

# **DANIEL FAST MEALS**

**The 21-Day Cookbook to Feed Your  
Body and Spirit**

**OVER  
50  
RECIPES!**



**CHEF ASHLEY SHEP**

# The Daniel Fast Cookbook

**JANET. COOK**



## **The Daniel Fast Cookbook:**

**Daniel Fast Cookbook: Benefits, Food List & Recipes** Crystal Moore, 2018-10-15 The Daniel Fast Food List All fruit fresh frozen dried juiced or canned All greens fresh frozen dried juiced or canned All complete grains amaranth barley brown rice oats quinoa millet and complete wheat All nuts unsweetened almond milk Nut butters also are covered All legumes canned or dried black beans black eyed peas cannellini beans garbanzo beans chickpeas amazing northern beans kidney beans lentils pinto beans and split peas All pleasant oils avocado coconut grapeseed olive peanut sesame and walnut Liquids distilled water filtered water and spring water other unsweetened almond milk coconut milk rice milk or soy milk herbs spices salt pepper unsweetened coconut flakes seasonings Bragg's Liquid Aminos soy products and tofu Foods to keep away from at the Daniel fast All meat animal products Sir Francis Bacon beef buffalo eggs fish lamb fowl and beef All dairy merchandise butter cheese cream milk and yogurt All sweeteners agave nectar synthetic sweeteners brown rice syrup cane juice honey molasses raw sugar syrups stevia and sugar All leavened bread yeast baked goods and Ezekiel bread if it includes yeast and honey All subtle processed meals products synthetic flavorings chemical substances food additives preservatives white flour and white rice All deep fried ingredients corn chips French fries and potato chips All strong fat lard margarine and shortening Beverages alcohol carbonated liquids espresso energy drinks herbal tea and tea For information click on BUY BUTTON tag daniel fast diet daniel fast guide the daniel cookbook the daniel plan danielfasting the daniel diet daniel fast cookbook daniel fast for weight loss daniel fast recipes daniel fast slow cooker daniel fast smoothies Daniel fast beginner the daniel plan cookbook the daniel plan cookbook the daniel fast book daniel fast slow cooker Daniel fast beginner the daniel plan cookbook the daniel fast book daniel fast smoothies      **The Daniel's Fast Cookbook** Grace Bass, Lynda Anderson, 2008-02 Many people are realizing the health and spiritual benefits of fasting The Daniel Fast is just one of many types of fasts mentioned in the Bible This book contains a thorough explanation of the Daniel's Fast from a biblical perspective as well as general      **The Daniel Fast Cookbook** Cindy Anschutz, 2020-08-11 Nourish your body and your faith with recipes and devotions for the Daniel Fast In the court of King Nebuchadnezzar Daniel was pressured to worship false gods and eat forbidden foods but he stayed true to God eating no meat wine or choice foods for weeks Follow in Daniel's footsteps and draw nearer to God with The Daniel Fast Cookbook This meal plan and recipe book guides you through a partial fast consuming only what the Lord has naturally provided and experiencing Him like never before Two Daniel Fast meal plans come with dozens of plant based gluten free recipes for tasty fast friendly food Daily devotions help you lean on prayer and scripture when fasting becomes challenging With The Daniel Fast Cookbook you can focus less on figuring out the rules of the Daniel Fast and more on growing in faith The Daniel Fast Cookbook includes 60 Fasting recipes The Daniel Fast asks for sacrifice but you can still eat plenty of vegan natural food try Sweet Potato Latkes Italian Chopped Salad Lemon Artichoke Zucchini Noodles Peanut Lime Rice Bowl and more Two fasting plans Try the simple 10 day fast or the flexible 21

