

# DANIEL FAST 21 DAY GUIDELINES

January 9-January 30  
2022

led by Pastor Michael Steve Brown



A spiritual journey of  
feeding your soul,  
strengthening your spirit  
& renewing your body

[www.truevisionchurch.org](http://www.truevisionchurch.org)





# A NEW YEAR, A RENEWED FOCUS & A REFRESHING FAST

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## Are You Ready to Begin Your Fast

You've made your commitment to fast. Thank you for joining us on this fast. Now what?

Let me mention two aspects to preparing for a fast.

### 1. Prepare Yourself Spiritually

The basic foundation of fasting and prayer is repentance. Un-confessed sin hinders our prayers. There are several things we should do to prepare our hearts for a fast:

- Ask the Holy Spirit to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your mind.
- Accept God's forgiveness. (1 John 1:9)
- Ask forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4)
- Ask God to fill you with His Holy Spirit according to Ephesians 5:18 (and expect Him to answer, according to His promise in 1 John 5:14-15).
- Surrender fully to Jesus Christ as your Lord and Master, refusing to yield to your worldly nature.

### 2. Prepare Yourself Physically

Fasting requires reasonable precautions. If you have a chronic illness, or take prescription medications, you should consult your physician before you fast. Some people should not fast without medical supervision.

Prepare your body before you begin fasting. Otherwise, the drastic change in your eating may be so difficult that you cannot turn your full attention to God in prayer.

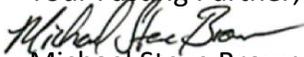
- Ease into your fast by making changes the week prior. Do not rush into your fast all of a sudden.
- Prepare your body by eating smaller meals before starting a fast.
- Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.
- Begin reducing your caffeine intake. This way you can avoid a caffeine withdrawal headache the first few days of your fast.

Part of being prepared physically means making sure you have the appropriate food items in your house. Otherwise, you might reach for the Twinkie or the Doughnut! Being prepared leads to a successful fast.

As you prepare, do so with an excited, expectant heart. God will reward your fasting and prayer!

**"Anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." Hebrews 11:6**

Your Fasting Partner,

  
Michael Steve Brown

## **True Vision Enters the Daniel Fast for 21 Days (or as long as you can)**

**Fast Start Date January 9, 2022 @ 6:00AM**

**Fast End Date January 30, 2022 @ 5:59:59AM**

### **TVC's Daniel Fast Theme Song**

Lord Remember Me

Lord Remember Me

As I Struggle from Day to Day

Lord Remember Me (2)

### **January 30, 2022 Celebration Sunday**

**Our Scripture Focus -- Daniel 1:8-14, 10:3-9**

## **Guidelines for the Daniel Fast**

### **STEP ONE: BE SPECIFIC**

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

### **STEP TWO: FAST AS A SPIRITUAL COMMITMENT**

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Dan. 1:8).

### **STEP THREE: REFLECT INNER DESIRE BY OUTER DISCIPLINE**

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

- a. Your food choices.
- b. The level of your spiritual commitment as reflected in constant prayer during the fast.
- c. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
- d. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body.

**FAITH** is foundational to the Daniel Fast.

## **STEP FOUR: PRAY TO PERCEIVE SIN'S ROLE IN POOR HEALTH**

Notice James 5:13-16:

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
  1. medicine for healing,
  2. symbolic of the Holy Spirit, or
  3. it could be baptism
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for “sick”. James uses “Kanino”, which not only includes disease, but also means weak or weary.
- Attitude is important. James said, “are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”

## **STEP FIVE: FAST AS A STATEMENT OF FAITH TO OTHERS**

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

## **STEP SIX: LEARN THE EFFECTS OF THE FOOD YOU EAT**

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

## **STEP SEVEN: YIELD ALL RESULTS TO GOD**

Daniel said, “as you see fit, deal with your servants” (Dan. 1:13).

## **REMEMBER:**

- The Daniel Fast will lead to spiritual insight. “to those four young men God gave knowledge”.
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king's food.

