



VININGS CHURCH

Fast Overview (21 Days of Prayer)

You may choose any fasting option for this Fast: Daniel Fast, Sugar Elimination, Alcohol Elimination, One Meal A Day (OMAD), Intermittent Fasting (Two Meals A Day 12-6pm), Etc. The goal is we be in **prayer** both morning devotionals and any time we have the urge for what we are fasting for 21 days (Isaiah 58). Fasting is a spiritual discipline designed to better connect us with God. As people praying for Vinings Church and our lost area, we'll take 21 days, to pursue God and center ourselves around what God is doing in & through our church. Each time we hunger it will be a reminder to gently bring our concentration back to **“Do I want what God wants for our city for the reasons God wants it?”**

We are praying that one hundred people will come to faith in Christ throughout 2024 (I lead 1 person to faith this year!), that our Wayfinder groups will grow strong in purpose and community (3 Justice Initiatives), and we are individually filled with faith to pursue God’s calling on our lives, family, and vocational work (3 invites).

I used to think I was over the top with this suspicion, but I believe Satan attacks us in the physical realm (in addition to the spiritual). Within our physical bodies through the foods we eat. We know, in today’s America, there are toxins in our food that are intended to enhanced taste and “keep” longer. We know they bog down our body. **I believe they inhibit communication and intimacy with God.** I’m not saying food is evil, or even certain foods are evil, but the chemicals (especially preservatives

and pesticides) used by food corporations to make our foods last longer and taste better bog down **our physiological systems** from their normal state. Neither are the corporations themselves “evil”. Its just a desire to save money or sell their product over their competition. **But the impact of the pesticides and foreign chemicals on our ability to connect with God is the same.**

You will find that you will feel a difference after 3 days of all-natural food (Grown from the ground). I feel it every time I do a fast. It was true in Shadrach, Meshach, Abednego, and Daniel’s day (Daniel 1) also. **The young men were in better health on the all-natural diet than those who got the choicest, best foods of the most powerful nation in the world at that time.**

This will be a challenge, but we look forward to seeing what God does in our church and experiencing him with intensity during the 21 days of Prayer.

Who:

The entire Vinings Church staff participate in the fast and we are asking the Waymakers and everyone who calls Vinings Church “Home” to join us as we seek God during this exciting season. I believe the more we have in prayer over these critical issues the better (Matthew 18:19). I encourage you to pray for personal issues as well, such as your purpose in life and your specific prayer requests.

When:

January 7th, 5pm: Begin the “Daniel Fast”.

January 28st, 5pm: Break the Fast!

If you choose the Daniel Fast option, the guide is below:

What:

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. Best to go as organic as possible and maximize water intake to remove all toxins from your body. We have included a list of foods to eat and foods to avoid.

**If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*

How:

Every time your feel hunger, use it to remind you to pray for the Vinings Church related things above. This fast is primarily inconvenient, but not painful. We do not know pain in America. Praise God you live in America where these organic stores and sections in the Grocery store exist!

There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the bible as to exactly what Daniel did during his fast. However, to keep it simple, we have included in this packet what the leaders of Vinings Church will be doing during the fast and some of the resources we will be using. This fast will require preparation as most meals will be made from scratch. We will have some recipes available online.

Resources:

www.christ-web.com/missions/farho/daniel-fast

www.danielfast.wordpress.com/

www.hacres.com/recipes/recipes.asp

Tip 1 - Explore the world of spices! You will be amazed at how good things

can taste with the spices in the world.

Tip 2 - The perfect and easy breakfast is Quaker natural oatmeal with fruit!

Tip 3 – Buy liberal amounts of unsweetened almond milk and/or rice milk. Almond milk is my preference! They are in cartons.

Tip 4 – Use LIBERAL amounts of Honey. Honey is the debated item among Daniel Fasters because it comes from an animal. I say, Yes! But no processed sugar in any items. Elizabeth has a granola recipe we make in liberal amounts and I carry it with me everywhere I go. She will send it to all interested.

Tip 5 – Your new best friend is the phrase “I’m on a special diet right now.” when people ask you about your eating patterns. If they ask further then explain the fast, but a lot of these conversations are cut short by using this reply.

