into a food processor. Blend. Slowly add olive oil to the mixture. Remove lid and add the \* (optional) ingredients.

## **Indian-Spiced Grilled Bay Squash**

1 tablespoon olive oil

1 teaspoon grated peeled fresh ginger

1/2 teaspoon ground coriander

1/4 teaspoon ground cumin

1 pound baby pattypan squash, cut in half crosswise  
1 medium red onion, cut into 1 inch pieces  
cooking spray  
1 tablespoon fresh lemon juice  
1 tablespoon thinly sliced fresh mint leaves

Preheat grill. Combine first 7 ingredients in a large bowl; toss well. Thread squash and onion alternately onto each of 8 (10-inch) skewers. Place skewers on grill rack coated with cooking spray; grill 10 minutes or until tender turning frequently. Drizzle with juice. Sprinkle with mint.

### **Italian Salad Dressing**

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. Makes 1/2 cup.

### ***Mango and Black Bean Salad***

1 can (15 oz) black beans, drained and rinsed  
2 cups fresh mango, diced  
1 cup sweet red bell pepper, diced  
6 green onions, thinly sliced  
1/4 cup cilantro leaves, chopped  
1/4 cup fresh lime juice  
1 tablespoon olive oil  
1 seeded Jalapeno pepper, minced (or hot sauce to taste)



## **Roasted Butternut Squash & Shallots with Rosemary**

3 cups 3/4-inch-diced, peeled butternut squash (from about a 2-lb. squash)

4 medium shallots

2 Tbs. extra-virgin olive oil

1 tsp. chopped fresh rosemary

1 tsp. kosher salt

1/2 tsp. granulated sugar

1/2 tsp. freshly ground black pepper



Position a rack in the center of the oven and heat the oven to 450°F. Put the squash on a heavy-duty rimmed baking sheet. Peel and quarter each shallot and add them to the squash. Drizzle the oil over the vegetables; toss to coat. Sprinkle the rosemary, salt, sugar, and pepper over the squash; toss to coat. Distribute the vegetables evenly on the baking sheet. Roast for 20 minutes. Stir, then continue roasting until the vegetables are tender and lightly browned, 10 to 15 minutes more. Before serving, taste and season with more salt if needed

## **Seasoned Sautéed Brussel Sprouts**

Wash brussel sprouts, cut stems off, cut each brussel sprout into one-half. Coat skillet or sauté pan with olive oil and heat. Add brussel sprouts. Add a generous amount your choice of seasonings such as:

Rosemary, oregano, garlic, sea salt, fennel seed, onion powder and etc. Stir frequently with a spatula. Add addition oil if needed. Cooking time is about 20 minutes. If you put too much seasoning, you can add water to dilute the seasonings.

For this recipe, you can substitute brussel sprouts with asparagus spears. Wash them, cut ends off, cut remaining stem into three parts at an angle. Following the recipe above beginning with coat skillet or sauté pan with olive oil.



## Sautéed Plantains



2 plantains, yellow with a few black spots, If only green plantains are available, ripen them at room temperature for a few days.

1 tablespoon canola oil

Peel plantains; cut each into thirds crosswise. Cut each piece into 4 (2 inch) lengthwise slices. Heat oil in a large nonstick skillet over medium heat. Add plantains to pan; cook 3 minutes on each side or until lightly browned. Transfer plantains to a plate; sprinkle with salt.

## Sautéed Cabbage and Onions

1 Medium head of cabbage (shredded) including dark green leaves) yields 4-6 cups

1 Large yellow , Vidalia (sweet) or red onion thinly sliced

4 medium to large cloves of garlic chopped very fine

¼ cup of olive oil

2 tablespoons kosher or sea salt (add black or white pepper to taste)

1 teaspoon chopped parsley

¼ cup green onion or 1 teaspoon of chives

2 tablespoon white balsamic vinegar



In a large heated skillet add ½ of the olive oil; start adding handfuls of cabbage allowing each handful to wilt slightly before adding more until all the cabbage has been wilted. Make a hot spot in the skillet by moving some cabbage to one side of pan, add onion and garlic and sauté' until onions are slightly cooked with garlic, incorporate into cabbage. Add salt, pepper and continue cooking until cabbage is al dente (still has some crunch) cook longer if you desire it to be softer. Stir in remaining olive oil, green onion, and parsley. Remove from heat, stir in white balsamic vinegar.