## **Foods to DENY Yourself of**

NO Meat	NO Foods Containing Preservatives	NO Sugar
NO Seafood	or Additives	NO Salt
NO Eggs	NO White Flour and All Products	NO Sugar
NO White Rice	Using It	Substitutes
NO Fried Foods	NO Pasta made with enriched white	NO Soda Beverages
	flour	NO Caffeine
	NO Margarine, Shortening, High Fat	
	Products	

## **Foods We May Eat**

Whole Grains: Brown Rice, Whole Wheat Pasta, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Spilt Peas, Lentils, Black Eyed Peas...

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon...

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini ...

Seeds, Nuts, Sprouts

Liquids: Water, 100% All Natural Fruit Juices, 100% All Natural Vegetable Juices

**\*\*\*NO FAST SHOULD BE DONE BY ANY INDIVIDUAL WITH MEDICAL PROBLEMS  
UNLESS UNDER A DOCTOR'S CARE AND WITH THEIR APPROVAL\*\*\***

**We will read & meditate daily on the devotionals.**

**We will pray every day at 12:00PM for  
God to give us better clarity on His purpose for our lives.**

SUNDAY, January 9, CORPORATE WORSHIP &  
Start of the 21 Day Daniel Fast, 6:00am

SUNDAY, January 30, Fasting Ends at 5:59:59 AM

## DEVOTIONALS

Our fasting devotionals are coming from "God's Way Day By Day" by Dr. Charles Stanley.

For your own personal copy or to purchase as a gift to a friend, this book of devotions can also be purchased after worship for \$10.

Also, devotionals will be posted on our Facebook page daily.

## Plan Your Meals

Keep in mind that this is a spiritual fast, not just changing your eating habits. Simplicity and moderation are in order during the Daniel Fast, rather than "chowing down" on foods as long as they're on the acceptable food list. You may experience some hunger, and that's okay. You may be a little bored by the meals and again, that's okay. Remember, this is a partial fast so there will be some "denying of the flesh" involved.

With that in mind, you will want to plan your meals at least a few days in advance as you prepare for a successful fast. Use the chart below as a guideline for how to plan out your meals. You can find many recipes for simple meals on The Daniel Fast Blog and other resources. Just keep the food list in mind, the purpose of your fast, and your fasting experience. You want to be successful . . . so don't deny yourself of too much food for too long if you have never fasted before.

Share and receive recipes from others who are also taking this fast journey with us. If you would like more recipes, please send a request via email to [info@truevisionchurch.org](mailto:info@truevisionchurch.org).

SAMPLE WEEKLY MEAL PLAN CHART				
Day	Breakfast	Lunch	Dinner	Snack
1				
2				
3				
4				
5				
6				
7				

## BREAKFAST

### Nutty Fruit Cereal

- 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.

### Apple-Cinnamon Hot Cereal

- 1 (14.5-ounce) can coconut milk
- 2 cups cooked brown rice
- 1 apple, chopped, unpeeled (about 1 1/2 cups)
- 1 banana, mashed (about 1 cup)
- 1 cup roughly chopped dates
- 1 ½ teaspoons cinnamon

Pinch nutmeg

½ cup toasted pecans or walnuts

**Instructions:** Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans or walnuts over each serving.

### Strawberry-Banana Smoothie

4 ounces extra-firm tofu

1/4 cup unsweetened almond milk or soy milk

1/4 cup unsweetened apple juice

2 tablespoons Honey or to taste

1 cup sliced strawberries

1 frozen banana, peeled, sliced (about 1 cup)

**Instructions:** Place all ingredients in a blender and process until smooth.

### Berry Blast Smoothie

1 cup water

1 cup frozen blackberries, blueberries, and raspberries

1 banana, peeled

**Instructions:** Place all ingredients in a blender, and process until smooth.

**Recipe Notes:** Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

To make this a "green" smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).

