

Daniel FAST FOODS

I ATE NO PLEASANT FOOD, NO MEAT OR WINE CAME INTO MY MOUTH, NOR DID I ANOINT MYSELF AT ALL, TILL THREE WHOLE WEEKS WERE FULFILLED. - DANIEL 10:3

ALLOWED: FOODS GROWN FROM SEED, DRINK ONLY WATER



Vegetables

asparagus, broccoli, cabbage, celery, corn
kale, onions, potatoes, tomatoes, etc.



Fruits

apples, bananas, berries, oranges, pears,
plums, tangerines, watermelon, etc.



Nuts & Seeds

almonds, seeds, walnuts, nutbutters (no
sugar added, made with healthy oils), etc.



Healthy Liquid Oils

grapeseed, seed, olive, peanut, etc.



Whole Grains & Legumes

barley, brown rice, oats, popcorn, beans,
chickpeas, lentils, etc.

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Not Allowed

meats, animal products, dairy, eggs, sweets, all sweeteners, honey, breads with leaven, baked goods, refined and processed foods, deep fried "pleasant foods" like chips, solid fats (e.g. butter, margarine), soda, alcohol, white flour and rice, beverages other than water (can make a personal decision to include vegetable and fruit juices, (juicing fresh vegetables and fruits okay though), check labels.



TOFU BREAKFAST SCRAMBLE

Ingredients

- 1 box firm tofu
- 1 zucchini, diced small
- 1 tomato, diced
- ½ onion, diced
- 1 red bell pepper, diced
- 2 green onions, finely sliced
- 1 tablespoon fresh cilantro, minced
- 1 clove garlic, minced
- Salt and pepper to taste / Tomato paste if desired

Instructions

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



NUTTY FRUIT CEREAL

INGREDIENTS

- 1 banana, peeled and sliced (about 1 cup)
- 1/3 cup fresh blueberries
- 1 tablespoon chopped almonds
- 1 tablespoon chopped walnuts
- 1 teaspoon unsweetened coconut flakes
- ½ cup unsweetened almond or rice milk

INSTRUCTIONS

Place banana slices in a bowl and top with blueberries, almonds, walnuts, and coconut flakes.
Pour in almond milk.



Daniel Fast Lunch & Dinner Recipes



JAMAICAN CHILI

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 yellow bell pepper, seeded and chopped (about 1-1 1/2 cups) seeded & chopped (1-1 1/2 cups)
- 1 cup chopped onions
- 2 cloves garlic minced
- 1 cup Vegetable Broth or water see Recipe Notes
- 3 medium tomatoes, chopped or 1 (14.5-ounce) can diced tomatoes
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can cannellini beans, rinsed and drained
- 1 15-ounce can kidney beans, rinsed and drained
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika
- 1/2 teaspoon salt

INSTRUCTIONS

1. Heat olive oil over medium heat, and cook until onions are soft and translucent. Add yellow pepper and garlic. Cook until pepper is tender.
2. Add water tomatoes, beans, cumin, paprika, and salt. Bring to a boil. Cover, and simmer 30 minutes. Stir in parsley just before serving.
3. Yield: 4 servings (serving size: 1 1/4 cups)



OKRA CORN SALAD

INGREDIENTS

- 2 tablespoons olive oil
- 2 ears of corn kernels cut off
- 1 pound okra, thinly sliced
- 1/2 medium sweet onion, chopped
- 1/3 cup chopped pickled jalapeno slices
- 3 plum tomatoes, chopped
- 1 tablespoon lime juice
- 1/4 teaspoon pepper
- salt to taste
- 1/4 cup chopped fresh cilantro



Instructions

Heat oil over medium-high heat in a large nonstick skillet. Add corn and cook 2 minutes. Add okra and onion and cook for 3 to 4 more minutes. Remove from heat and stir in remaining ingredients.

Roasted Veggie and Bulgur Whole Grain Bowl



Serves 2

- 1 cup cooked bulgur
 - 1 small sweet potato, peeled and chopped into uniform chunks
 - 1 cup Brussels sprouts, trimmed and cut in half
 - 1 cup cauliflower florets, cut into uniform pieces
 - 1 cup mixed greens (spring mix or kale)
 - 1/4 red onion, sliced
 - 2 TBS fresh Italian parsley
- Olive oil
1. Preheat oven to 400 degrees.
 2. Drizzle sweet potato, Brussels sprouts and cauliflower with olive oil and place on a baking sheet. Roast for 30-40 minutes or until done, stirring halfway through cook time. Remove from oven and cool slightly.
 3. Divide bulgur and roasted veggies between bowls.
 4. Top with greens, onion and fresh parsley.

PINEAPPLE- KIWI SPINACH SALAD



- 6 cups fresh spinach leaves, torn, stems removed, lightly packed
- 1 8-ounce can pineapple tidbits, drained, juice reserved
- 5-6 kiwifruit, peeled, cut into half moons
- 1/4 cup diced red onion

INSTRUCTIONS

1. Wash spinach leaves well, and place in a large serving bowl. Top spinach with pineapple, kiwifruit, and red onion. Pour pineapple juice over all, and toss gently.
2. Yield: 6 servings (serving size: about 1 cup)

TROPICAL FRUIT SALAD



- 2 cups sliced strawberries
- 3 kiwi fruit, peeled and quartered
- 1 1/2 cups orange segments, cut into 1-inch pieces
- 1 cup red seedless grapes, halved
- 1 cup fresh pineapple chunks, cut into tidbits

INSTRUCTIONS

Mix fruit in a large bowl, and chill until ready to serve.