## **Simple Black Beans**

- 1 1/2 tablespoon canola oil
- 1 cup chopped onion
- 1/2 cup green pepper
- 3/4 cup finely chopped red bell pepper
- 1 1/2 teaspoon minced garlic
- 1/4 teaspoon freshly grown black pepper
- 1/4 teaspoon grown cumin
- 1 cup water
- 2 (15 oz) cans of black beans undrained
- 1 tablespoon of white wine vinegar, apple or white vinegar

Heat oil in a large pot over medium heat. Add onion and bell pepper to pan; cook 5 minutes or until tender, stirring occasionally. Stir in garlic, black pepper and cumin; cook 1 minute, stirring constantly. Stir in 1 cup of water and beans; bring to a boil. Partially covered reduce heat and simmer 15-30 minutes or until slightly thick. Remove from heat, and stir in vinegar.

## **Spaghetti Squash Primavera**

Note: This recipe makes a lot so you may want to cut the ingredients in half.

- 3 whole spaghetti squashes, about 1 pound each
- 2 tablespoons extra-virgin olive oil, divided
- 1 yellow onion, diced
- 2 yellow squash, diced
- 1 cup diced bell pepper (red, yellow, orange, or a combination)
- 1 cup broccoli florets
- 3 large cloves garlic, pressed or minced
- 1 can whole tomatoes, in juice (28-ounce)
- 1 tablespoon crushed red pepper flakes (or to taste)
- 1 teaspoon dried oregano
- 1 tablespoon fresh thyme



Preheat oven to 425 degrees. Cut spaghetti squash in half lengthwise and remove seeds with a spoon. Place squash, cut side up, on a baking sheet. Drizzle with 1 Tablespoon olive oil and season with salt and pepper. Turn cut side down and roast for 25 minutes.

Meanwhile, heat remaining olive oil in a large saucepan over medium heat. Add onion, zucchini, squash, bell pepper, and broccoli; saute until vegetables begin to soften, about 5 minutes, stirring frequently. Add garlic and toss to combine. Add tomatoes, crushing with a spoon. Season with red pepper flakes, oregano, thyme, and salt and pepper.

Saute for another 5 minutes or so. When squash is tender, use a fork to scrape into spaghetti-like strings. Divide among shallow bowls. Spoon primavera sauce over "noodles". Serve immediately.

### **Spicy Black Beans**

1 poblano pepper, dried  
1 medium red pepper, diced  
1 medium green pepper, diced  
1 medium onion, finely diced  
2 jalapeno peppers, diced (with or without seeds-seeds add heat)  
5 cloves of garlic  
4 Tbsp of olive oil  
2 13 ounce can of Goya Black Beans, undrained  
2 packets of Sazon Goya without Annatto  
2 Tbs. white vinegar  
2 Tbs. apple cider vinegar  
1/2 cup water  
1 tsp of oregano

In a large pot over medium heat sauté oil, onions, and garlic, then all peppers and cook until tender about five minutes. Stir in remaining ingredients. Reduce heat and simmer 15-20 minutes until beans are tender. You may add more vinegar for an added kick

and/or more water if you desire more broth. Serve over brown rice or quinoa (on Sundays) or enjoy a plain bowl of beans (Rev. Dr. Elizabeth Sapp Jones)

### **Strawberry-Banana Smoothie #1**

- 4 ounces extra-firm tofu
- 1/4 cup unsweetened almond milk or soy milk
- 1/2 cup apples
- 2 tablespoons Date Honey
- 1 cup sliced strawberries
- 1 frozen banana, peeled, sliced (about 1 cup)



Place all ingredients in a blender, and process until smooth. Yield: 2 servings (serving size: about 1 cup or 8 ounces). To prepare banana ahead of time, remove peel and place in a plastic zip-top bag until frozen. Instead of using Date Honey, soak 3-4 Med cool dates in warm water at room temperature for an hour before adding to blender.

### **Strawberry-Banana Smoothie #2**

- 1 cup unsweetened almond milk
  - 1 frozen banana, peeled and sliced (about 1 cup)
  - 1 cup whole frozen strawberries (about 6 strawberries)
  - 1 Medium cool date, pitted
- Place all ingredients in a blender, and process until smooth. Yield: 2 servings (serving size: about 1 cup or 8 ounces)
- 1 Sweet Potato
  - 1 Pear
  - 1/4 cup Vanilla Almond Milk
  - 1/2 tsp cinnamon
  - 1/4 tsp, chia seeds (optional)



Place sweet potato and pear in juicer, transfer juice to pitcher; add remaining ingredients. Enjoy.

