



21 DAYS **FASTING** & PRAYER



Daily Scripture Readings,
Food List and Recipes,
Journal Pages and More!

Introduction

The staff and leaders at Vision of Faith Ministries Inc. (VOF) welcome you to join us for 21 Days of Fasting and Prayer. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting.

This guide is intentionally designed to be flexible so that you can participate at any level. Whether this is your first time, or you have previously done a 21 day season of prayer and fasting, you can start where you are and experience what God has in store for you in a powerful way. Please feel free to contact the staff or leadership of VOF if you have any questions or concerns, and/or if you need prayer or encouragement.

The tools provided in this guide are a practical guideline to help you navigate through your personal 21 day journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions. We pray that you will experience the Presence and Power of God in an extraordinary way as you commit yourself to Him over the next 21 days. May God continue to bless you as you seek Him first!

ALL FOR HIS GLORY!

We invite you to participate in the VOF's 21 Days of Fasting and Prayer, but understand that circumstances may not allow everyone to fully participate. We ask that everyone participates in the prayer and Bible reading. If you cannot participate in the food fast, then perhaps you can do a partial fast and/or eliminate some common things in your life for 21 days other than food (entertainment, activities, etc.)

Caution: The 21 Day Fast, like other fasts, may have side effects or complications for people with medical conditions, pregnant, nursing and/or taking medicine. Consult your doctor and/or pharmacist before starting any fast. Ask them about instructions for your medication while fasting.

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21 Days of Fasting and Prayer is a spiritual discipline designed to better connect us with God. As a church family we'll take 21 days to deepen our relationship with God and center ourselves around what God is going to do in our church and in our lives.

Who:

The staff and leadership at VOF invite you and anyone else who would like to participate to join along as we seek God during this exciting season.

When:

Monday, January 6th: Begin the "21 Days of Fasting and Prayer".
Sunday, January 26th: Break the Fast!

What:

The 21 Days of Fasting and Prayer (otherwise known as the Daniel Fast) is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid. *If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

How:

There are multiple online resources available regarding the 21 Day Fast. One thing you'll notice is that there are many ways to do the fast. However, to keep it simple, we have included in this packet what the staff and leadership of VOF will be doing during the fast and some of the resources we will be using. This fast will require preparation as most meals will be made from scratch. We have included some delicious recipes in this guide.

How to Begin

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to focus your time during the fast on prayer and Bible study.

What to Expect

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember that Fast friendly foods are sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to avoid undesired ingredients.

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

How can I identify whole grain foods?

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

Where can I go out to eat?

Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied.

Here are some tips:

1. You will probably need to cook a vast majority of your meals “from scratch.” That’s because so many of the prepared foods include sugar and chemicals, which are both no-no’s on the 21 Day Fast.
2. **READ THE LABELS.** You will likely be amazed, and maybe even a bit discouraged, as you try to find prepared foods that are sugar-free and chemical-free. And this is why in point #1 I said you will likely prepare most of your meals from scratch. But make sure you read the labels.
3. Use frozen vegetables. Obviously, you will increase your use of vegetables on the Daniel Fast. The good news is that the vegetables found in the frozen food cases are usually totally free from any chemicals and they are more nutritious than most vegetables found in the produce section (that’s because fruits and vegetables lose their vitamins and minerals the longer they are separated from their vine or branch - wow, there’s a spiritual truth in that statement - and when the foods are flash frozen within only a few hours from harvesting, they retain more of their food value). Frozen fruits and vegetables are also “ready to go.” They are washed, trimmed, sliced and diced and ready for you to do your creative work on them to make them even better!
4. Generally, if a food is a fruit or vegetable and free from sugar or chemicals, it is okay for the Daniel Fast. Make sure you review the Daniel Fast Food List and then make a decision.
5. Beans, rice and tofu are great sources of protein. The Daniel Fast is a great time to find new recipes that may become family favorites. There are millions of people in the world who eat foods consistent with the Daniel Fast as their core diet. Look for Asian, Latin, and East Indian recipes and you will find many are appropriate for the Daniel Fast with just a few variations.