### Baked Oatmeal

1 ½ cups old-fashioned rolled oats

1 ½ cups unsweetened almond milk

½ cup unsweetened applesauce

¼ cup chopped dried apricots

¼ cup chopped dates or raisins

¼ cup chopped pecans or walnuts

½ teaspoon cinnamon

**Instructions:** Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

### Broiled Pineapple Slices

6 fresh or canned pineapple slices  
1 tablespoon Honey (or to taste)  
1 tablespoon fresh lime juice  
1 tablespoon unsweetened coconut flakes

**Instructions:** Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix Honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with ½ teaspoon coconut flakes. Broil for 2 minutes and serve.

## SALADS

### Blackberry, Avocado, and Mango Salad

*4 cups mixed salad greens*  
*1 cup blackberries*  
*1 avocado, peeled, pitted, and cut into 1-inch cubes*  
*1 cup mango, peeled, pitted, and cut into 1-inch cubes*  
*1/2 cup pecan halves*

**Instructions:** In a large bowl, combine salad greens, blackberries, avocado, mango, and pecan halves. Toss, and serve with **Orange-Poppy Seed Salad Dressing** (see below)

### Ozarks Sunset Fruit Salad

4 cups fresh spinach, torn into bite-size pieces  
4 cups romaine lettuce, torn into bite-size pieces  
4 kiwifruit, peeled & cut into half moons  
2 cups oranges, peeled and cut into 1-inch pieces  
1 cup blueberries

1 cup sliced strawberries  
1/2 cup sliced or slivered almonds, toasted

**Instructions:** Combine ingredients in a large bowl, and toss well. Serves 4. Serve with Orange-Poppy Seed Salad Dressing or Apple-Cinnamon Salad Dressing (see below)

### Orange-Poppy Seed Salad Dressing

1/4 cup extra-virgin olive oil  
1/4 cup 100% orange juice  
2 tablespoons fresh lemon juice  
1 tablespoon diced red onion  
1/2 teaspoon poppy seeds  
1/4 teaspoon orange zest  
1/8 teaspoon dry mustard

**Instructions:** Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

### Apple-Cinnamon Salad Dressing

1/4 cup extra-virgin olive oil  
1/4 cup unsweetened apple juice  
1 tablespoon fresh lemon juice  
1 tablespoon diced red onion  
1/4 teaspoon cinnamon

**Instructions:** Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

### Roasted Potato Salad

*1 lb red potatoes, unpeeled*  
*1/2 lb Brussels sprouts, trimmed & halved*  
*1 cup trimmed fresh green beans, cut into 1" pieces*  
*1 1/2 TB extra-virgin olive oil, divided*  
*1/2 tsp tarragon*  
*1/2 tsp Mrs. Dash Table Ground*  
*1/8 tsp pepper*  
*1/4 cup chopped red onions*  
*1/4 cup finely chopped pecans or walnuts*  
*2 cups chopped Romaine lettuce*

**Instructions:** Scrub potatoes well. Place in a large saucepan, and cover with water. Heat to boiling. Reduce heat slightly to a soft rolling boil, and cook 15 minutes. Drain, and allow to cool slightly.

Preheat oven to 425°F. Cut potatoes into quarters, and put in a large bowl, along with Brussels sprouts and green beans. Add 1 TB olive oil, tarragon, Mrs. Dash Table Ground, and pepper. Stir well to coat. Place vegetables on a baking sheet. Bake 10 minutes, and flip. Cook another 10 minutes, or until vegetables are slightly blackened. Place in a large bowl, and set aside.

Heat 1/2 TB olive oil in skillet over medium heat. Add onions and pecans, and cook until onions are soft and translucent. Mix in with potatoes and vegetables. To serve, place ½ cup lettuce on each plate, and top with roasted potato-vegetable mixture. Drizzle a little olive oil over each serving, if desired. Makes 4 (1 cup) servings.

## SNACKS

### Confetti Hummus

*15-ounce of cooked chickpeas, rinsed and drained*  
*½ cup cooked chopped artichokes*  
*½ chopped roasted red bell peppers*  
*¼ cup tahini*  
*¼ cup water*  
*2 tablespoons extra-virgin olive oil*  
*2 tablespoons fresh lemon juice*  
*2 cloves garlic, minced*  
*¼ cup fresh parsley, packed*  
*½ teaspoon Mrs. Dash Table Ground*  
*¼ teaspoon ground cumin*

**Instructions:** Place all ingredients in a food processor or blender. Process, scraping sides of bowl often, until mixture is a smooth paste. Refrigerate or serve immediately.

