

Daniel Fast Guide

Index

Daniel Fast Guidelines

7 Breakfast Ideas

1. Fruit plate
2. Chia Pudding
3. Overnight Oats
4. Smoothie
5. Tofu Scramble
6. Breakfast Burrito
7. Banana Pancakes

7 Lunch Ideas

1. Greek Pasta Salad
2. Vegan Burritos
3. Veggies & Hummus
4. Vegetable Soup
5. Vegan Mac & Cheese
6. One Pan Mexican Quinoa
7. Lettuce veggie roll/ veggie pinwheels

7 Dinner Ideas

1. Tortilla Pizzas/ Pizza Rolls
2. Vegan Butter Tofu
3. Spaghetti
4. Vegan burgers & Fries
5. Vegan Tacos & Mexican Rice
6. Mushrooms & Rice
7. Garlic Broccoli Stir Fry & Cabbage Rolls

Snacks & Suggestions

Daniel Fast Guidelines

Conduct:

1. Avoid distractions: TV, social media, unnecessary conversations, little secular exposure
2. Follow the dietary guidelines
3. Pray: increase the frequency of your prayer time
4. Reserve time for bible study
5. Seek the Lord for guidance and answers to prayers

Dietary Guidelines:

Eat these foods:

- All Fruit: Fresh, Frozen, Canned (no sugar added, in juice, Not in syrup)
- All Vegetables: Fresh, Frozen, Canned (no sugar added, no syrup)
- Whole Grains: Brown rice, wild rice, popcorn (plain), oats, whole wheat flour, quinoa
- Legumes: Beans, lentils, peanuts, peas
- Nuts & Seeds: raw, dry roasted
- Seasonings: herbs, spices, soy sauce, liquid aminos, vinegar
- Oils: avocado, coconut, flax seed, olive, sesame seed
- Drinks: Water, Infused water (water with lemon, cucumber, mint, etc.), fresh-pressed juice, nut milk

Fast from these foods:

- All meat
- All animal products: dairy, eggs
- Sweeteners: natural and artificial
- Refined grains: white flour, white rice
- Processed foods: artificial flavors, chemical additives, or preservatives
- Refined oils: canola, corn, vegetable, soybean oils
- Beverages: tea, coffee, processed juice
- Other: Deep fried foods, gum, mints

Carefully read food labels

7 Breakfast Ideas

1. Fruit Plate

Exactly what it sounds like, grab any size plate and fill it with fruit.

Optional: sprinkle with cinnamon, tajin, salt

2. Chia Pudding

- 1 cup milk alternative (coconut, almond, oat)
- ¼ cup chia seeds
- 1 tsp vanilla
- Pinch of sea salt

Mix together and allow to sit for at least an hour

Eat with fresh fruit/berries, nut butter, shredded unsweetened coconut

My favorite: top with raspberry compote & natural peanut butter

3. Overnight Oats

Classic Recipe

- 1 cup rolled oats
- ¼ cup coconut cream or non-dairy unsweetened vanilla yogurt
- 2 tsp vanilla extract
- 2 tsp chia seeds

Mix together and allow to sit in the refrigerator overnight

Top with fruit, nuts, or seeds

Peanut Butter Banana: Classic recipe and add ½ ripe mashed banana and 2 tbsp peanut butter

Apple Cinnamon: Classic recipe and add ¼ cup unsweetened applesauce, ½ diced apple, ¼ tsp cinnamon, raisins & crushed walnuts

Pumpkin Pie: Classic recipe and add $\frac{1}{4}$ cup pumpkin puree, $\frac{1}{4}$ tsp pumpkin pie spice, and crushed pecans

4. Smoothies

Lots of options! Make ahead: put ingredients in a ziplock bag and freeze-pull out to blend anytime. Use $\frac{1}{2}$ cup almond or coconut milk or water to thin the smoothie.