Foods to include...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples	Figs	Olives
Apricots	Grapefruit	Oranges
Avocados	Grapes	Papayas
Bananas	Grenadine	Peaches
Berries	Guava	Pears
Blackberries	Honeydew melons	Pineapples
Blueberries	Kiwi	Plums
Boysenberries	Lemons	Prunes
Breadfruit	Limes	Raisins
Cantaloupe	Mangoes	Raspberries
Cherries	Melons	Strawberries
Coconuts	Mulberry	Tangelos
Cranberries	Nectarines	Tangerines
Dates	Oats	Watermelon

All vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes	Eggplant	Radishes
Asparagus	Garlic	Rutabagas
Beets	Ginger root	Scallions
Broccoli	Kale	Spinach
Brussel sprouts	Leeks	Sprouts
Cabbage	Lettuce	Squashes
Carrots	Mushrooms	Sweet potatoes
Cauliflower	Mustard greens	Tomatoes
Celery	Okra	Turnips
Chili peppers	Onions	Watercress
Collard greens	Parsley	Yams
Corn	Peppers	Zucchini
Cucumbers	Potatoes	

Legumes:

Dried beans	Green beans	Beans
Black beans	Green peas	Lentils
Cannellini	Kidney beans	Lupines
Pinto beans	Peanuts (includes	White
Split peas	natural peanut	Peas
Lentils	butter)	
Black eyed peas		

Seeds:

All nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground flax	Sunflower	Natural Almond Butter

Whole Grain:

Whole wheat	Rolled Oats	Whole wheat pasta
Brown rice	Plain Oatmeal	Whole wheat
Millet	not instant	tortillas
Quinoa	Barley	Plain Rice cakes
Oats	Grits (no butter)	Popcorn (see recipe pg 41)

Liquids:

Water (spring, distilled, filtered)
Unsweetened Soy Milk
100% Fruit/Vegetable Juice (no added sugar)

Other:

Tofu	Seasonings	Herbs and spices
Soy products	Sea salt	Olive Oil
Vinegar		

Foods to avoid...

All meat and animal products including but not limited to:
beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to:
milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to:
sugar, raw sugar, honey, syrups, molasses, and
cane juice.

**All leavened bread including Ezekiel Bread (it contains
yeast and honey) and baked goods.**

**All refined and processed food products including but not
limited to:**
artificial flavorings, food additives, chemicals,
white rice, white flour, and foods that contain
artificial preservatives.

All deep fried foods including but not limited to:
potato chips, French fries, corn chips.

All solid fats including:
shortening, margarine, lard and foods high in fat.

Beverages including but not limited to:
coffee, tea, herbal teas, carbonated beverages,
energy drinks, and alcohol.

Nutritional Concerns

Protein

Protein is the building block of our bodies, it is necessary for life. Many people have concerns about consuming enough protein when they abstain from all meat and animal products. Protein can be found in nearly all vegetables, beans, grains, nuts and seeds. As long as you consume a variety of whole unrefined grains, legumes, seeds, nuts and vegetables throughout the day, you will probably get enough protein.

Calcium

Dairy products are not allowed on the Daniel Fast. Many Americans believe dairy products are the primary source of calcium in our diets. However, calcium is abundant in leafy green vegetables as well as some fruits, beans and grains. Although you may be able to meet your daily intake goals eating these calcium- rich foods you may want to take a vegan all natural calcium supplement.

B-12

B-12 is produced by bacteria. It is not in any animal or plant sources, unless they have been contaminated by microorganisms.

Supplements

Before taking any new supplements please speak to your doctor. Most fasting resources recommend taking a vegan multi-vitamin, B-12 sublingual tablet and vegan calcium supplement. With careful meal planning you may be able to meet all your dietary needs while on the Daniel fast.