****Levels of Participation:*

Twice in the book of Daniel a fast is mentioned. Once is for 21 days and the second for 10 days. We are asking our leaders to join the staff in the 21 day fast but if circumstance won’t allow the full fast, we ask that you would set aside 21 days during the fast to join us in prayer specifically for Vinings Church people, financial, and location needs.

Foods to include in your diet during the Daniel Fast...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples

Apricots

Avocados

Bananas

Berries

Blackberries

Blueberries

Boysenberries

Breadfruit

Cantaloupe

Cherries

Coconuts

Cranberries

Dates

Figs

Grapefruit

Grapes

Grenadine

Guava

Honeydew melons

Kiwi

Lemons

Limes

Mangoes

Melons

Mulberry

Nectarines

Oats

Olives

Oranges

Papayas

Peaches

Pears

Pineapples

Plums

Prunes

Raisins

Raspberries

Strawberries

Tangelos

Tangerines

Watermelon

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes

Asparagus

Beets

Broccoli

Brussel sprouts

Cabbage

Carrots

Cauliflower

Celery

Chili peppers

Collard greens

Corn

Cucumbers

Eggplant

Garlic

Ginger root

Kale

Leeks

Lettuce

Mushrooms

Mustard greens

Okra

Onions

Parsley

Peppers

Potatoes

Radishes

Rutabagas

Scallions

Spinach

Sprouts

Squashes

Sweet potatoes

Tomatoes

Turnips

Watercress

Yams

Zucchini

Legumes:

Dried beans

Black beans

Cannellini

Pinto beans

Split peas

Lentils

Black eyed peas

Green beans

Green peas

Kidney beans

Peanuts (includes natural peanut butter)

Beans

Lentils

Lupines

White

Peas

Seeds:

All nuts (raw, unsalted)

Sprouts

Ground flax

Cashews

Walnuts

Sunflower

Sesame

Almonds

Natural Almond Butter

Whole Grains:

Whole wheat

Brown rice

Millet

Quinoa

Oats

Rolled Oats

Plain Oatmeal- not instant

Barley

Grits (no butter)

Whole wheat pasta

Whole wheat tortillas

Plain Rice cakes

Popcorn (see recipe in FAQ's)

Liquids:

Water (spring, distilled, filtered)

Unsweetened Soy Milk

Herbal (caffeine free) Tea

100% Fruit/Vegetable Juice (no added sugar)

Other:

Tofu

Soy products

Herbs

Small amounts of Honey

Small amounts of Sea Salt

Small amounts of Ezekiel Bread

Small amounts of Olive Oil

Spices (read the label to be sure there are no preservatives)

Foods to avoid on the Daniel Fast...

All animal products including all meat, poultry, fish...

White rice

White bread

All deep fried foods

Caffeine

Coffee (including decaf b/c contains small amount of caffeine)

Carbonated beverages

Energy drinks

Foods containing preservatives, additives

Refined foods

Processed foods

Food additives

Refined sugar

Sugar substitutes

Raw sugar

Syrups

Molasses

Cane juice

White flour

Margarine

Shortening

High fat products

Butter

All leavened breads

Baked goods

All dairy

Milk

Cheese

Yogurt

Cream

Eggs

Alcohol

Mayonnaise

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

What about popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove... here is a recipe.

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

How can I identify whole grain foods?

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a

whole grain product.

What about salad dressing?

Olive oil and lemon or lime are an option.

Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

Where can I go out to eat?

Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras. Smoothie places, Whole foods grocery, Wildflower restaurant in Atlanta are excellent, easy places for the fast.

What about bread?

We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.



Gospel of John Devotionals

January 1st – 21st

- Please use these devotional thoughts to encourage and challenge you as we are seeking God together for great things over the 21 days of our fast.

January 1st

John 1

God is not only the great God who created the universe and rules over all things seen and unseen, but He has also come near to us through Jesus. In verse 12 we read that God has invited us through Christ to be placed so close to His heart that we are called His children. Take a minute as we begin the next 21 days of seeking God together to thank Him for how great He is; so great that we can call Him Father...