## Almond Butter Bites

*½ cup almond butter*

*¼ cup raw sunflower seeds*

*¼ cup raisins*

*¼ cup chopped almonds*

*2 tablespoons unsweetened shredded coconut*

*¼ teaspoon cinnamon*

**Instructions:** Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed. Makes about 18.

## Bell Pepper Boats

*4 bell peppers, halved, cored, seeded*

*1 cup [Hummus](#)*

*1 large tomato, seeded, chopped (about 1 cup)*

*1/2 cup sliced black olives*

*1 tablespoon diced avocado*

*1 teaspoon sunflower seeds*

Slice off a very thin strip off the bottom of each pepper half so that the cut side is up (this will allow the pepper to lie flat while you stuff it; careful not to take too much off or the mixture will spill out). In a small bowl, mix Hummus, tomato, and olives. Place about 2 tablespoons of the Hummus mixture into each pepper half. Top with diced avocado and sunflower seeds. Serve.

## Crunchy Kale Chips

*6 cups kale, ribs removed and torn into bite-size pieces*

*1 tablespoon extra-virgin olive oil*

*1/2 teaspoon garlic powder*

*1/2 teaspoon Mrs. Dash Table Ground*

## Instructions

Preheat oven to 400 degrees. Lightly oil an 11 x 17-inch baking sheet. Place kale in a large bowl, and add olive oil, garlic powder, and Mrs. Dash Table Ground. Use your hands to incorporate into leaves so that they are well coated. Spread leaves on baking sheet. Bake 12-15 minutes or until crispy.

## MEALS

### Antipasto Pizza Pie

#### Crust:

3 cups cooked brown rice  
2 tablespoons extra-virgin olive oil  
1/4 cup oat flour (see Recipe Notes)  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder

#### Sauce:

8-ounce pureed tomatoes  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon dried parsley  
1/4 teaspoon garlic powder

#### Toppings:

1/4 cup chopped cooked artichoke hearts  
1/4 cup chopped black olives  
1/4 cup chopped roasted red bell peppers  
2 ounces extra-firm tofu, grated (about 1/2 cup)  
1 tablespoon chopped fresh parsley

**Instructions:** Preheat oven to 400 degrees. Mix rice, olive oil, oat flour, garlic powder, and onion powder in a large bowl. Stir well. Rub bottom and sides of a 9 by 2-inch pie plate with olive oil. Press rice evenly over bottom and up about 1 inch along sides to make the crust. Bake 8-10 minutes or until rice is lightly browned. Combine tomato sauce, basil, oregano, parsley, and garlic powder in a small bowl. Spread over crust, and top with artichokes, olives, and peppers. Sprinkle grated tofu and parsley over all. Bake 10 minutes. Let pie rest 5 minutes so slices stay intact when you serve them.

#### Recipe Notes:

Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup oats will yield about 3/4 cup ground oats).

### Spaghetti Squash with Basil-Walnut Cream Sauce

2 pounds spaghetti squash (you can substitute whole grain pasta for the spaghetti squash)

#### Sauce:

1 cup unsweetened almond milk  
1 cup walnuts

1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)  
½ cup fresh parsley, lightly packed  
2 cloves garlic, minced  
1/8 teaspoon pepper

**Instructions:** Preheat oven to 375 degrees. With a fork, prick squash all over and place in baking dish. Cook 1 hour.

During last 10 minutes of baking time, put sauce ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucepan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.

While sauce is cooking, remove squash from oven, and let cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl.

Pour sauce over spaghetti squash, and stir well to coat. Serve immediately.