Caution: The 21 Day Fast, like other fasts, may have side effects or complications for people with medical conditions, pregnant, nursing and/or taking medicine. Consult your doctor and/or pharmacist before starting any fast. Ask them about instructions for your medication while fasting.

As we read God's words, we begin to see how God responds to things. Doing daily devotions re-patterns the way we think and transforms the spirit of the mind. Then when we face similar situations as Jesus did, we begin to respond in the same way.

Journaling is an excellent way to both record and process what God has spoken to us. It's also a useful tool to use at a later time, to reflect on and review some of the 'gems' that you have received. Without writing them down, you may forget those blessings and some very important lessons! And while journaling is a very personal time with the Lord, you may want to share some of your daily journaling. Through discussion, you may be able to look deeper into what God is speaking to you, gain new insight and even encourage others.

S for Scripture

Each day, open your Bible to the reading provided. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

O for Observation

What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Paraphrase and write this scripture down in your own words, in your journal.

A for Application

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

P for Prayer

This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two way conversation, so be sure to listen to what God has to say! Now, write it out.

Day 1 - Daniel's Vision of a Man

Bible Reading Plan: Daniel 10

Prayer Focus: As we begin this time of prayer and fasting, let's turn our hearts toward God. Make a commitment to seek Him daily. Pray that your love for Christ will be increased and your passion for Him will be reignited over the next twenty-one days.

Notes

[illegible]

Day 2 - David Builds an Altar

Bible Reading Plan: 1 Chronicles 21:18-27

Prayer Focus: David's disobedience brought a plague upon the people of Israel. As David did, seek God's mercy and forgiveness for the wrong things in your life. Lay them down. It may seem costly, but Jesus has already made the ultimate sacrifice.

Notes

[illegible]

Day 3 - Daniel's Training in Babylon

Bible Reading Plan: Daniel 1

Prayer Focus: Daniel obeyed God and separated himself. Ask the Lord how to separate yourself from anything that is making you common in the world.

Notes

Day 4 - Aleph

Bible Reading Plan: Psalm 119

Prayer Focus: By God's grace, determine to be a person of God's Word. Pray for his help to wholeheartedly embrace truth/Truth, and to walk in God's ways. You will gain an upright heart and be blessed.

Notes

[illegible]

Day 5 - Prayer

Bible Reading Plan: Matthew 6:5-18

Prayer Focus: It's not wrong to pray for our physical needs or desires; God wants us to pray about all things. Yet our focus of our prayers should not only or mainly about the physical, but for the spiritual, the greater, more important things in this world.

Notes

Day 6 - True Fasting

Bible Reading Plan: Isaiah 58

Prayer Focus: True fasting is not merely a religious ritual or external activity. As you seek God daily, ask him to give you His inward heart of compassion. Ask Him to direct you to someone in need.

Notes

Day 7 - Jesus Anointed At Bethany

Bible Reading Plan: Mark 14:1-26

Prayer Focus: Break open the alabaster box.
Today is the day to kneel at His feet and offer to the Lord all that is most precious to you.

Notes

Day 8 - Shout For Joy

Bible Reading Plan: Psalm 100

Prayer Focus: Read Psalm 100 aloud, loudly. Shout for joy! Sing His praise. Rejoice that you belong to Him! Pray for a thankful heart and determine to serve the Lord with gladness today and every day.

Notes

Day 9 - A Living Sacrifice

Bible Reading Plan: Romans 12

Prayer Focus: Your bodies, your very life is to be consecrated to God for a lifetime of worship and service. Are you ready? Can you pray, "Lord, let my life be a living sacrifice to you"?

Notes

Day 10 - Jesus Is Tested In The Wilderness

Bible Reading Plan: Luke 4

Prayer Focus: Have you been looking at God through the veil of legalism and religion? In Jesus, we see the full revelation of the nature of God: His love and holiness, mercy and justice, compassion and power all perfectly and beautifully expressed. Pray that the Holy Spirit will help you see God through the eyes of grace and truth given to us in Jesus Christ.