Berry: $\frac{1}{2}$ cup each- raspberries, blueberries, strawberries, spinach

Sweet Sunrise: raspberries, 1 orange, $\frac{1}{2}$ banana, mango

Kiwi Refresh: 1 kiwi, 1 cup watermelon, 1 cup grapes

Green Monster: 1 grapefruit, $\frac{1}{2}$ banana, $\frac{1}{2}$ c pineapple, $\frac{1}{2}$ cup spinach

Tropical treat: 1 banana, 1 cup strawberries, $\frac{1}{2}$ cup mango

Pineapple punch: $\frac{1}{2}$ cup raspberries, 1 cup pineapple, $\frac{1}{2}$ cup mango, $\frac{1}{2}$ banana

5. Tofu Scramble

- 14 oz Firm tofu
- Diced onion
- Diced peppers
- Diced baby bella mushrooms
- Seasoning: turmeric, salt, pepper, garlic powder, onion powder
- Olive oil

Remove tofu from the package and press with a heavy pan or plate for 20 minutes to remove water. Add 1 tbsp olive oil to a pan. Crumble the tofu and saute it in the pan. Clear a spot in the middle of the pan and add onion, peppers, and mushrooms. Allow veggies to soften and add seasonings. Mix everything together and saute for 2-3 more minutes. Serve immediately or wrap in a whole wheat burrito and take it with you.

6. Breakfast Burrito

- Potatoes
- Onion
- Minced Garlic
- Olive oil
- Seasonings: salt, pepper, garlic powder
- Just Egg (vegan egg beaters)
- Whole Wheat Burritos
- Vegan shredded cheese
- Salsa, Pico de Gallo, and/or hot sauce
- Vegan sour cream

Potato Hash: Dice potatoes and onion and place in a baking dish. Add 2 tbsp minced garlic, 2-3 tbsp olive oil, salt, pepper, and garlic powder to taste. Toss to mix and coat. Bake at 400 for 40 mins.

Cook the Just Egg like you would make regular scrambled eggs. Just don't add anything but seasonings.

Once everything is cooked, Scoop potato hash and "eggs" onto the burrito. Add desired toppings: vegan shredded cheese, salsa, pico de gallo, vegan sour cream, hot sauce.

7. Banana Oat Pancakes

- 1 cup rolled oats
- ¼ cup almond, coconut, or oat milk
- 1 banana-ripe
- 2 tsp baking powder
- 1 tbsp apple cider vinegar
- 1 tsp vanilla extract
- 1 tbsp date paste

Combine all the ingredients in a blender. Blend until smooth. Allow the batter to rest for 10 mins. Preheat a pan on medium heat. Pour ¼ cup of batter per pancake. Cook for 1-2 minutes and flip. Cook for 1-2 minutes on the second side. Add berry compote or natural peanut butter.

7 Lunch Ideas

1. Greek Pasta Salad (sharing size)

Pasta Salad:

- 2 cups Rotini
- 1 cup cucumber
- 1 cup cherry tomatoes
- ½ cup olives
- ½ cup fresh parsley
- ½ cut fresh onion
- 3 cloves garlic
- 2 tsp dried oregano
- 1 tsp dried basil
- ½ cup tofu feta (see below)
- ½ tsp sea salt and pepper
- 1 tbsp lemon juice
- 1 tbsp red wine vinegar

Tofu feta:

- 1 package extra firm tofu
- 2 tbsp lemon juice
- 1 tbsp water
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp sea salt

INSTRUCTIONS

Ideally, make the vegan feta the night before making the salad. If not, you'll need 20 minutes to press the tofu and at least 1 hour to marinate it. To make it, place a block of extra-firm tofu on a dish towel and fold the towel over it. Place the wrapped tofu on a plate and place a heavy object on top of it. I use a few cookbooks. You can use a tofu press if you have one. Press for 20-30 minutes to remove excess water. Once pressed, crumble the tofu into feta cheese-sized chunks into a bowl or container and add the rest of the tofu feta ingredients. Mix well, cover and marinate for 1 hour up to overnight.

When you're ready to make the salad, cook pasta according to package instructions. While the pasta is cooking, add the rest of the ingredients to a large **mixing bowl**. Once the pasta is cooked, drain and rinse with cold water until no longer hot. Add the pasta to the bowl with the rest of the ingredients. Add the tofu feta as well, if you haven't already. Mix everything together, season with salt and pepper and serve right away. This can be made a few hours in advance and stored in the fridge. Leftovers may be stored in the fridge in a sealed container for up to 2 days.