day fast as you build confidence and strength in your relationship with God Daily devotions Each day of both meal plans includes a short devotion to inspire you to spend time in the Word and lean into God's grace Take the next step in your walk with God with The Daniel Fast Cookbook [Daniel Fast Cookbook for Beginners](#) Bernice Bach,2014-07-12 Introducing The Only Daniel Fast Cookbook For Busy People What if you could Grow closer to God Shed those excess pounds Relieve symptoms of illnesses such as asthma allergies high blood pressure and diabetes Experience higher levels of energy without feeling hungry or spending hours in the kitchen Unlike other books Daniel Fast Cookbook For Beginners is designed to help you jump right into achieving all the above through the Daniel Fast Diet starting from right away Inside you'll find 70 detailed step by step Daniel Fast Diet Recipes ready to be served under 30 minutes There are recipes for breakfast lunch dinner and snacks and they also come with nutritional details like calories so you can also track your calorie intake if you like to PLUS You'll also get the 3 Steps To Jumpstarting Daniel Diet and the Daily Scriptures Dose For Daniel Fasting to help you achieve what you want with lesser time and effort To Get Started Simply Scroll Up And Grab Your Copy of the Daniel Fast Cookbook For Beginners Right Away [The Daniel Fast Cookbook](#) Janet Cook,2021-01-05 21 Days That Will Change Your Life Nourish your body and your faith with recipes and devotions for the Daniel Fast The Daniel Fast diet is far more than a diet It's a spiritual journey to deepen your Faith bring you closer to God and to renew your body feel more energized lose weight and get mental clarity and focus In the fast paced world we live in we are continuously pushed around to perform and do more and that often leads to losing ourselves in more consumption and overeating However what we know we need deep down is serenity simplicity peace and quietness Doing a 21 day Daniel fast will help you pause and recharge to take time for your spirit and undo the damage to your physical body By following Daniel Fast 21 Day you will nourish your body with plant based foods like God intended us to eat With this fast you will be making smart food choices each day discover and follow the footsteps of Daniel as he embarks on his fast to purify his body and mind and get a Closer Connection with God pray with daily devotions that will help you overcome the challenge of fasting and grow your relationship with God as you read scripture that will support your fast let you reflect meditate and get guidance from God conquer your food cravings and have a healthier more peaceful lifestyle Inside this cookbook you will find a quick history of the Daniel Fast and the modern day Daniel Fast how to prepare to do a fast like Daniel the guidance to follow the Daniel Fast including what to eat and not to eat and how much to eat the frequently asked questions FAQ that could come up when you start and follow the Daniel Fast a 21 day meal plan with all the recipes 101 plant based Daniel Fast recipes 21 day devotions Example of recipes include Breakfast Healthier Morning Oatmeal Morning Glory Muffins Egg Free Tofu Scramble Crust Less Mushroom Quiches Unique Quinoa Bread And more Soups Nourishing Carrot Soup Warming Corn Chowder Flavor Packed Lentil Soup Hearty Black Bean Soup And more Salads Mediterranean Quinoa Salad Protein Packed Quinoa Salad Vegetarian Taco Salad Wholesome White and Red Bean and Apple Salad And more Main Courses Three Veggie Curry Fancy Stuffed Bell Peppers Best Ever Tofu Burger

Meatless Dinner bowl And more Smoothies Anti Inflammatory Smoothie Green Tropical Smoothie Vibrant Pink Smoothie Morning Glory Smoothie And more Snacks and Small Bites Deliciously Spiced Almonds Classic Vegetarian Croquettes Satisfying Zucchini Chips Mini Energy Bites And more Recipes come a detailed list of ingredients number of servings prep and cooking times easy to follow step by step instructions and nutrition facts Start your Daniel Fast journey and strengthen your relationship with God as you learn to fast like Daniel and renew your body spirit and mind Your path to spiritual health begins now Please note that this is the black and white edition Scroll back up and click the BUY NOW button at the top right side of this page to order your copy now

*Daniel Fast Cookbook* John C. Cary, 2014-01-24 Daniel Fast is a biblical based fast in which a person is restricted to eat certain types of foods It is based on two scriptures narrating the Prophet Daniel s fasting experiences Daniel Fast is like a vegan diet with a few additional restrictions Page 8

**The Daniel Fast Cookbook** Cindy Anschutz, 2020-08-11 Nourish your body and your faith with recipes and devotions for the Daniel Fast In the court of King Nebuchadnezzar Daniel was pressured to worship false gods and eat forbidden foods but he stayed true to God eating no meat wine or choice foods for weeks Follow in Daniel s footsteps and draw nearer to God with The Daniel Fast Cookbook This meal plan and recipe book guides you through a partial fast consuming only what the Lord has naturally provided and experiencing Him like never before Two Daniel Fast meal plans come with dozens of plant based gluten free recipes for tasty fast friendly food Daily devotions help you lean on prayer and scripture when fasting becomes challenging With The Daniel Fast Cookbook you can focus less on figuring out the rules of the Daniel Fast and more on growing in faith The Daniel Fast Cookbook includes 60 Fasting recipes The Daniel Fast asks for sacrifice but you can still eat plenty of vegan natural food try Sweet Potato Latkes Italian Chopped Salad Lemon Artichoke Zucchini Noodles Peanut Lime Rice Bowl and more Two fasting plans Try the simple 10 day fast or the flexible 21 day fast as you build confidence and strength in your relationship with God Daily devotions Each day of both meal plans includes a short devotion to inspire you to spend time in the Word and lean into God s grace Take the next step in your walk with God with The Daniel Fast Cookbook