Notes

Day 11 - Servant Of God

Bible Reading Plan: James 1

Prayer Focus: Are you experiencing testing? Facing temptation? Ask God to give you wisdom and to mature you in these areas. Ask Him to help you to be more than a mere hearer of the Word, but a true doer of His Word who lives out His faith in service and holiness.

Notes

Day 12 - An Apostle Of Christ Jesus

Bible Reading Plan: 2 Corinthians 1

Prayer Focus: Does your life reflect that of one who is a true apostle of Christ Jesus, even in times of suffering? Pray to experience God's comfort and therewith to be able to comfort others in their troubles. Pray to be a true Apostle of Christ.

Notes

[illegible]

Day 13 - Rid Yourself

Bible Reading Plan: 1 Peter 2

Prayer Focus: Rid yourself, lay aside, cast off, abstain, forever abandon all sinful things. Do not allow them to hinder your fellowship with God. Ask God to give you a deep desire to feed on His abiding Word and grow in your spiritual hunger and desire for Him.

Notes

Day 14 - Introduction To The Sermon On The Mount

Bible Reading Plan: Matthew 4:1-14

Prayer Focus: Is Satan attempting to privately tempt you away from perfect obedience to God's will? Take time today to find specific Scriptures to combat the enemy's attack. Praise God for victory through His Word and remember that Jesus was tempted just before His ministry began.

Notes

Day 15 - Have Mercy On Me

Bible Reading Plan: Psalm 51

Prayer Focus: As you pray and fast today, ask God to show you any areas where you could use a refreshed spiritual focus. Pray as David did in Psalm 51:10-12 that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

Notes

[illegible]

Day 16 - The Lord Is My Light

Bible Reading Plan: Psalm 27

Prayer Focus: Thank God that His light dispels all fear and darkness from our lives. His light illuminates our path. Seek to live in His light. Seek His face and wait upon Him.

Notes

Day 17 ~ The Image Of Gold And The Blazing Furnace

Bible Reading Plan: Daniel 3

Prayer Focus: Ask the Lord about compromise in your life. Ask for help to stand firm.

Notes

Day 18 - Rend Your Heart

Bible Reading Plan: Joel 2:12-32

Prayer Focus: God prefers sincerity to ceremony. He calls to us to turn completely to Him with fasting and repentance. As you repent, know that God will restore you. He will satisfy you. He will vindicate you. He will pour out His Spirit upon you. He will deliver you. Rend your heart to Him.

Notes

[illegible]

Day 19 - How Lovely

Bible Reading Plan: Psalm 8:4

Prayer Focus: A vast universe. But how lovely to know that it is you that He is mindful of. It is you that God has placed His image within. If sin has once again marred His image within you, take time to visit with God and seek restoration.

Notes

[illegible]

Day 20 - Justice & Mercy, Not Fasting

Bible Reading Plan: Zechariah 7

Prayer Focus: The fast God wants is not an annual ritual but a daily way of life. It means showing compassion and helping the poor and needy. God wants mercy not sacrifice. Is fasting helping you want to obey God and His Word by serving others? Pray for God to soften your heart.

Notes

Day 21 - The River From The Temple

Bible Reading Plan: Ezekiel 47:1-12

Prayer Focus: It's time. Step away from the edge and jump into the depths of God's living water. Pray to experience the fullness of His Holy Spirit. Pray to be renewed. Pray that His living waters will flow through you and bring renewal, healing and blessings to others.

Notes

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Veggie soup

To a pot of water or Veggie broth, start by adding the firmer veggies (potatoes, carrots, etc...) Then as they soften add corn, lima beans, green/yellow peppers, onion, spinach, tomatoes and bring to a boil. Turn to low heat and let it simmer for 15 minutes. Add salt and pepper to flavor. Yummm!