January 2nd

John 2

Jesus went to Jerusalem to prepare for the upcoming Passover feast. He found the people distracted by material goods and wealth instead of preparing for the spiritual awakening that was to occur during Passover. We are taking the time to spiritually prepare before the spiritual awakening that is to come. Do not be distracted by your personal surroundings or agendas.

January 3rd

John 3

John the Baptist said, "He must become greater and I must become less." (verse 30) So get to it!

January 4th

John 4

Knowing our past completely, Christ is still pursuing us and calling us to righteousness. The decision to obey Christ is not always an easy one so we must confront uncomfortable situations with confidence. When we embrace truth and overcome the things that hold us down, then through our obedience, others will see and follow Christ as well (verse 39).

January 5th

John 5

It's a new day! Jesus says that through our belief we can cross over from death to life. If you look around, you will probably see many people who need new life; who need hope! Pray that God will use you and your life to help someone else make today a new day!

January 6th

John 6

Jesus used the little that was given and did a miraculous thing. Through this story we learn that we must bring the little that we have so that God can miraculously multiply it to affect thousands. It is not a coincidence that the

person whose obedience fed thousands was a little boy. Often it's the least likely person that God uses to do the most profound things.

January 7th

John 7

Jesus compares our spiritual life to the never-ending physical desire that we experience when we are thirsty. Are you thirsty?

January 8th

John 8

Jesus says, "If the son has set you free, you will be free indeed." There is no sin that has not been conquered by Christ. There is no bondage that He cannot break you out of. If we unite our life with Christ who is the true, there is nothing that can keep us enslaved.

January 9th

John 9

The great irony of this chapter is that a social outcast, a man who had no platform, and who had been overlooked his whole life was used by God to humble the Pharisees, who doubted Christ. In other words, the Pharisees who were not physically blind were actually the ones who were blind to the truth that Christ was pointing at. Check your sight! Are there traditions, rules and regulations in your life that are keeping you from seeing what Christ is highlighting?

January 10th

John 10

Jesus says listen to my voice – 4 times.

God calls us to listen for His voice so that we may follow Him. It also says that those who don't know His voice will turn away. It is sad to think that we could be missing out on something great because we are not in a position to hear God's voice.

January 11th

John 11

Jesus raised Lazarus from the dead but before he did that he felt the sorrow of the loss (verse 35). Jesus has the power even to bring someone back to life, but just because we lean on Him doesn't mean we will never experience the pain and sorrow of loss. If you are struggling through a situation in your life and it seems like God is reserving His power for other people, take courage because Jesus mourned with Lazarus' sisters before He raised Lazarus from the dead.

January 12th

John 12

Mary poured out expensive perfume on Jesus and wiped His feet with her hair. It was such an act of extravagant love toward Christ that those standing there misunderstood her intentions. Even when your intentions are misunderstood if your motives are right in demonstrating your love for Christ, don't worry about what others say. When the time is right Jesus will come to your defense!

January 13th

John 13

Jesus washes the feet of the disciples as an act of great submission and humility. He then turns to the disciples and tells them that they should do the same for each other. As you are going about your day today, commit to serve those around you. Refill someone's drink, let that guy pull out in front of you in traffic, get someone's mail for them, pay for someone's lunch, or mow your neighbor's lawn. You may not be noticed, in fact, you may be betrayed like Jesus was, but getting Christ is better than getting credit...

January 14th

John 14

Jesus says, "I am the way..." When we are lost and confused about the direction we are supposed to take, Jesus is the way. In the midst of confusing times and tough decisions we are tempted to run to every other means of finding direction. We look to popular people to tell us how we should act and we look to powerful people to show us what to work towards. But Jesus says that He is the way. If we seek Jesus first all the other stuff will be made clear as well (Matthew 6:33).

January 15th

John 15

What does it mean to remain in Christ? In verse 10 Jesus says that if we obey His commands we will remain and His command is detailed out in verse 12, "Love each other!" When we love each other, we love Christ. When we are generous toward each other, we are generous toward Christ. When we meet each other's needs, we meet the needs of Christ. To the measure that we invest our lives in the lives of those around us, we remain in Christ... So, remain in Christ and do something for someone else!