*Daniel Fast Cookbook* Amy McIntosh, 2014-03-03 Daniel Fast Cookbook Feed Your Soul and Strengthen Your Spirit with Over 30 Easy and Delicious Recipes Fasts are often difficult for people to follow Food is of course energy for the body and without it simple day to day tasks can become incredibly challenging The Daniel Fast is the one that offers a possibility of long term success It does not require people to actually stop eating at all Instead you will be eating only certain types of foods but in any quantity that you want Even after you complete the three week term you may wish to continue with that diet Filled with simple directions The Daniel Fast Cookbook includes breakfast recipes lunch recipes and dinner recipes The Daniel Fast is an inspirational source for Christians who need to follow a more personal relationship with God through the 21 day devotion to prayer and fasting called the Daniel Fast As you deny yourself certain foods such as solid fats processed ingredients and sugars you will not only adopt healthier eating habits and continue to lose weight you ll also find a greater awareness of God s presence in your life

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**The Daniel Fast** Yiran Heathcote, 2016-09-07 Faith is taking the first step even when you don't see the whole staircase Martin Luther King Jr Dear Reader Daniel fast is not only a diet to lose weight but also a secret therapy to heal you spiritually physically and emotionally After the daniel fasting you will be able to focus more on God instead of the fleshly things of the world The effort of trying to connect with the Lord and grow with him through daniel fast can result in indescribable happiness With Countless hours spent on this book i aim to provide you with the most valuable content with the most affordable price Though this book doesn't have hundreds of recipes we offer you a high quality daniel fast guide brief devotionals and prayer guide included as well as 45 high quality recipes I hope you can give this CherryTree style cookbook a chance click on the book cover and check out the contents and read the whole book now Why is this book a must read 1 We do CherryTree Style CherryTree Style means clear organized straight to the point without unnecessary repetition We have found out the cherrytree style helps reader to learn a new subject most efficiently 2 One book to get you started This book contains all the information needed for daniel fast beginners 3 We offer a 7 day money back guarantee policy with no question asked SCROLL DOWN AND BUY Daniel Fast BOOK NOW

**The Daniel Fast** Marissa Pavone, 2014-01-28 The Daniel Fast Cookbook and Guide For Beginners 21 Days becoming closer to God through the Daniel Fast Learn how the Body Soul and Spirit must work as one to achieve a lasting relationship with the Holy Spirit Inside You Will Find History of the Daniel Fast Daniel Fast approved foods Foods not approved for Daniel Fast Breakfast Recipes Lunch Recipes Dinner Recipes Dessert Recipes and more

**Best Daniel Fast Cookbook** Food Zone Publishing, 2019-11-11 What is the Daniel Fast The Daniel Fast is a spiritually motivated 21 day partial fast based on the experiences of Prophet Daniel in the Bible The objective of this fast is to restrict usually enjoyed foods as an act of consecration and worship to God The person who chooses to follow a Daniel Fast will demonstrate a physical commitment for pursuing a closer relationship with god On an occasion Daniel who was very much concerned for his people sought wisdom of Lord during the time of prayer and fasting Daniel 10 2 3 says At that time I Daniel mourned for three weeks I ate no choice food no meat or wine touched my lips Meaning of the term choice food is unclear however most interpretations conclude he did not eat sweets or bread and he ate only simple and plain food The idea behind this fast is to imitate Daniel's spiritual hunger instead of duplicating his menu His passion for the Lord made him to seek spiritual food instead of physical food it should be the desire for any person who follows the Daniel Fast The focus of this fast is not on the food Instead it is all about setting our eyes on

