

Daniel Fasting Assistance Guide

Consider some basic things:

1. The objective in the Daniel Fast is to duplicate the Daniel diet (Dan 1:12 – pulse food = food which is grown from seed consistent with God’s original provision in Genesis 1:29-30 and Genesis 2:9. Many of our health challenges stem from food outside of this “order.” They are “permissible, but not expedient!” (I Cor 6:12 and 10:23). We are to check with our physician to see if you have any restrictions to fasting.
2. The only beverage on the fast is water. You may consider putting some fruit in your water (e.g. apples, strawberries or other berries, lemon, lime, orange) and refrigerating it for flavored water – but no sugar nor sugar substitute. Water refrigerated in celery has been found to have desirable medicinal effects. Fruit and veggie juices (100%) are an option because they are considered to be a “liquid meal.”
3. Olive oil is your friend! It can be used for preparation of vegetables and in place of butter in many things. Earth Balance Buttery Spread is Daniel Friendly. Some mustards are Daniel friendly.
4. This is a good opportunity for trying out new herbs and seasonings, vegetables, fruits, nuts, etc. that work well for juicing.
5. Plant-based milks (soy, coconut, other nuts, etc.) without any sugar or additives are acceptable for 100% grain cereals or in preparation of foods.
6. **SAMPLE BREAKFAST:** Yellow Grits (w/ olive oil and salt), Oatmeal (with fruit for sweetening or nuts for additional flavor). Smoothies are a big breakfast hit.
7. **MAKE YOUR OWN Salad Dressing with Olive Oil, Vinegar, and herbs** (e.g. Italian seasoning, garlic, parsley, Italian seasoning grated onions, lemon juice or berry juice or pureed fruit (strawberries, raspberries) – salad for lunch w/ fruit and nuts/grains.
8. Make your own salsa or tomato sauce (fresh tomatoes or fresh market packaged w/o additives, garlic, onions, oregano, parsley, basil, salt, pepper, olive oil etc.) and put over whole wheat pasta of your choice. Try fresh chopped tomatoes with herbs and seasoning of your choice.
9. **SNACK:** Nuts and grains, only approved pickles (read the labels to verify no additives)
10. **DINNER:** Baked potato, Brown Rice, Whole Wheat Pasta (non-egg based), and fresh or frozen vegetables.
11. Health food, Whole Food, Fresh Market stores may help in finding products that are free of artificial flavorings and man-made chemicals. Ask your grocer.
12. Protein shakes are permissible if there are no additives, non-dairy, and require only water or 100% fresh-squeezed fruit juice for mixture.

13. **Some would argue that xanthan gum is a “Daniel Friendly” chemical since it is made from a natural process of corn fermentation. It is used as a “thickener.” I would suggest that on the three weeks we are fasting, you be very discerning over chemicals of any kind (Daniel would be) ! There are approved soy sauces. Check with your grocer.**
14. A squeeze of lemon goes a long way for flavoring in your meals, dressings, drinks, etc. It can also be used to cut down on the amount of salt you use during the fast.
15. Celery adds a natural salt flavor to food. Carrots have a naturally sweet flavor.
16. Carrots and celery can add flavor to foods such as cabbage, string beans, broccoli, cauliflower, and asparagus.
17. Green and red peppers also add extra flavor to foods, including rice, pasta, and veggies.

Some Other Thoughts:

1. Since we cannot use sugar – consider cooking sweet potatoes and other items you generally use sugar within a natural fruit juice (like boiled apples/bananas/pears/oranges/grapes, etc).
2. Cinnamon, nutmeg, cloves, turmeric, curry, cumin, dill, and other natural spices are good flavors for different foods.
3. To make a vegetable stock for soup (consider using a crock pot) – boil vegetables with vegetables (carrots, celery, corn, olive oil, onions, garlic, other herbs and spices, etc). In order to “thicken” vegetable stock you may wish to use more potatoes (diced and mashed for thickness) or consider throwing some beans in your stock. Beans make a natural “starchy” thickness when cooked for a long time. Again, a crock pot may be your friend.
4. This may be a good time to go back to basics like we used to do and cook a big pot of beans (w/o the meat) using seasoning, olive oil (or other), onions, garlic and herbs for seasoning (e.g. limas, lentils, kidney, black-eyed peas, pinto, - you get the point).
5. If you must have some “bread” substitute to get through – you can make your own corn tortillas using Masa brosa 100% premium white corn and water.
6. Consider grilling veggie-kabobs.
7. What am I going to do? (A big pot of dry beans - limas (over brown rice). Grits w/ olive oil in morning. Frozen vegetables for dinner (prepared w/ fresh onion and hint of garlic for flavoring). Sautéed squash or zucchini with seasoning and onion – in a little olive oil. Fresh fruits when possible for breakfast and snack (as I can afford them). Travel with nuts to curb my temptation. Cabbage and potatoes, Stewed Tomatoes & Onions over

