



LIFE IN CHRIST CHURCH

# DANIEL FAST RECIPE GUIDE

*21 DAYS OF PRAYER & FASTING*

[WWW.LICCMN.ORG](http://WWW.LICCMN.ORG)





# PLAN AHEAD

Planning ahead about what you'll eat is so that you can free up brain-space, time, and resources to spend intentional time with Jesus. It will set you up for success, less hassle, and will free your attention to stay focused on prayer during the 21-day Daniel Fast.

Here are a few tips:

- Find 7-9 Daniel Fast meals that you like and put them on your meal plan. Then, rotate between those meals for the next 21-days. That takes the meal-planning and guesswork out of the equation so that you aren't stressed about what to eat.
- Cook in large batches. That way you can simply reheat and eat.
- Keep it simple. You don't want to spend too much time cooking and making food taste like how it would with meat.
- If you have little kids, they most likely will not be fasting with you (we don't recommend it for obvious reasons) so, don't forget to plan what they will be eating. You'll have to plan meals for them, too. Think ahead and make sure that you keep things simple and easy.
- Plan your time with Jesus. You wouldn't make plans to meet with a friend without figuring out when, where, and what you'll be doing - so why take that approach with the Lord? Think through: Where will you meet with Him? From what time to what time? What will you do? How will you remember the things you prayed for and what He might say to you? [Hint: take notes 😊 ]

# WEEKLY MEAL PLAN

Here's an example of a weekly meal plan. All the recipes to these are included and there's also a compiled list of all the foods to make shopping a little easier. Feel free to use this and just repeat it for the next 3 weeks, or create your own!

|                  | Breakfast                                      | Lunch  | Dinner                                       |
|------------------|--|--|--|
| <b>Sunday</b>    | Banana with Date Syrup & Peanut Butter (pg. 4) | Sushi Rolls (pg. 3)                          | Vegetarian Chili (pg. 3)                     |
| <b>Monday</b>    | Green Smoothie (pg. 4)                         | Vegetarian Chili (pg. 3)                     | Spicy Vegan Potato Curry (pg. 6)             |
| <b>Tuesday</b>   | Banana with Date Syrup & Peanut Butter (pg. 4) | Spicy Vegan Potato Curry (pg. 6)             | Sushi Rolls (pg. 3)                          |
| <b>Wednesday</b> | Green Smoothie (pg. 4)                         | Easy "Baked" Potato (pg. 4)                  | Peevchoj with Bamboo & Crumbled Tofu (pg. 6) |
| <b>Thursday</b>  | Banana with Date Syrup & Peanut Butter (pg. 4) | Peevchoj with Bamboo & Crumbled Tofu (pg. 6) | Vegan Alfredo (pg. 5)                        |
| <b>Friday</b>    | Green Smoothie (pg. 4)                         | Vegan Alfredo (pg. 5)                        | Veggie Stirfry (pg. 5)                       |
| <b>Saturday</b>  | Healthy Banana Cookies (pg. 4)                 | Veggie Stirfry (pg. 5)                       | Sushi Rolls (pg. 3)                          |

# SUSHI ROLLS

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## *For the sushi:*

- sushi wraps
- brown rice
- sliced avocados
- sliced cucumbers
- sliced carrots

## *Instructions*

Cook the brown rice and cut your veggies.

Spread warm brown rice on a sushi wrapper and add your veggies. Roll the wrap, cut, and enjoy with liquid aminos!

## *For dipping:*

- Braggs liquid aminos (soy sauce substitute)

# VEGETARIAN CHILI

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[Link to Recipe: https://cookieandkate.com/vegetarian-chili-recipe/](https://cookieandkate.com/vegetarian-chili-recipe/)

## *Ingredients:*

- 2 tablespoons of olive oil
- 1 medium red onion, chopped
- 1 large red bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs of celery, chopped
- 1/2 teaspoon of salt
- 4 cloves of garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1 large can (28 ounces) or 2 small cans (15 ounces) of diced tomatoes with juice
- 1 cup of steamed/boiled lentils
- 2 cans (15 ounces each) of black beans, rinsed and drained
- 1 can (15 ounces) of pinto beans
- 2 cups of vegetable broth or water
- 1 bay leaf
- Salt to taste

## *Instructions*

1. In a large Dutch oven or heavy-bottomed pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and 1/4 teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
4. Remove the chili from the heat and discard the bay leaf. For the best texture and flavor, transfer 1 1/2 cups of the chili to a blender, making sure to get some of the liquid portion. Securely fasten the lid and blend until smooth (watch out for hot steam), then pour the blended mixture back into the pot. (Or, you can blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
5. Add the chopped cilantro, stir to combine. Add salt to taste, too. Divide the mixture into individual bowls and serve with garnishes of your choice. This chili will keep well in the refrigerator for about 4 days or you can freeze it for longer-term storage.

## *Garnish:*

- chopped cilantro
- sliced avocado
- baked tortilla chips
- Daiya dairy-free cheddar cheese (cheese alternative)

# BANANA WITH PEANUT BUTTER & DATE SYRUP

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## Ingredients:

- banana
- date syrup (The Date Lady)
- all-natural peanut butter

## Instructions

Peel the banana, put it on a plate, and drizzle with date syrup and peanut butter. Enjoy!