the Lord and drawing near to Him The food guidelines given help we set boundaries for our fast They are not meant to force s into legalism The Daniel Fast Food List All fruit fresh frozen dried juiced or canned All greens fresh frozen dried juiced or canned All complete grains amaranth barley brown rice oats quinoa millet and complete wheat All nuts unsweetened almond milk Nut butters also are covered All legumes canned or dried black beans black eyed peas cannellini beans garbanzo beans chickpeas amazing northern beans kidney beans lentils pinto beans and split peas All pleasant oils avocado coconut grapeseed olive peanut sesame and walnut Liquids distilled water filtered water and spring water Other unsweetened almond milk coconut milk rice milk or soy milk herbs spices salt pepper unsweetened coconut flakes seasonings Bragg s Liquid Aminos soy products and tofu Foods to keep away from at the Daniel fast All meat animal products Sir Francis Bacon beef buffalo eggs fish lamb fowl and beef All dairy merchandise butter cheese cream milk and yogurt All sweeteners agave nectar synthetic sweeteners brown rice syrup cane juice honey molasses raw sugar syrups stevia and sugar All leavened bread yeast baked goods and Ezekiel bread if it includes yeast and honey All subtle processed meals products synthetic flavorings chemical substances food additives preservatives white flour and white rice All deep fried ingredients corn chips French fries and potato chips All strong fat lard margarine and shortening Beverages alcohol carbonated liquids espresso energy drinks herbal tea and tea Get a copy of this Best Daniel Fast Cookbook and enjoy the recipes *Daniel Fast Cookbook* Alicia Dennis,2017-02-18 The Daniel Fast Food List All fruit fresh frozen dried juiced or canned All vegetables fresh frozen dried juiced or canned All whole grains amaranth barley brown rice oats quinoa millet and whole wheat All nuts unsweetened almond milk Nut butters are also included All legumes canned or dried black beans black eyed peas cannellini beans garbanzo beans chickpeas great northern beans kidney beans lentils pinto beans and split peas All quality oils avocado coconut grapeseed olive peanut sesame and walnut Beverages distilled water filtered water and spring water Other unsweetened almond milk coconut milk rice milk or soy milk herbs spices salt pepper unsweetened coconut flakes seasonings Bragg s Liquid Aminos soy products and tofu Foods to Avoid on the Daniel Fast All meat animal products bacon beef buffalo eggs fish lamb poultry and pork All dairy products butter cheese cream milk and yogurt All sweeteners agave nectar artificial sweeteners brown rice syrup cane juice honey molasses raw sugar syrups stevia and sugar All leavened bread yeast baked goods and Ezekiel bread if it contains yeast and honey All refined processed food products artificial flavorings chemicals food additives preservatives white flour and white rice All deep fried foods corn chips French fries and potato chips All solid fats lard margarine and shortening Beverages alcohol carbonated drinks coffee energy drinks herbal tea and tea For information click on BUY BUTTON tag daniel fast diet daniel fast guide the daniel cookbook the daniel plan danielfasting the daniel diet daniel fast cookbook daniel fast for weight loss daniel fast recipes daniel fast slow cooker daniel fast smoothies Daniel fast beginner the daniel plan cookbook the daniel plan cookbook the dani The Daniel Fast Annette Reeder,2014-10-08 Taste the discipline of the Daniel Fast enjoy the nutritious recipes and experience a deeper intimacy with the Lord that will

encourage you to make this an annual event It is clear the spiritual and physical go hand in hand **The Daniel Fast Cookbook** Mary Astley,2017-02-27 Kindle MatchBook The Kindle edition is FREE when you buy the paperback edition today Strengthen your relationship with Jesus Christ by following this complete Daniel fast 21 day meal plan with photos and nutrition facts for every recipe Do you want to improve your health while also strengthening your connection to God That is exactly what the Daniel fast has done for thousands of followers who have walked humbly and biblically with Jesus Christ by following a 21 day Daniel fast Let your spirit soar This cookbook is a complete 21 day Daniel Fast meal plan for Christians who truly want to pursue a deeper more personal relationship with God through a 21 day commitment to prayer and fasting known as the Daniel Fast By denying yourself certain foods like sugars processed ingredients and solid fats you will embrace healthier eating habits while also heightening your awareness of God s influence and will Author and Christian Mary Astely explains the Daniel Fast in a simple to follow and easy to understand guide that provides you with a breakfast lunch and dinner every day for 21 days All of the recipes are easy to make and are made completely with healthy ingredients that are allowed during your Daniel Fast including some delicious Daniel Fast smoothies This cookbook helps you structure your fast so you can spend less time thinking about what to eat and more time focusing on your relationship with God Say YES to the Daniel Fast and affirm your desire to deepen your relationship with God Grab this cookbook today and discover why thousands have found spiritual enlightenment through a Daniel Fast **15 Minutes Daniel Fast Cookbook** John C. Cary,2014-04-16 What You Will Find In This Book If you are tired of eating takeout but between your work and family you do not have enough time to focus on cooking a meal for an hour or so 50 Daniel Fast Recipes in 15 Minutes or Less can definitely prove to be a lifesaver Processed foods are convenient and take less time to buy but they just are not the healthy option one looks for after all you want the best for yourself It s not as much about treating yourself as it is about taking care of yourself by engaging in a homemade healthy diet and that too by the renowned Daniel Fast And who does not want to impress their friends and loved ones with some quick cooking that will leave them awed It all goes under the tag line that makes people say how do they do it The 50 Daniel Fast Recipes in 15 Minutes or Less recipe book includes 1 Authentic Daniel Fast less than 15 minute recipes some even going down to 4 minutes 2 A Range of High Protein breakfast cereals 3 Recipes for dips and appetizers 4 Cooking time serving size and nutritional facts along with every recipe Just flip through the upcoming pages and look out for lots of healthy and time saving recipes **Daniel Fast Cookbook and Guide for Beginners** Debbie Madson,2014-10-08 Please note Our paperback version has no pictures included within to keep the cost of the cookbook below 10 The Daniel Fast diet is a spiritual fast based on the principle of drawing closer to God through a disciplined eating plan combined with prayer The aim of the fast is not merely to improve your eating habits but also to enhance and strengthen your spiritual connection to God I especially love it for its simple and healthy eating plan