## **Texas Mexican Black Bean and Corn Stew**

- 1 tablespoon canola or other Daniel Fast approved oils
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 can (about 14 ounces) fire-roasted diced tomatoes
- ¾ cup salsa
- 2 medium zucchini or yellow squash (or 1 of each), cut into ½ inch chunks
- 1 cup frozen corn kernels
- 1 can (about 15 ounces) black beans, rinsed and drained
- ¼ cup chopped fresh cilantro or green onion



Heat oil in large saucepan over medium heat. Add onion; cook and stir 5 minutes. Add garlic, chili powder and cumin; cook and stir 1 minute. Stir in tomatoes, salsa, zucchini, corn and black beans. Bring to a boil over high heat. Reduce heat; cover and simmer 20 minutes or until vegetable are tender. Ladle into shallow bowls; top with cilantro.\* Makes 4 servings (about 1 ¼ cups per serving, 284 calories)\*Option: Top with shredded cheese after the Daniel Fast is over.

## **Tomato Basil Soup**

- 1/2 TB extra-virgin olive oil
- 1/2 cup chopped onions
- 3 (14.5-oz) cans diced tomatoes
- 1/2 cup water
- 1 clove garlic, minced
- 1 ½ tsp dried basil
- 1 tsp salt
- 1/8 tsp pepper
- Toasted pumpkin seeds, optional
- Toasted sunflower seeds, optional
- 1 cup of olives, optional



Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft and translucent. Add tomatoes, water, garlic, basil, salt, and pepper. Cook 20 minutes. Place mixture in a food processor or blender, and purée until desired consistency is reached.

Return to skillet, and cook 5-10 more minutes. Sprinkle pumpkin and/or sunflower seeds on top, if desired. Makes about 4 (1 ¼ cup) servings.

### **Tomato Soup with Zucchini**

6 Tbs. unsalted butter or olive oil

3 medium zucchini (about 1-1/2 lb.), cut into medium dice

Kosher salt

2 cloves garlic, minced

1 cup chopped yellow onion

Three 15-oz. cans whole peeled tomatoes, drained

1-1/2 cups vegetable broth

1/2 cup dry cooking white wine

1/2 cup fresh basil leaves, chopped, for garnish



Place 4 Tbs. of oil in a large stockpot over medium-high heat. Add the zucchini and 1 tsp. salt and cook, stirring occasionally, until the zucchini is crisp-tender but not browned, about 5 minutes. Add the garlic and cook for 1 minute. Using a slotted spoon, transfer the zucchini mixture to a medium bowl. Use the remaining 2 Tbs. oil in the stockpot over medium-high heat. Add the onion and cook, stirring, until it becomes translucent, about 3 minutes. Increase the heat to high, add the tomatoes and 1 tsp. salt to the pot, and cook, stirring constantly for 1 minute. Add the vegetable broth and the cooking wine and bring to a boil. Reduce the heat and simmer, stirring occasionally, until the liquid has reduced by half, about 20 minutes. Remove the pot from the heat and let the tomato mixture cool slightly. Purée the soup in the pot with a hand blender or in batches (with the top vented) in a regular blender. If you use a regular blender, return the soup to the pot. Bring to a boil and cook until heated through, about 2 minutes. Stir the zucchini into the soup. Garnish each serving with some of the chopped fresh basil.

## **Vegetable Bean Soup**

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 6 cups water
- 1 (8-ounce) can tomato sauce
- 1 (14.5-ounce) can light red kidney beans, rinsed and drained
- 1 (15-ounce) can black-eyed peas, rinsed and drained
- 1 (14.5-ounce) can French-style green beans, drained
- 1 cup chopped yellow summer squash, unpeeled
- 1/2 tablespoon chili powder
- 1 bay leaf
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons chopped fresh parsley



Heat olive oil over medium heat in a large saucepan. Add onions, carrots, and celery. Cook until vegetables are softened. Add garlic, and cook for 1 minute, stirring constantly so garlic doesn't burn. Pour in water and all remaining ingredients. Bring to a boil, and then lower heat. Simmer, uncovered, 30 minutes. Discard bay leaf and stir in parsley before serving.

## ***Vegetarian Chili***

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced





- 2 tablespoons salad oil
- 2 tablespoons chili powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground red peppers
- 2 cups corn kernels (fresh or frozen)
- 2 16 oz. cans tomatoes (juice and all)
- 2 16 oz. cans pinto beans (juice and all)
- 2 16 oz. cans black beans (juice and all)
- 1 4 oz. can mild green chilies
- 1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking. Yield: 6 generous servings

### **White Bean, Kale, and Vegetable Soup**

- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$  cup chopped onion
- 1 cup chopped carrots, peeled
- 2 cloves garlic, minced
- 4 cups water or Vegetable Broth
- 1 (15-ounce) can cannellini beans, rinsed, drained
- 1 (14.5-ounce) can diced tomatoes
- 2 cups fresh or frozen green beans, cut into 1-inch pieces
- 2 cups kale, torn into bite-size pieces, lightly packed
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper



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

Add water or broth, cannellini beans, tomatoes, green beans, kale, basil, parsley, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 30 minutes to allow the flavors to blend.