January 16th

John 16

Jesus says, "In this world you will have trouble. But take heart! I have overcome the world..." (verse 33). All that we struggle with, from the pain of

losing someone we love, to the loneliness we feel when our family rejects our faith. When we feel the biting sting of guilt for sins we commit and the crushing weight of anger from injustice we see. All of these things are “of the world”. But we serve a God who has “overcome the world” and in Him we have hope.

January 17th

John 17

In verse 22 Jesus prays that all believers would be unified. When Jesus prays something, it happens. God doesn't wait around to decide if He is going to grant Jesus' requests. In other words, if Jesus prayed that we would be unified, we are! So let's protect the unity that Jesus has given us as believers and submit to one another out of reverence for Christ (Ephesians 5:21).

January 18th

John 18

Peter denies Jesus three times in this chapter. Like Peter, some of you may have denied Jesus too. When this happens, be encouraged. Just like Jesus had a plan for Peter's restoration, God already has a plan for yours. Turn back to Christ so He can bring you into His full plan and you can begin to live out the great calling He has for you today.

January 19th

John 19

The story of God's relationship to us culminates in the life, death and resurrection of Jesus. We have already read that Jesus came near to us, that He is the way and that through Him we can become children of God. But for that to happen, Jesus had to endure suffering and conquer death in our place. In Chapter 19 we are not only reading about the details Jesus' suffering, we are reading about the culmination of God's plan for our salvation. Take a minute to thank God for His triumph over suffering and death on our behalf.

January 20th

John 20

Of all the things that Jesus could have said when he entered the room with the disciples after He rose from the dead He chose to say, “as the Father sent me, I am sending you” (verse 21). Jesus' ultimate goal in coming to us is that we would go to others. Who are you going to? When will you make the ask?

January 21th

John 21

Just like Peter who went back to fishing we are often tempted to go back to something familiar when we perceive that a great season has come to a close. Jesus had already told Peter that he was the rock upon which He would build the Church. But at the end of this book Peter is still fishing. At the end of the Gospel series we have seen God do great things as hundreds of people have come to faith in Christ. Let's not fall back into the familiar and the comfortable just because we perceive this great season has come to a close. This season will be the foundation of the next. Keep pushing! God's greatest miracle is coming.



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Breakfast Recipes

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
Fresh 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.

Muesli

1/2 cup muesli (Bob's Red Mill Old Country Style)
1/2 cup water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

Granola

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
3/4 - 1 cup honey

1 cup pumpkin seeds

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.

Apple Blueberry Oatmeal Cereal

2 sweet apples
¾ cup rolled oats
1 cup blueberries
½ cup almonds
1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

Meals and Sides

Quick Tomato Sauce

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

2 tablespoons olive oil	Salt to taste
1 medium yellow onion (chopped)	1/4 cup cilantro, finely chopped
2 cans diced tomatoes (14.5 oz) (or fresh)	

Sauté onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

Spicy Green Beans

2 tablespoons vegetable oil	3 cloves garlic, minced
1 pound green beans, trimmed	1/4 - 1/2 teaspoon red pepper flakes
1/4 teaspoon salt	

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Herb-Roasted Idaho Potato Fries

by Denise Austin

Makes 4 servings

1 pound small baking potatoes	1/2 tsp dried rosemary
2 tsp extra-virgin olive oil	1/4 tsp salt
1/2 tsp dried thyme	

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half

crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet. In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

Minestrone Soup

8 cups vegetable stock	¼ tsp. oregano
1 ½ cups of garbanzo beans	¾ tsp. basil
2 cups red kidney beans	¼ tsp. thyme
½ cups carrots	½ cup celery
3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)	½ cup onion
½ cup fresh parsley	1 clove garlic
Sea salt	1 pkg. spinach noodles cooked
1 cup cabbage	

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat 5-7 min. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles.