## Bean Curry and Rice

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

### Ingredients:

2 tablespoons olive oil	1 pinch cayenne pepper
1 large white onion, chopped	1 can crushed tomatoes (28 ounce)
1/2 cup dry lentils	1 can garbanzo beans, drained and rinsed (15 ounce)
2 cloves garlic, minced	1 can kidney beans, drained and rinsed (8 ounce)
3 tablespoons curry powder	1/2 cup raisins
1 teaspoon ground cumin	Mrs. Dash Table Ground to taste
	8 cups cooked brown rice

### Preparation:

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.

4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with Mrs. Dash Table Ground.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

## Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

### Ingredients:

4 tablespoons olive oil	2 cups fresh green beans, broken or cut into 3/4-inch pieces
2 cups chopped leeks, white part only (from approximately 3 medium leeks)	2 quarts vegetable broth
2 tablespoons finely minced garlic	4 cups peeled, seeded, and chopped tomatoes
Mrs. Dash Table Ground	2 ears corn, kernels removed
2 cups carrots, peeled and chopped into rounds (approximately 2 medium)	1/2 teaspoon freshly ground black pepper
2 cups peeled and diced potatoes	1/4 cup packed, chopped fresh parsley leaves
	1 - 2 teaspoons freshly squeezed lemon juice

### Instructions:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of Mrs. Dash Table Ground and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher Mrs. Dash Table Ground. Serve immediately.

## Greek Vegetable Stew

**Ingredients:**

2 tablespoons oil  
 2 onions, chopped  
 1 pound green string beans,  
 broken in half  
 1 package frozen or fresh  
 spinach  
 4 cups water  
 6 zucchini, chunked  
 4 yellow squash, chunked

2 cups celery leaves  
 4 tomatoes, quartered  
 1 teaspoon Mrs. Dash Table  
 Ground  
 8 slices lemon  
 1 tablespoon dried oregano  
 3 tablespoons fresh basil  
 2 cloves chopped garlic  
 2 tablespoons lemon juice

**Instructions:**

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

**Red Bean Soup**

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

**Ingredients:**

1 tablespoon olive oil  
 1 ½ cups chopped yellow onions  
 ¼ cup chopped green bell peppers  
 1 tablespoon minced garlic  
 4 bay leaves  
 2 cups dried red kidney beans,  
 soaked overnight  
 1 tablespoon Special Seasoning (see  
 page 25)

2 quarts vegetable stock  
 1 teaspoon Mrs. Dash Table  
 Ground  
 3 tablespoons chopped parsley  
 1 cup diced carrots  
 1 ½ cups cooked long-grain  
 brown rice, warm  
 6 tablespoons chopped green  
 onions

**Instructions:**

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.

3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.
4. Add the Mrs. Dash Table Ground and parsley cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

## SPECIAL SEASONING

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

### Ingredients:

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 2 ½ tablespoons paprika              | 1 tablespoon onion powder       |
| 2 tablespoons Mrs. Dash Table Ground | 1 tablespoon cayenne pepper     |
| 2 tablespoons garlic powder          | 1 tablespoon dried leaf oregano |
| 1 tablespoon black pepper            | 1 tablespoon dried thyme        |

### Preparation:

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

## Snacks for the Daniel Fast

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." I suggest you still take snacks in "servings," so you don't over eat on these sometimes high-calorie foods.

<ul style="list-style-type: none"> <li>▪ Rice cakes, just plain old crunchy patties</li> <li>▪ Rice cakes with peanut butter and raisins</li> <li>▪ Almonds</li> <li>▪ Dried fruit including apricots</li> </ul>	<ul style="list-style-type: none"> <li>▪ Popped popcorn (no butter/no salt)</li> <li>▪ Fruit kabobs</li> <li>▪ Whole wheat crackers* with nut butter</li> <li>▪ Hummus with flat bread*</li> <li>▪ Sliced Veggies</li> <li>▪ Sliced fruit</li> </ul>
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|---|
| ▪ Apples dipped in nut butter   |
| ▪ Frozen fruit including grapes, blueberries, strawberries and bananas  |
| ▪ Trail mix with nuts, raisins, sunflower seeds, coconut  |
| *Some recipes are all from the Daniel Fast Cookbooks available for purchase at <a href="http://Daniel-Fast.com">Daniel-Fast.com</a> |