2. Hummus Burrito

- Whole wheat tortilla
- Hummus (I use roasted garlic)
- Vegan sour cream
- Brown rice
- Fresh spinach
- Mini Bell Peppers, small slices or diced
- Pico de gallo or salsa
- Optional: other fresh veggies, herbs, or spices

Spread hummus on the entire tortilla, in the middle layer the vegan sour cream, brown rice, spinach, and peppers. Sprinkle with garlic salt if desired. Add pico de gallo or salsa and roll up the burrito.

3. Veggies & Hummus

- Carrots
- Celery
- Pepper slices
- Hummus of your choice, try different flavors

Dip and enjoy!

4. Vegetable Soup

- 1 bag Mirepoix blend frozen veggies (carrots, celery, onion)
- 1 can petite diced tomatoes
- 1 can corn (no sugar)
- 1 can sliced potatoes
- Optional: peas, green beans, pinto beans, whatever you like

- Olive oil
- Minced garlic
- Seasonings: salt, pepper, garlic powder, onion powder, cumin, cayenne pepper
- 1 carton Vegetable broth
- Tomato juice

Add vegetable oil to a stock pot. Once hot, add mirepoix blend. Once the veggies get soft (about 5 mins), add the 3 cans- tomatoes, corn, and potatoes and any other optional veggies you want. Add 2 tbsp minced garlic and seasonings. Go light on the cayenne if you don't like spice. Stir and allow to cook for 5 more minutes. Add vegetable broth and half a bottle of tomato juice and bring to a boil. Boil for 20 minutes then remove from heat. Eat immediately or allow it to cool in the pot then move it to storage containers for the refrigerator or freezer.

5. Vegan mac & Cheese

Whole Wheat Macaroni or Tri color pasta, cooked

¼ cup vegan butter

¼ cup whole wheat flour

2 ½ cups unsweetened nut or oat milk

3 cups shredded vegan cheddar cheese

1 tsp salt

½ tsp black pepper

½ tsp onion powder

1 tsp garlic powder

Cook pasta in salted water. In a pot, melt butter. Once it's melted, whisk in flour until it forms a paste. Slowly add in milk and whisk it well until incorporated. Let it simmer for a few minutes until it starts to thicken. Add in salt, pepper, onion powder, garlic powder, and vegan cheese. Keep stirring until cheese melts (it takes longer than regular cheese). Once fully incorporated into a sauce, pour in the cooked pasta and stir.

6. One Pan Mexican Quinoa

- 1 small red onion, chopped
- 3 cloves of garlic, minced
- 2 bell peppers, chopped (I used an orange and a red one)
- 1 cup quinoa, uncooked and pre-rinsed
- 1 1/2 cup vegetable broth
- 3 cups canned diced tomatoes
- 1 15 oz can black beans, drained and rinsed

- 2 cups frozen corn
- 1 tablespoon paprika powder
- 1/2 tablespoon cumin
- juice of one lime
- 2 green onions
- 1 cup fresh parsley, chopped
- salt, to taste
- black pepper, to taste
- red pepper flakes
- 1 avocado, to serve

Instructions

1. Heat some oil in a large pot or pan and sauté the onion for 2-3 minutes or until it becomes translucent. Then add the garlic and the bell pepper and cook for another 2 minutes on high heat.
2. Add the rest of the ingredients except for the lime juice, the green onions, and the parsley.
3. Cover with a lid and cook for 20 minutes. As the temperature varies a bit, make sure to check once in a while that your quinoa is not burning or sticking to the bottom of the pan by stirring with a wooden spoon. If so, lower the heat.
4. Then stir in the lime juice, the green onions, the parsley and season with salt, pepper, and red pepper flakes. Serve with avocado on top.

7. Lettuce veggie roll/ veggie pinwheels

- Large Romaine lettuce leaves and/or Organic Whole Wheat Tortilla
- Vegan cream cheese
- Veggies of choice: sliced bell pepper, spinach, sliced tomatoes, sliced cucumber, shredded carrots
- Everything Bagel Seasoning

Spread vegan cream cheese on the lettuce or tortilla. Sprinkle with Everything Bagel Seasoning. Layer veggies and roll it up. If using a tortilla, you can just roll it up and eat or roll it up and cut into slices

7 Dinner Ideas

1. Tortilla Pizzas/ Pizza Rolls

- Organic Whole Wheat Tortillas or Egg Roll Wraps
- Pizza Sauce (Kroger Brand Parlor Style or another with no sugar)
- Vegan mozzarella
- Mushrooms & Peppers
- Garlic powder, Parsley

For the tortilla pizza: spread sauce on the tortilla, add vegan mozzarella, garlic powder, parsley, mushrooms, and peppers. Put in the oven at 400 for 6-8 mins. Look for edges to turn golden. Best when crispy.