Black Bean Soup

8 cups vegetable stock	1 pd. black beans, soaked overnight, rinsed & drained
1 ½ cup onion	
1 cup celery	1 yellow or red pepper
1 potato	1 cup carrots
2 garlic cloves	2 Tbsp. cilantro
1 tsp. honey	1 Tbsp. parsley
2 bay leaves	2 Tbsp. marjoram
Sea salt	1 whole onion

Place beans in pot with veg. stock, whole onion and bay leaves. Bring to a boil and cook 2-1/2 hrs. or until beans are tender. Remove onion and bay leaves. Chop onion, pepper, and celery. Grate carrots and potato on cheese grater. Mince garlic and sauté in Tbsp. olive oil until tender. During last hour of cooking, combine vegetables and seasonings with beans. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

White Beans and Sautéed Vegetables

2 cans white beans, drained	½ cup carrot, finely diced
2 tablespoons olive oil	¼ cup virgin olive oil (to drizzle after beans are dished up)
½ cup yellow onion, chopped	Salt and pepper to taste
2 cloves garlic, minced	
½ cup celery, finely diced	

Drain the white beans and set aside
Heat olive oil and then add all the prepared vegetables to the pan and sauté until just done.
Add beans and heat thoroughly.
Dish up on serving plates, drizzle with extra virgin olive oil. Salt to taste.

Yield: 4 servings

Tip: It is best to cook with regular old pure olive oil - save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away. So use the less expensive pure olive oil for sautéing and frying.

Stir Fry Vegetables

1 red onion, sliced	1/2 cup cauliflower, chopped
3 stalks celery, thinly sliced	1 cup zucchini, thinly sliced
1/2 cup broccoli, chopped	1 cup yellow squash, thinly sliced
1 bell pepper, sliced	1 Tbsp. Oriental seasoning
1 tsp. sea salt	
3 carrots, peeled and sliced	

Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender. Add salt and seasoning. Serve alone or over brown rice.

Spanish Rice

1 cup brown rice	1 cup vegetable stock
1 cup tomato juice	1 tsp. oregano
1/3 cup green pepper	1/3 cup carrot
1/3 cup celery	1/3 cup onion
1 med. Tomato	2 small garlic cloves
2 tsp. chives	1 tsp. sea salt
1 tsp. basil	

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15-20 min.

Rice-stuffed tomatoes

6 large tomatoes	Dressing:
1/2 cup raisins	1/4 cup olive oil
2 Tbsp. chopped green pepper	1 Tbsp. ketchup (with no added sugar)
2 Tbsp. green onions	1 tsp. chili powder (optional)
2 cups cooked brown rice	2 Tbsp. lemon juice
2 Tbsp. parsley	1/2 tsp. dry mustard, optional
	1 tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato. Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain. In a bowl combine chopped tomato, rice, raisins, green pepper, onion, and parsley. Prepare dressing and stir into rice. Season to taste. Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350 for about 15-20 minutes until the tomatoes soften.

Stuffed Peppers

2 Tbs. olive oil	1 medium onion, minced
2 stalks celery, minced (1/2 cup)	1 tsp. salt

1 clove garlic, minced (1 tsp.)
2 cups cooked brown rice
1/2 cup yellow raisins
1/2 cup vegetable broth

5 oz tofu, mashed
3 red bell peppers, laved lengthwise
2 Tbs. fresh flat leaf parsley

Preheat oven to 400 degrees

Heat oil in pan over medium heat. Add celery, onion, 1/2 tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing. Meanwhile, mash tofu, 1/2 tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers.

Bake for 30 minutes or until peppers are soft and the stuffing is hot.

Yield: 6 servings

Lentil Soup

2 tablespoons olive oil, plus extra for drizzling
1 medium onion, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
2 garlic cloves, chopped
Salt

1 (14 1/2-ounce) can diced tomatoes
1 pound lentils (approximately 1 1/4 cups)
2/3 cup pearl barley
11 cups vegetable broth (can substitute water)
4 to 6 fresh thyme sprigs

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and sauté until all the vegetables are tender, about 5 to 8 minutes. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes. Season with salt to taste. Ladle the soup into bowls, drizzle with olive oil and serve.