brown rice or yellow grits, Okra & Tomatoes over brown rice, Whole wheat pasta with homemade tomato sauce.

(Make sure to read the labels for frozen and canned veggies to check for sugar, chemicals, etc.

From the Book, Satan, I'm Taking My Health Back, by Jawanza Kunjufu, looks at the startling facts about how long it takes to get certain meats out of your system:

When you consider that meats are the ones which rapidly reproduce bacteria, maggots, etc, we need to be very careful about how we ingest them and especially in which quantities. Consider why Daniel was in better health: (processing time and fiber + nutritional value):

This Daniel fast will also introduce us to some other shopping styles and alternatives:

1. Shopping at Whole Foods and Health Food Stores and Fresh Markets will help us be more conscious of a healthy "repertoire" "variety" of food. Caution - this can be very expensive. It is ok to shop in regular grocery stores, and maybe chose some organic options (also a little costly). Keep in mind that vigorously washing our fruits and veggies from regular grocery stores will help with eliminating some of the chemicals.
2. Being a smart consumer not only helps us financially (by looking for price deals), but physiologically (by reading ingredients labels). The more chemicals, the more considerations you need to take.
3. Daniel proved that the fast was not only a useful spiritual discipline, but also a viable diet for optimum health. We may want to consider some of the things we learn from the Daniel fast as a permanent lifestyle enhancement to help us to care for the 'temple' entrusted to us (1 Cor 6:19 and 2 Cor 6:16).

Sample Dinner(s)

Meatless spaghetti
Veggies and tofu
Salad, Fruit, Nuts, Water or fresh-squeezed fruit juice
Spinach & pasta with olive oil, onions, and fresh garlic and other herbs & acceptable seasonings
Mixed Vegetable Pasta
Lunch Options above
Salad, Fruit, Nuts
Water or fruit juice

Baked Potatoes
Complete list of veggies
Complete list of Fruits
Whole Wheat Pasta & Tomatoes
Tomatoes & Onions & Brown Rice
Potato Chips (baked/pan sautéed)
Home Fries (not deep fried but steamed) w/ peppers
String Beans & Chestnuts
Veggie-Kabobs
Rutabagas

Vegetable Medleys
 Vegetable Lo Mein
 Eggplant & Dices Tomatoes
 Cabbage & Rice/potatoes
 Oatmeal & Fruit
 Garden Salad
 Artichoke Sala
 Fried Brown Rice
 Broccoli & Rice/chestnuts/soy
 Broccoli & pasta
 Pickles / Mustard
 Zucchini & Onions

Yellow Grits
 Boiled Peanuts
 Baked Tostitos
 Corn Tortillas/salsa/lettuce
 Popcorn (homemade)
 Whole Wheat Pasta Salad
 Smoothies
 Fruit Juices
 Sweet Potato w/ baked fruit
 Vegetable Soup (homemade)
 Beans & Brown Rice

Sample Dinner Chart:

Vegetable Soup	Beans & Rice / w diced tomatoes	Sweet Potatoes & Vegetables
Cabbage & Rice	Vegetable Lo Mein	Whole Wheat Pasta & Tomato Sauce (Spaghetti and chunky tomato sauce)
Broccoli & Pasta or Broccoli & Rice/chestnuts and Soy	Fried Rice	Pasta Salad
Baked /Mashed Potatoes & Vegetables	Bean or Lentil Soup (with some whole wheat pasta)	Baked Home Fries & Vegetables

Snacks: Baked Tostitos w/ approved or homemade salsa, Smoothie, Fruit, Boiled Peanuts, Approved Wheat Germ, Cereal, Homemade Popcorn,

Breakfast: Oatmeal & Fruit, Yellow Grits, Home Fries, Smoothies, Fruit Cup Medley

Try your hand at some Daniel Recipes:

www.ultimatedanielfast.com/recipes