

Disclaimer

As always, please check with a medical professional before embarking on any type of fast. In addition to these, there are a number of websites & cookbooks with Daniel Fast recipes.

Breakfast Smoothie

Ingredients

1 cup soy milk
1 banana
1 cup frozen berries

Instructions

Place all ingredient in blender & blend until smooth

Burrito Bowls

Ingredients

Brown rice or Quinoa
Black beans
Corn
Salsa
Fresh or grilled veggies
Cilantro sauce

Instructions

Place all ingredient in a bowl & stir

(When eating out, Cava & Chipotle are good choices)

Lentil Soup

Ingredients

3 tablespoons olive oil
3 diced carrots
2 ribs of diced celery

1 diced yellow onion
2 teaspoons of kosher salt
4 grated cloves of garlic
1 tablespoon of cumin
2 teaspoons of sweet paprika
1 teaspoon of ground turmeric
½ teaspoon of ground black pepper
½ teaspoon of cayenne pepper
2 bay leaves
1 ¼ cup of brown or green lentils
½ diced butternut squash
2 cans of crushed fire-roasted tomatoes (14 oz each)
8 cups of vegetable broth/stock
2 cups shredded kale
2 juiced lemons

Instructions

Over medium heat, add olive oil into heavy bottomed pot
Add carrot, celery & onion
Add 1 teaspoon of kosher salt
Cook until veggies have softened (5-6 minutes)
Add garlic, cumin, paprika, turmeric, ground black pepper, & cayenne pepper
Cook 1-2 minutes
Add bay leaves, lentils, butternut squash, fire-roasted tomatoes, 1 teaspoon of kosher salt, & vegetable broth/stock
Increase heat to medium-high & bring to a boil
Reduce heat to low & maintain a steady simmer
Cook until lentils are soft (25-30 minutes)
Add shredded kale & lemon juice
Remove from heat
Cover for 4-5 minutes

Stuffed Sweet Potato

Ingredients

Sweet potato

Black beans

Corn

Salsa

Instructions

Bake sweet potato until soft

Stuff with black beans, corn, & salsa

Guacamole Salad

Ingredients

4 sliced avocados

2 chopped tomatoes

½ chopped red onion

½ sliced cucumber

1 seeded & diced jalapeno

1 drained can of whole kernel corn

½ teaspoon of garlic salt

1 fresh lime

¼ cup of extra virgin olive oil

Salt & pepper to taste

Instructions

Mix lime juice, olive oil, salt & pepper

Pour mix over tossed ingredients

Chill 30 minutes before serving

Roasted Sweet Potato Cubes

Ingredients

1 chopped sweet potato (1/2 inch cubes)

2 teaspoons of cumin

2 teaspoons of smoked paprika

1 teaspoon of chili flakes

1 teaspoon of salt

2 grated garlic cloves

3 tablespoons of olive oil

1 juiced lime

Instructions

Preheat oven to 425* F

Mix cumin, paprika, chili flakes, salt, garlic, olive oil, & lime juice into large bowl

Add sweet potato cubes & coat thoroughly

Place sweet potato cubes on a large non-stick baking tray

Bake for 20 minutes

Potato Soup

Ingredients

1-2 tablespoons of coconut or olive oil

½ cup of chopped onion

2 chopped garlic cloves

½ teaspoon of dried thyme

4 peeled & chopped potatoes

1 cup of chopped carrots

4 cups vegetable stock

1 can of coconut milk (13 oz)

1 teaspoon of sea salt

Salt & pepper to taste

Chives or green onions to taste

Instructions

Pour coconut or olive oil into a large soup pot on medium heat

Add onions (2-3 minutes)

Add garlic (1-2 minutes while stirring)

Add thyme & potatoes

Add vegetable stock & bring to a boil

Cover pot & simmer until potatoes are soft (30 minutes)

Remove from heat & blend as desired

Return to stove

Add coconut milk & salt

Simmer & stir until thoroughly mixed (5-10 minutes)

Quick Snacks

Ants on a Log (celery, raisins, peanut butter)

Air Fryer Potato Wedges (potato wedges, paprika, parsley, chili powder, salt, pepper)

Oatmeal (almond butter & berries)

Coleslaw (coleslaw mix, red wine vinegar, olive oil, pepper)

Hummus & Veggies

Fruit Salad

Trail Mix

Stovetop Popcorn