Six Servings

Vegetarian Chili

2 medium-sized green peppers, chopped
1 medium-sized yellow onion, chopped
1 zucchini, sliced
1 yellow squash, sliced
2 tablespoons olive oil
2 tablespoons chili powder
3/4 teaspoon salt
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

Barley and Black Bean Salad

This is a very easy and quick recipe. Beans and barley make a complete protein, so this is an excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

1 cup barley, cooked according to package directions
1 (15 ounce) can black beans, rinsed
1/2 cup corn (thawed if frozen)
1/3 cup chopped fresh cilantro

2 tablespoons lime juice
1 tablespoon extra-virgin olive oil
Salt to taste

Combine cooked barley, beans, corn, cilantro, lime juice, oil, and salt in a medium bowl. Serve on bed of chopped or torn lettuce.

Yield: 4 servings

Whole Wheat Tortillas

You can buy 100% whole wheat tortillas, but these are easy to make. Use these tortillas for a veggie wrap or for chips with salsa.

2 cups whole wheat flour
½ teaspoon salt

2 tablespoons olive oil
½ cup warm water

Mix flour and salt in bowl. Add olive oil and stir until well combined. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl. Knead dough on floured board for about 3 minutes (20 folds). Allow dough to rest for 15 minutes. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball. With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward). Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.

Yield: Makes 12 tortillas

Polenta "Biscuits" for the Daniel Fast

This recipe for polenta "biscuits" is a nice addition to soups, stews or casseroles. Plus the tofu is rich in protein.

1/2 cup dry polenta
1 teaspoon Italian seasoning
Salt

2 - 12 ounce packages extra-firm tofu, drained
1 tablespoon olive oil

Preheat oven to 400 degrees. Combine polenta, Italian seasoning, & salt on a plate. Slice the tofu into 2" x 2" squares (approximate). Brush tofu pieces with olive oil and dredge in polenta mixture. Transfer to baking pan lined with parchment paper or sprayed with 100 percent olive oil spray. Bake 30 minutes or until browned. Serve by laying polenta biscuits on top of stew or with soup or casserole.

Celery and Peanut Butter Snacks

Stuff celery with peanut butter and add nuts or raisins.

Harira

Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.

2 Tbs 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

Fast Food for the Daniel Fast

Okay, there are going to be times on the Daniel Fast when you need a quick meal. In fact, when you prepare for the Daniel Fast, you'll want to stock up on a few of these items so you have the on hand.

- 1 can organic tomato soup (check the label for ingredients)
- 1 can white beans
- 1 cup mixed vegetables (frozen)
- Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like)

Add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve!
Serves 2-4 depending on size of serving!

Vegetable Stock

A good vegetable stock is useful in the Daniel Fast. Vegetable stock is an excellent substitute for chicken or beef stock.

Makes 4 cups of vegetable stock

- 2 large onions, cut into large chunks
- 2 medium carrots, scrubbed but not peeled, cut into large chunks
- 3 stalks of celery, remove and discard all leaves, cut into large chunks
- 1 whole bulb of garlic, peel each clove, but do not chop
- 1 bay leaf

Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock. Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks.

** Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

Greek Vegetable Stew

- | | |
|--|----------------------------|
| 2 tablespoons oil | 4 tomatoes, quartered |
| 2 onions, chopped | 1 teaspoon salt |
| 1 pound green string beans, broken in half | 8 slices lemon |
| 1 package frozen or fresh spinach | 1 tablespoon dried oregano |
| 4 cups water | 3 tablespoons fresh basil |
| 6 zucchini, chunked | 2 cloves chopped garlic |
| 4 yellow squash, chunked | 2 tablespoons lemon juice |
| 2 cups celery leaves | |

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

Barbara's Rice, Black beans and corn

1 can Organic Black beans drained
1 can of Organic corn drained
organic long grain rice
organic corn tortilla

homemade salsa (see below)
avocado

Combine 1 can Organic Black beans drained and 1 can of Organic corn drained. Heat and place on top of organic long grain rice (cooked). Top with homemade salsa (which is 2 tomatoes diced, 1 onions diced, cilantro, squirt of lime, clove of garlic minced, tad bit of salt, 1 Jalapeno minced, 1/2 of an avocado diced.) Serve with organic corn tortilla (you can heat them and make them crunchy. I just cut them into triangles and make them like chips. (Organic ones are made with just corn and lime) Serve with sliced avocados.