For Pizza rolls: finely chop mushrooms and peppers. Saute in a skillet with 1 tbsp olive oil. Add garlic powder, parsley and pizza sauce. Stir it together and let it cook for 2-3 mins. Remove from heat. Lay out Egg roll wraps (amount depends on the amount of filling that is made) Place a spoonful of filling in the middle of the wonton wrap, add vegan mozzarella on top. Roll up the wraps according to package instructions (will look like egg rolls). Put in the oven at 400 for 5 mins, pull out and flip over, put in for another 3-5 minutes. Rolls should be crispy.

2. Vegan Butter Tofu

- Extra firm tofu
- 1 tbsp olive oil
- 1 can coconut cream
- 1 can tomato paste
- ½ a yellow or white onion
- 1 tsp each salt, pepper, cumin, paprika
- Brown rice

Open the tofu about 1 hour before cooking. Remove from the package, place between 2 heavy plates (or a plate and a pan on top). After 1 hour, dump the water that has been pressed out. Add the olive oil to a skillet and heat. Slice the tofu into cubes, sprinkle with salt & garlic powder. Saute tofu, flip until each side is golden brown. After it's cooked, remove it from the pan and set aside. Dice ½ an onion, add it to the pan and saute. Once the onion has cooked, add 1 can coconut cream & 1 can tomato paste. Allow everything to get hot, it will take a few minutes for the tomato paste to mix well with the coconut cream. Once incorporated, add spices. You should have a thick sauce at this

point. Add the tofu in and allow it to simmer for a few more minutes. Serve over cooked brown rice (I use Uncle Ben's 90 second brown rice packets for convenience)

3. Spaghetti

- Whole grain pasta or tri color pasta
- Spaghetti Sauce: make homemade or buy a jar of sauce without sugar
- Veggies to add to sauce: mushrooms, peppers, onion, etc (optional)
- Impossible "beef" (optional)
- Vegan Parmesan

Cook the pasta in salted water. If you're adding impossible beef or veggies, cook/saute in a separate pan. Once cooked, add in homemade or jarred sauce and allow to simmer for several minutes. Top the pasta with "meat" and veggie sauce. Sprinkle with vegan parmesan if desired.

4. Bunless Vegan burgers & Fries

- Impossible Beef or Vegan burger (no sugar or yeast in the ingredients)
Boca or Dr. Preagers have decent frozen burger patties
- Lettuce, tomato, pickles
- Veggie Ketchup, mustard or Buffalo sauce (see snack/suggestion area)
- 2-4 large potatoes (depending on # of people eating)
- Salt

Peel potatoes and slice into fries. Put in a bowl of water for 30-60 minutes. Drain the water and pat fries dry. Turn on oven at 400 degrees. Sprinkle fries with olive oil, salt, and additional desired spices. Bake fried for 10 minutes, pull out and flip, bake another 5-10 minutes until crispy.

Season the impossible beef as desired and grill or cook in a pan

Frozen vegan burgers can be grilled or cooked in the oven

Top burger with desired toppings as listed above and wrap lettuce around the outside.

5. Vegan Tacos Skillet

- 1 onion, diced
- Sliced bell pepper, red and green
- Olive oil
- 1 can petite diced tomatoes
- 1 can green chilis
- 1 can corn, no salt added

- 1 can black beans
- Chili powder, cumin, cayenne, garlic powder, onion powder, salt, black pepper
- 2 cups brown rice
- ½ cup vegan sour cream
- 1 cup vegan shredded cheddar cheese

Saute onion and bell peppers in olive oil in a pan. Once cooked, add tomatoes, green chilis, corn, and black beans. Simmer for 5-10 minutes. Add spices ½-tsp each based on preferences. Stir in cooked brown rice and sour cream. After it's incorporated, top with shredded vegan cheddar cheese and cover with a lid until cheese is melted. Eat out of a bowl, put in a whole wheat tortilla, or eat with organic tortilla chips.