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

### **Vegan Tomato Sausage Soup**

1 Can of Organic Tomato diced and no salt added (add water to make this soup)

2 tb s of organic tomato paste vine ripe tomato

1White onion

1Green pepper

1Yellow pepper

1Orange Pepper

1Red Pepper

Italian sausage less sausage Trader Joe

Tofurky Kielbasa Polish style meatless sausage

Organic Tomato sauce from Wegmnans nature section (optional)

Baby Bella Mushrooms

Seasonings:

Basil

Sea Salt

Ground Cumin

Trader Joe Everyday season

Ms. Dash

Organic Oregano Trader Joes

Cut up sausage and stir fry onions and peppers

Put all ingredients in crock pot to cook for 2 hours.



## Vegan Brownie

Vegan & Gluten Free Black Bean Brownies Recipe

Yields: 9 servings

### Ingredients:

15 ounces canned black beans, drained and rinsed

2 whole bananas (regular size)

1/2 cup agave nectar

1/4 cup unsweetened cocoa powder

1/2 tablespoon cinnamon

1 teaspoon vanilla extract

2/3 cup quick cooking oats

1/2 cup walnuts (optional)



### Directions:

Preheat the oven to 350 degrees Fahrenheit and lightly grease an 8 by 8 inch pan.

Place black beans, bananas, agave nectar, cocoa powder, cinnamon, and vanilla extract into a food processor or blender. Blend until smooth.

Move the wet ingredients to a large mixing bowl and fold in oats; as well as walnuts

When the oats, and other ingredients, are evenly distributed throughout the batter, pour the brownie batter into the prepared square pan.

Bake black bean brownies for about 30 minutes or until a toothpick can be inserted in the center comes out clean.

Allow the brownies to cool in pan on a before slicing. You may have to employ a protection system to keep you family and friends, or yourself, from devouring too soon

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## Avocado TLC Sandwich



### Ingredients:

- 2 slices - Ezekiel Bread
- Tomato
- Lettuce
- Cucumber
- Hummus
- ½ ripe Avocado
- Pink Himalayan salt (to taste)
- Black Pepper (to taste)
- Bean sprouts (optional)

### Directions:

- Take 2 slices of Ezekiel Bread and spread Hummus on both slices as you would with mayo
- Sprinkle Pink Himalayan salt and Black Pepper to taste (this is totally optional)
- Layer your Tomato, Lettuce, and Cucumbers on one slice of the bread
- Top with Bean sprouts (optional).
- Deseed and shell ½ of a ripe Avocado, slice it and place on top of other ingredients.
- Put both slices of bread together to make the sandwich and Enjoy

### Tips:

You may mash the avocado on one slice of the bread so that it doesn't slide off while eating  
You may toast your Ezekiel bread if you'd like

## **Breakfast Quinoa**

*(Adapted from the Blum Center.)*

1/2 cup of quinoa  
1 cup water  
1 cup unsweetened Almond milk  
1/2 teaspoon sea salt  
1/2 teaspoon raw honey  
1/4 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
1/4 cup soaked and slivered almonds or chopped walnuts  
1 cup organic berries.



1. Rinse the quinoa with cold water in a fine mesh strainer and drain.
2. Put the water, milk and salt in a pot and bring to a boil.
3. Stir in the quinoa, turn the heat down to medium low and cover the pot and gently simmer for 15 minutes. Stir the quinoa in the pot.
4. The cereal is done when the quinoa is soft and has the consistency of oatmeal. If more liquid is needed, add more milk and continue to simmer for another 5 minutes.
5. Remove from the heat and stir in the raw honey, cinnamon, vanilla, nuts and berries.