Cabbage Plus

- 2 cups of shredded green cabbage
- 2 cups of sliced carrots
- 1 cup of green peppers
- 1/2 cup of red peppers
- 1/2 cup of yellow peppers
- 1/2 cup of orange peppers
- 1/2 (medium) onion sliced thin
- dash of pepper
- dash of salt

Instructions:

Heat 1-2 tablespoons of olive oil in a nonstick pan. Cook all ingredients in pan until tender. Enjoy!

Corn Chowder

- ½ tablespoon extra-virgin olive oil
- ½ cup diced onion
- 4 cups water
- 3 cups Yukon Gold or Russet potatoes, peeled and diced
- 1 clove garlic, minced
- 1 teaspoon dried parsley flakes
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 3 ½ cups fresh corn kernels
- ½ cup unsweetened almond or rice milk

Instructions:

Heat olive oil in a large saucepan, and add onions. Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15 - 20 minutes or until

Corn Chowder Continued...

potatoes are tender. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well, and serve.

Quinoa Salad

2 cups quinoa
Vegetables of choice cut into squares
(Sweet potato, squash and beets are recommended)

Instructions

Cut vegetables of choice into squares. Coat in olive oil and pepper (or cayenne for added spice). Roast vegetables for 30 minutes or until soft. Prepare quinoa as directed. Mix roasted vegetables with quinoa and serve.

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
¼ teaspoon salt

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.

Stuffed Acorn Squash

2 Acorn Squash
1 stalk celery, diced
2 apples, diced
1/2 cup raisin
1/2 small onion, diced (optional)
1 package Saffron Rice (cooked as directed, with olive oil)
1/2 cup chopped cashews
Cinnamon, to taste

Instructions:

Par boil whole acorn squash until partially softened. Cut each squash in half and scoop out seeds and membranes. Set aside squash halves. Stir fry celery, apples, raisins, and onions until colors are bright. Add fruit and veggie stir fry to rice and stir in cashews. Stuff squash with rice mixture. Top with additional cashews and sprinkle with cinnamon to taste. Cover and Warm in microwave until squash is soft. Enjoy!

White Bean Chili

2 cups finely chopped onion 2 garlic cloves, minced
2 tsp ground cumin 1/2 tsp dried oregano
1 tsp ground coriander
2 (4.5 oz) cans chopped green chilies, undrained
1 cup water
2 (15.5 oz) cans cannellini beans, rinsed and drained
1 (14oz) container of vegetable broth
1/2 tsp hot pepper sauce 1/2c chopped fresh cilantro
1/2c chopped green onions

Instructions:

Heat large Dutch oven over medium-high heat (can use a pot as well). Coat pan with cooking spray add onion to pan, saute for 6 minute or until tender, stirring frequently. Add garlic, saute 2 minutes, stirring frequently. Stir in cumin, dried oregano, and coriander, saute 1 minute. Stir in chilies, reduce heat to low, and cook 10 minutes, partially covered. Add the water, cannellini beans, vegetable broth, and bring to a simmer. Cover and simmer 10 minutes. Stir in hot sauce. Ladle 1 cup of chili into each of 8 bowls, sprinkle each serving with 1 tablespoon cilantro and green onions.

Everything Green

- 2 Granny Smith apples, unpeeled and cut into slices
- 1 cup packed fresh spinach, leaves intact
- 1/2 medium cucumber (about 3 inches long), unpeeled
and cut in quarters lengthwise
- 1 cup green grapes
- 1/4 cup packed parsley
- 1/2 lime, room temperature (for easier juicing)

Instructions:

Rinse produce well. Roll lime around on the counter top with your hand to soften it. Using a paring knife, cut the lime away from the peel and set segments aside. Feed apple slices and spinach through the juicer at the same time (feeding greens by themselves tends to clog it up). Put grapes through, and then feed cucumber, parsley, and lime segments together. Stir, and serve.

Strawberry-Banana Smoothie #1

- 4 ounces extra-firm tofu
- 1/4 cup unsweetened almond milk or soy milk
- 1/4 cup unsweetened apple juice
- 2 tablespoons Date Honey
- 1 cup sliced strawberries
- 1 frozen banana, peeled, sliced (about 1 cup)

Instructions:

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

Orient Express

- 3 carrots, unpeeled & tops removed
- 2 large apples, unpeeled
- 1" slice of ginger root, unpeeled

Instructions:

Feed through juicer, and enjoy.