**Complete Daniel Fast Cookbook** Marilyn Pearson, Thank you for purchasing COMPLETE DANIEL FAST COOKBOOK



The DANIEL FAST is a RESOURCE to GROW CLOSER TO GOD it s all about PURSUING a more INTIMATE RELATIONSHIP with GOD through the 21 DAY COMMITMENT to PRAYER and FASTING DANIEL FAST TEACHES SELF DISCIPLINE it gives OUR BODY a CHANCE TO REPAIR itself CLEANSSES Since the MAIN PORTION of the FAST made up of FRUITS and VEGETABLES they PROVIDES plenty of FIBER VITAMINS and ANTIOXIDANTS It s kind of HEALTHIEST WAY OF EATING Daniel Fast is a PARTIAL FAST for BLESSED HEALTH FITNESS with BENEFICIAL side EFFECTS such as WEIGHT LOSS BODY DETOXIFICATION and the DISAPPEARANCE of NEGATIVE SYMPTOMS of ILL HEALTH Experience HIGHER LEVELS of ENERGY with very NUTRITIOUS DELICIOUS 265 DETAILED EASY to follow DANIEL FAST RECIPES most of them ARE READY to be served UNDER 30 MINUTES so you can SPEND LESS TIME thinking about WHAT TO EAT and MORE TIME FOCUSING ON GOD ENJOY absolutely DELICIOUS RECIPES to feed YOUR MIND BODY SOUL to look HEALTHIER better NOURISHED

**The Daniel Fast Made Delicious** John Cavazos, Ann Marie Cavazos, 2014-01-07 The simple fruit and vegetable fast that will nourish you body and soul Join the millions of people who are fasting the way Daniel fasted and prepare tasty meals that will satisfy your physical hunger as you draw closer to God Filled with easy instructions simple steps and more than 175 delicious recipes this revised and updated edition of The Daniel Fast Made Delicious contains added spiritual inspiration for greater power and revelation to accompany you through this 21 day fast You are more likely to stick to your fast when you can prepare delicious recipes many of which are 100 percent gluten and dairy free such as Stuffed Eggplant Parmesan Broiled Stuffed Tomatoes With Basil and Pesto Sauce Stuffed Zucchini With Saut ed Baby Bella Mushrooms Daniel s Vegetable Shepherd s Pie Cannellini Bean Soup With Kale Stuffed Sweet Potato Fritters Change the way you look at food and fasting forever with these dairy free gluten free and vegan recipes that are healthy and taste great

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**Painless Daniel Fast Recipes for Lazy People** Phillip

Pablo, 2017-11-21 Are you on Daniel Fast Diet and too lazy to cook This recipes book contains 50 surprisingly simple Daniel Fast Diet recipes you can prepare and cook on the same afternoon In other words it is so simple even your lazy ass can cook The recipes follow the Daniel Fast Diet guidance and they are designed so you can mix and match them according to your preference Do not think that you have sacrificed your enjoyment of food by giving up meals Chances are there are meals you enjoyed eating and you get to stick to the Daniel Fast Diet plans You can substitute them with a variety of appetizers breakfast lunches dinners and desserts recipes There are ample choices for those who want to stick strictly to Daniel Fast Diet This way you will never get bored of eating the same meal over and over again This reinforces your habit of sticking to the diet to a healthier you Buy this Daniel Fast Diet cookbook today and your Daniel Fast Diet will be surprisingly simple to do

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