## **Green Lentil & Quinoa Salad**

*(An original Clean Body Living recipe.)*

Ingredients

Olive oil  
2 1/2 tablespoons extra virgin olive oil (plus a little more for cooking the lentils)  
1 medium chopped onion  
2 cloves garlic chopped  
1 chopped Scotch bonnet pepper (optional)  
1 low sodium MSG free bouillon cube (like one made by Celifibr or Edward & Sons)  
1 1/2 cups uncooked quinoa  
1 cup dry green or brown lentils (washed, soaked and drained)  
5 cups low sodium vegetable stock  
1 tablespoon curry powder  
2 cups broccoli florets  
12 Cherry tomatoes

Juice of 1 fresh lime  
3 tablespoons balsamic vinegar  
2 teaspoon Dijon mustard  
1/2 Tsp sea salt  
Freshly ground black pepper  
3 green onions trimmed and chopped  
1 Tbsp fresh parsley chopped (you can substitute dried parsley)  
Organic no salt seasoning (like Mrs. Dash)



## Cooking Instructions:

### Lentils

Lightly sauté onions, garlic, Scotch bonnet pepper, some organic no-salt seasoning, parsley and curry powder. Add lentils and stir. Allow to sauté for about 30 seconds. Then add 2 cups vegetable stock and the bouillon cube. Bring to a rapid boil, then reduce heat and cook on medium heat until all water is absorbed about 25-30 minutes. Taste the lentils while they are cooking

### Quinoa

Wash the quinoa thoroughly until the water runs clear. Combine quinoa with 3 cups vegetable broth, some organic no salt seasoning and a quarter of an organic bouillon cube and a couple of dashes of parsley. Bring to a vigorous boil. Lower heat, cover and simmer until all the water has evaporated drained (about 15 minutes). Allow the quinoa to cool completely. Put it in the refrigerator to speed up the process.

### Putting it all together

Prepare dressing by combining olive oil, garlic, vinegar, lime juice, mustard, salt & pepper in a jar and shake well or whisk

Add chopped green onion, tomatoes and parsley to cooled rice and lentils.

Add dressing when ready to serve

Serve chilled

## **Weekend Kickoff Smoothie**

*(An original Clean Body Living recipe.)*

(This is on the thicker side. Add more liquid if you want it to be thinner.)

About 9 ounces of water

A handful of pea sprouts

1 small avocado

1 apple (cored)

2 inches of ginger (diced)

2 carrots

2 handfuls of spinach

2 teaspoons of almond butter

1/2 teaspoon coconut oil

2 teaspoons chia seeds

2 teaspoons pumpkin seeds

1 heaping teaspoon bee pollen (optional & if you're not allergic to it)

2 teaspoons goji berry powder (optional)

1 heaping teaspoon cacao powder (optional)

Wash all of the fruits and vegetables. Peel the avocado, carrots and ginger. Add the ingredients on the ingredient list to your blender in the order that they are listed. Blend and enjoy. Add more water if it's too thick for your liking. Enjoy!

## **Sweet Orange Roots**

*(An original Clean Body Living recipe.)*

Carotenoids are compounds in colorful fruits and vegetables which give them red, yellow and orange pigments and decrease the risk of certain cancers, including breast cancer. Try this delicious recipe of full of carotenoids from sweet orange (and yellow) root vegetables with some wild caught fish or organic chicken (on Sundays only)!

- 2 medium sweet potatoes
- 2 golden beets
- 4 carrots
- olive oil
- cumin
- ginger powder
- garlic powder
- sea salt
- cayenne pepper

Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius).

Chop beets and sweet potatoes into medium quarter size pieces. Chop the carrots into medium pieces. Place the beets, sweet potatoes and carrots in a casserole dish that has a cover. Generously coat and toss the veggies with olive oil. Mix and season the veggies with a few dashes of cumin, ginger, salt, cayenne pepper and garlic powder. Cover the casserole dish and place in the oven. Bake for 35-40 minutes until soft. Enjoy!

## **Spicy Curried Lentil Soup**

*(An original Clean Body Living recipe.)*

- Olive oil
- 1 medium chopped onion
- 2 cloves garlic minced
- 5 carrots peeled and sliced
- ¾ pound lentils (washed, soaked & drained)
- 6 cups reduced sodium vegetable broth
- 1 tablespoon dried parsley
- 1 chopped Scotch bonnet pepper
- 12-15 Brussel sprouts (washed and chopped in half)
- 1 low sodium MSG free bouillon cube (like one made by Celifibr or Edward & Sons)
- 2 tablespoons Indian curry powder
- 1 tablespoon Salt free herbal seasoning (like Mrs. Dash)



1. Heat oil in a medium size pot (4 quarts or larger) over medium heat. Stir in onion and cook, stirring until softened. Stir in garlic and scotch bonnet pepper. Stir in lentils. Then add the broth. Bring to a boil over high heat. Add the bouillon cube, parsley fresh ground pepper, curry and salt free herbal seasoning other seasonings.

2. Cover and cook for 15 minutes and then add the carrots. Allow to cook for an additional 15 minutes. Add the Brussel sprouts and cook for an additional 10 minutes or until the lentils are soft.

3. While it is cooking, periodically taste it and adjust the seasonings accordingly. Remove from heat and enjoy!