Apple Blueberry Oatmeal Cereal

- 2 sweet apples
- $\frac{3}{4}$ cup rolled oats
- 1 cup blueberries
- $\frac{1}{2}$ cup almonds
- 1 cup apple juice

Instructions:

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

Easy High-protein Breakfast Stir-fry for the Daniel Fast

- 1 tablespoon olive oil
- 1 medium onion, sliced
- $\frac{1}{2}$ green pepper, chopped
- 1 cup firm tofu, diced in bite-sized pieces
- Fresh Italian herbs to taste

Instructions:

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

Yummy Brown Rice and Apple Breakfast

- 1 cup cooked brown rice
- fresh apple (cut up into bite size pieces - to taste)
- raisins (to taste)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- 1 teaspoon 100% pure edible coconut oil

Instructions:

Mix all the ingredients together in a microwave-safe bowl (except the oil), heat for 2 minutes. Add oil, stir and eat! It is Delicious!

Black Bean Dip

- 1 tablespoon extra-virgin olive oil
- 1 cup diced onion
- 1 cup diced red bell peppers (about 1 large pepper)
- 1 clove garlic, minced
- 1/2 cup water
- 2 (15.5-oz) cans black beans, rinsed & drained
- 2 tbs fresh parsley or 1 ½ tsp dried parsley
- 1/2 tsp dried crushed rosemary
- 1/4 tsp salt
- 1/8 tsp pepper

Instructions:

Heat olive oil in a large skillet over medium heat. Add onions and red peppers, and cook until onion is soft and translucent. Stir in garlic, and cook for 30 seconds, stirring frequently so garlic doesn't burn.

Place water and 2 cups beans in food processor or blender; process until smooth. Pour the pureed beans into skillet and stir. Add the remaining beans, parsley rosemary, salt, and pepper. Reduce heat to low and cook 15 minutes, stirring occasionally. Transfer to a serving dish and serve warm.

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 salt

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 salt. 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.

Napa Cabbage Chips

Use Napa Cabbage leaves as a tasty substitute for chips with hummus and/or salsa.

Salsa

- 3-4 large tomatoes
- 1 (10-oz) can diced tomatoes & green chiles
- 1/2 cup chopped green bell peppers
- 1/2 cup chopped red bell peppers
- 1/2 cup chopped red onions
- 1 serrano pepper, seeded & chopped
- 1/4 cup packed fresh parsley
- 2-3 cloves garlic, minced
- 1 TB lime juice
- 1/2 tsp salt
- 1/4 tsp cumin

Instructions:

Add ingredients to a food processor or blender until desired consistency is reached. Chill at least 1 hour to let flavors blend. Makes 3 cups.

Hummus

- 1 (15-oz) can chickpeas, rinsed & drained
- 1/4 cup tahini
- 1/4 cup water
- 2 TB extra-virgin olive oil
- 2 TB fresh lemon juice
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, packed
- 1/2 tsp salt
- 1/4 tsp ground cumin

Instructions:

Place ingredients in a food processor or blender. Process, scraping sides of bowl often, until mixture is a smooth paste. You can either refrigerate at this point, or serve immediately.

Popcorn

- 1/4 cup unpopped popping corn
- 1 brown lunch bag

Instructions:

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.

Pesto

- 2 TB extra-virgin olive oil
- 3 cups packed fresh spinach or 2 cups frozen spinach,
thawed & drained
- 1/2 cup packed fresh basil leaves
- 1/4 cup chopped green onions
- 1/4 cup pine nuts or walnuts
- 1 clove garlic, minced
- 1/4 tsp salt

Instructions:

Place ingredients in a food processor or blender until smooth.
Makes $\frac{3}{4}$ cup.