# GREEN SMOOTHIE

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## Ingredients:

- 1 cup of Spinach
- 1 Banana, peeled
- 1 cup of frozen mangoes/berries
- 1/2 cup of unsweetened almond milk

## Instructions

Combine all ingredients into blender. Once blended, enjoy!

## Equipment:

- blender

# EASY “BAKED” POTATO

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## Ingredients:

- 1 Russet potato
- 1-2 tablespoons of Good Balance buttery spread
- salt
- black pepper
- shredded Daiya dairy-free cheddar cheese

## Instructions

Using a fork, poke the potato a few times around. Place on a plate and microwave until softened.

While still hot, split the potato open, spread Good Balance buttery spread on the inside and sprinkle with salt and pepper. Sprinkle Daiya shredded dairy free cheese on top.

# HEALTHY BANANA COOKIES

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## Ingredients:

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped
- 1/3 cup olive oil

## Instructions

1. Preheat oven to 350 degrees.
2. In a large bowl, mash the bananas. Stir in oats, dates, and oil. Mix well, and allow to sit for 15 minutes.
3. Drop by teaspoonfuls onto an ungreased cookie sheet.
4. Bake for 20 minutes in the preheated oven, or until lightly brown.
5. Serve with cold glass of almond milk.

## Serve with:

- Unsweetened almond milk

\*Tastes best when served freshly made and warm.

# VEGAN ALFREDO

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- 5 ounces whole grain pasta, cooked to package directions
- 1 cup fresh peas (or frozen, or sub snow peas or steamed broccoli)
- 8 ounces mushrooms, sautéed

*For the Alfredo sauce:*

- 2 tablespoons olive oil
- 1/2 white onion
- 4 fat garlic cloves
- 1/2 cup raw cashews, soaked\*
- 1 cup veggie broth (or 1 cup water and boullion)
- 2 tablespoons nutritional yeast
- 1/2 teaspoon salt
- 1/8 teaspoon nutmeg

*Instructions*

1. Cook Pasta: Set salted water to boil in a large pot and cook pasta according to directions. If using fresh or frozen peas, feel free to add to the pasta water, during the last minute of cooking.
2. Make Alfredo Sauce: Heat oil over med low heat, and saute onion and garlic until tender and golden. Place it in a blender along with cashews, veggie broth, nutritional yeast, miso, salt, nutmeg. Blend until creamy and smooth.
3. Saute or smoke the mushrooms. If sauteeing, heat olive oil in a skillet over medium heat. Add mushrooms and saute 6-7 minutes, until golden and tender, seasoning with salt.
4. Combine: Drain the pasta, add to a large pan along with the alfredo sauce, toss, and gently warm over low heat. Add the mushrooms and toss to coat (leaving a few for the top for garnish if you like).
5. Garnish with lemon zest, pepper, chili flakes and chopped parsley.

*\*Notes*

- Cashews- need to be soaked 4-8 hours in water (and drained) or use a high-powered blender. Or alternatively, simmer the cashews in water boiling water for 10-15 minutes until tender- but soaking really is best. For nut allergies, hemp seeds are a good substitution (and no need to soak).

# VEGGIE STIR FRY

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*Ingredients:*

- olive oil
- sliced fresh vegetables or frozen stir fry mix (broccoli, bell peppers, onions, etc.)
- Braggs liquid aminos
- brown rice

*Instructions*

In a large pan, heat olive oil. When the oil is hot, saute the vegetables. Add salt. Sautee until vegetables are tender. Add the liquid aminos to your taste.

Serve with brown rice.

# SPICY VEGAN POTATO CURRY

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## *Ingredients*

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 2 teaspoons ground cumin
- 2 teaspoons salt
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 1 ½ teaspoons cayenne pepper
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (14 ounce) can coconut milk

## *Instructions*

1. Place potatoes into a large pot and cover with salted water. Bring to a boil, then reduce the heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for 1 to 2 minutes.
2. Meanwhile, heat oil in a large skillet over medium heat. Cook and stir onion and garlic in hot oil until onion has softened and turned translucent, about 5 minutes. Season with curry powder, garam masala, cumin, salt, ginger, and cayenne pepper; cook and stir for 2 minutes more.
3. Add cooked potatoes, garbanzo beans, peas, and tomatoes, then pour in coconut milk. Bring to a simmer and continue cooking for 5 to 10 minutes.
4. Serve with brown rice.

# PEEV CHOJ WITH BAMBOO & CRUMBLLED TOFU

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## *Ingredients:*

- olive oil
- 2 garlic cloves, minced
- canned bamboo shoots, sliced
- firm tofu (squish together in your hands to create a texture that resembles ground pork)
- peevchoj noodles, soaked and cut to shorter length
- green onions, chopped
- Braggs liquid aminos
- salt
- black pepper

## *Instructions*

In a pan, heat the oil. Once hot, add the garlic. Then add the tofu and bamboo. Add the green onions.

Turn the heat to medium-low and add the noodles. Stir well. After 2-3 minutes or when the noodles begin to turn translucent, remove from heat.

Add seasoning and liquid aminos to taste. Mix well and enjoy.