6. Mushrooms & Rice

- Baby Bella Mushrooms
- ½ white or yellow onion, diced
- 2 tbsp Vegan butter
- 2 tbsp Worcestershire sauce
- 1 tbsp Minced garlic
- ½ tsp Garlic powder, onion powder, salt & pepper
- 1 cup vegetable broth
- 1 package 90 second brown rice
- 1 tbsp cornstarch

Add vegan butter to a hot pan and allow it to melt. Add diced onion and mushrooms and saute. Add worcestershire sauce, minced garlic, spices, and vegetable broth. Simmer for 5 minutes. Stir in brown rice. In a small bowl, add cornstarch and just enough warm water to dissolve it. Once dissolved, pour cornstarch/water mixture into the pan. Stir together and remove from heat. Sauce will thicken in minutes. Enjoy

7. Garlic Broccoli Stir Fry with Chickpeas

- 1 tbsp olive oil
- 1 onion diced
- 5 garlic cloves minced
- 1 tbsp ginger
- 1 tsp onion powder, paprika
- Black pepper and salt to taste
- Pinch of cayenne pepper
- 1 medium head of broccoli, cut into florets

- ½ cup vegetable broth
- 1 can chickpeas, rinsed and drained
- Cooked brown rice

Sauce

- ½ cup water
- 3 tbsp soy sauce
- 2 tbsp rice vinegar
- 1 tbsp date paste
- 1 tbsp cornstarch

Heat oil in a pan, add onion, ginger, garlic, and all spices. Saute for 3-4 minutes. Add broccoli florets and vegetable broth. Cook until broccoli is tender, about 8-10 mins. In a bowl, combine water, soy sauce, vinegar, date paste, and cornstarch and whisk. Pour the sauce in another pan and add the chickpeas. Bring to a boil and allow the sauce to simmer for several minutes. Pour sauce and chickpeas into the broccoli and stir. Eat alone or serve over brown rice.

Snacks & Suggestions

Snacks:

Apples & Natural Peanut Butter (ingredients should say peanuts and salt only)

Roasted or air fried chickpeas or edamame

Nuts & Seeds (salted but no flavors- flavorings typically have sugar)

Guacamole and Organic Tortilla chips (Simple Truth Organic Blue Chips are good)

Salsa (No sugar) and Organic Tortilla chips

Hummus and veggies

Organic popcorn with salt (no butter)

No bake energy bites (mix & match ingredients)

½ cup nuts (peanut, cashew, pecan, pistachio, etc)

¼ cup nut butter (peanut, almond, cashew)

2 tbsp oats

2-3 dates

Blend in a food processor, roll into balls and place in the refrigerator for 1 hour. Store in a container in the refrigerator.

Buffalo sauce (dip) and Blue chips

½ cup cashews

2 tbsp unsweetened nut or oat milk

¼ cup hot sauce

1 tsp garlic powder

Blend in a food processor until it's a smooth consistency. All nuts should be blended, add more nut/oat milk if it's too thick to blend.

Eat with organic blue tortilla chips or use as a sauce for burgers, fries, etc.

Berry Compote for pancakes chia pudding/etc

1 tbsp lime juice

Cinnamon and/or ginger

1 cup of frozen berries of choice

Add all ingredients to a pan on the stove and cover with a lid. Every few minutes, uncover, mash berries, and stir. When it thickens to a sauce (about 10 mins), take off heat, allow to cool and store in a glass container in the refrigerator.

Suggestions:

Some good finds:

Mission Organics Whole Wheat Tortillas

True Made Foods: Veggie Ketchup

Smuckers natural peanut butter stirs easily in recipes. Santa Cruz-thicker & Spreadable

Simple Truth Non-Dairy Parmesan

Ragu Simply has no sugar

Nasoya Vegan Egg Roll Wraps

Simple Truth Dairy Free Sour Cream

Oasis brand Hummus

Vegan "meats": Check the labels!

"Beef" products usually don't have sugar

Bratwurst "sausage" products-some are clean, some not

All breakfast sausage and chicken products have sugar

Look for sneaky sugars: Glucose, sucrose, dextrose, maltodextrin, high fructose corn syrup, agave, cane sugar, honey, maple syrup, malt syrup, galactose, etc.

Plan several days ahead of time so you aren't scrambling to find something to eat.

Use frozen vegetables and fruit, lasts longer, less waste