Karen's Tabouleh

1 bunch parsley
1 small onion
1 small tomato
3 tbs Bulgur (cracked wheat)

juice of 1 lemon
olive oil

Soak bulgur for 1 hour in warm water. Chop parsley very fine. Chop onion and tomato combine all ingredients. Drizzle olive oil and squeeze lemon into mixture. Salt to taste.

Susan's Black Bean & Brown Rice Stuffed Peppers

1 qt 100% Vegetable or Tomato Juice
2 cups cooked black beans
1 cup cooked brown rice
2 med green onions (chopped)
1/4 cup fresh cilantro (chopped)
2 tbsp extra virgin olive oil

2 tbsp lime juice
1 clove garlic (finely chopped)
2-3 large bell peppers (cut in half lengthwise and deseeded)

Combine all ingredients except juice and bell peppers in bowl and mix well. Place peppers in glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in oven on 350 degrees for 45-60 minutes.

Maria's Curry brown rice

Cooked brown rice
1-2 tspn curry powder
1/2 c frozen sweet peas
1/2 c corn
1/4 c onions

1/4 c tomato
1/2 tspn dried thyme leaves
1 tbsp virgin olive oil

1. Make the desired amount of brown rice.
2. Dice the onion and tomato.
3. Heat pan with olive oil. Mix in tomato, onions, thyme, corn, sweet peas and curry.
4. Stir until onion and tomato is cooked. Add water sparingly to keep it from sticking to the pan.
5. Add already cooked brown rice.
6. If desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out.

Angela's veggie soup

1 28oz. can diced or crushed tomatoes	salt to taste
1 6oz. can tomato paste	2 medium onions diced
1 can of tomato sauce	1 tsp garlic
1 can (drained) each of corn, green beans, potatoes, english peas, carrots.	4-5 bay leaves

Add water to cover items cook in slow cooker for 3-4 hrs or on stove top. Could also add mushrooms or other veggies you enjoy.

Cathy's Leek and Potato soup

1 tsp crushed fennel seeds	2 lbs leeks (trimmed, cleaned, sliced)
2 cloves garlic	2 lbs potatoes (cleaned, cut into cubes)
2 tbsp olive oil	
4 pints vegetable stock	

Heat olive oil on a medium heat in a large pan. Add garlic - heat for a few mins until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes and mix well with other ingredients. Cover and cook for 5 mins. Stir quickly. Cover and cook for further 5 mins. Add stock. Bring to boil, then cover, turn heat down and simmer for 40 mins.

Lola's Black bean soup

I make this with canned black beans. Basically just black beans, vegetable broth, crushed garlic, large chopped onion, 1 jar of all natural salsa, chopped jalapeño, chopped Cilantro. Combine all ingredients and enjoy. Amount of broth depends on how chunky you like your soup.

Hot water cornbread

White or yellow corn meal, hot water

Stir it up very well. Pat out individually like hamburger patties. Brown both sides in skillet with olive oil.

Rice, Green Beans and Lentils

1 cup rice	1 TBSP tomato paste
1/2 cup lentils rinsed	1 can green beans not drained
1 tsp. cinnamon	1 cup of water
1 tsp. salt	

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.

Rice and Lentils

1 cup rice	1 tsp salt
1/2 cup of lentils	
2 cups water	

Rice cooked in rice cooker. The rest of the ingredients go in crook pot for five hours on high.

Vegetable soup and navy beans

1 cup puree spinach
1 cup puree green beans
1 can navy beans rinsed and drained

1 tsp salt
1 cup water

Put all ingredients in crook pot for four hours on medium.

Mashed pinto beans on whole grain taco shells

1 can pinto beans rinsed and drained
1 TBSP of raisins
1 tsp salt

Cook pinto beans and raisins in crook pot for four hours blend in blender serve with whole grain soft taco shells.

Rice and Chick Peas

1 cup rice
1 can chick peas drained and rinsed
1 cup water

1 tsp salt
1 TBSP raisins

Cook rice in a rice cooker. Put rest of ingredients in crook pot and cook four hours at medium

Mrs. Jones' Brown Rice Dinner

1 cup of Brown Rice
2.5 cups water
Bring to rolling boil, reduce heat and simmer/steam for 45 minutes.
Half way through the cooking time, add:

1/2 cup of fresh salsa
1 cup of frozen corn
1/2 of a chopped red bell pepper

3/4 cup of cooked black beans

Stir and replace cover for remainder of cooking time. Serve with fresh sliced avocado.

Snacks

Popcorn

1/4 cup unpopped popping corn
1 brown lunch bag
Use Coconut Oil! It tskes amazing and its all natural!

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.

Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind.
1/2 cup orange juice (juiced from fresh oranges)
Juice of 2 limes (taste before you add all the juice at once)
1 medium-size, banana, peeled and cut into chunks
Fresh mint leaves for garnish (optional)

2 cups of ice cubes - makes it like a frozen ice drink (optional)

Mix all in a blender, and serve. Serves 2

You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

Salads/Dressings

Salad

3 cups bite-size pieces fresh spinach
1/2 cup sliced strawberries
1/2 cup cubed cantaloupe

Optional 1/2 cup sliced oranges
2 medium green onions, sliced

In a tightly covered container, shake all dressing ingredients. In large bowl, toss all salad ingredients with dressing.

Strawberry-Melon Spinach Salad Dressing:

1 tablespoon orange juice
1 tablespoon honey (if you are allowing honey)

1 1/2 teaspoon olive oil

Avocado Tomato Dressing

2 ripe avocados, peeled and pitted

1 med. ripe tomato

1 tsp. herb seasoning
¼ cup fresh lemon juice

Sea salt to taste

Place all ingredients in blender and blend until smooth.

Creamy Green Dressing

½ med. ripe avocado, peeled and pitted
¾ cup distilled water
3 tablespoons fresh lemon juice
¼ cup almonds, soaked overnight and drained

¼ tsp. garlic powder
1 ¼ tsp. onion powder or flakes
Sea salt

Blend all ingredients until smooth.

Pesto Dressing

4 small garlic cloves, peeled
2 2/3 cup tightly packed fresh basil leaves
1/3 cup pine nuts

1/3 cup cold-pressed extra virgin olive oil
Sea salt

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add oil through the feed tube. Continue to process until smooth.

Herb Vinaigrette

1/3 cup fresh lemon juice
½ tsp. dried basil (if using fresh, use twice as much)
1 tsp. dried oregano
¼ tsp sea salt

½ tsp dry mustard (optional)
½ cup fresh Italian parsley, minced
1 cup olive oil
1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

Italian Dressing

½ cup olive oil
¼ cup fresh lemon juice
1-2 garlic cloves, peeled
1 tsp. whole grain mustard seed (optional)
½ cup distilled water

1 green onion, chopped
1 tsp. honey
Dash Cayenne

Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1 tsp. oregano and ½ tsp. basil. Mix well.

French Dressing

1 cup olive oil
1/3 cup fresh lemon juice
1/3 cup honey

1 tablespoon paprika
¾ cup salt free tomato puree
1 tablespoon onion powder

½ tsp. garlic powder
Sea salt

Blend on high for 30 seconds.

Diced Fruit Salad

1 kiwi
1 pint strawberries
1 mango

2 bananas
½ pint blueberries

Slice and mix.

Southwestern Corn and Black Bean Salad

The beans, corn and nuts in this salad combine to create 19 grams of protein per serving.

1 ½ cups corn kernels (fresh or frozen)
1/3 cup pine nuts
1/4 cup lime juice
2 tablespoons extra-virgin olive oil
1/4 cup chopped fresh cilantro
2 (14.5 ounce) cans black beans, rinsed
2 cups shredded red cabbage
1 large tomato, diced
1/2 cup minced red onion
Salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime juice, oil, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Yield: 4 servings