Fruit Snacks

- Almond butter with fruit (apple, banana, or pear slices)
- Dried fruit: apricots, dates, figs, goji berries, mango, etc.
- Frozen grapes (especially red ones....Yummy!)
- Medjool dates stuffed with almond butter or pecans

Vegetable Snacks

- Celery with almond butter or peanut butter, sunflower seeds,
and raisins
- Fresh veggies with hummus

Cinnamon-Raisin Carrot Salad

- 2 cups shredded carrots, peeled
- 1 cup shredded red cabbage
- 1 apple, cored, unpeeled, cut into 1-inch matchsticks
- ½ cup raisins
- ¼ cup chopped pecans
- 2 tablespoons raw sunflower seed kernels

Dressing:

- 1/3 cup unsweetened apple juice
- 1 teaspoon cinnamon

Instructions:

Mix carrots, cabbage, apple, raisins, pecans, and sunflower seeds kernels in a large bowl. In a smaller bowl, add apple juice and cinnamon. Use a whisk to combine, and pour over carrot mixture. Stir well to coat. Place in refrigerator 1-2 hours or until cool. Serve chilled.

Cool as a Cucumber Salad

- 2 cups sliced cucumber, peeled
- 2 cups halved cherry tomatoes
- 1/2 cup thinly-sliced red onion, sliced pole-to-pole
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon dried dill
- 1/2 teaspoon salt

Instructions:

Place cucumbers, tomatoes, and onions in a 1-quart ceramic dish. Pour olive oil over all, and stir well to combine. Add dill and salt, and stir again. Cover, and marinate 2 hours in refrigerator. Serve cold.

Mega Greek Salad

- 4 cups torn Romaine lettuce
- 1 cup sliced artichokes (about 4 canned hearts)
- 1 cup sliced cherry tomatoes
- 1 cup quartered cucumber slices
- 1 cup sliced olives
- 1/2 cup diced green bell peppers
- 1/2 cup sliced red onions
- 1/2 cup chopped fresh parsley, lightly packed

Mega Greek Salad Continued...

Dressing:

- 1/4 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice
- 2 tsp dried oregano
- 1/2 tsp salt
- 1/8 tsp pepper

Instructions:

Put lettuce in a large bowl. Add artichokes, cherry tomatoes, cucumbers, olives, peppers, parsley, onions, and parsley. In a separate smaller bowl, mix olive oil, lemon juice, oregano, salt, and pepper. Just before serving, stir with a whisk until well-combined, and pour over salad. Toss well to coat, and serve. Makes about 6 cups.

Avocado-Tomato Salad Dressing

- 1 avocado, pitted
- 1 cup chopped tomatoes
- 2 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 2 tbs chopped fresh parsley or 1 1/2 tsp dried parsley
- 1 tbs chopped fresh basil or 1 tsp dried basil
- 1/4 tsp salt

Instructions:

Remove avocado from peel, and put in blender with tomatoes, olive oil, parsley, basil, and salt. Blend until smooth. Makes 1 cup.

Italian Salad Dressing

- 1/2 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt

Instructions:

Combine all ingredients in a blender. Refrigerate until chilled.

Copycat Olive Garden Minestrone Soup *by Todd Wilbur*

3 tbs olive oil
1 c minced white onions (about 1 small onion)
½ c chopped zucchini
½ c frozen cut Italian cut green beans
¼ c minced celery (about ½ stalk)
4 tsp minced garlic (about 4 cloves)
4 c vegetable broth (I use V-8)
2 (15 oz) cans red kidney beans, drained
2 (15 oz) cans small white beans or 2 (15 oz) cans great northern beans, drained
1 (14 oz) cans diced tomatoes
½ c carrots (julienned or shredded)
2 tbsp minced fresh parsley
1 ½ tsp dried oregano
1 ½ tsp salt
½ tsp ground black pepper
½ tsp dried basil
¼ tsp dried thyme
3 c hot water
4 c fresh baby spinach
½ c small shell wheat pasta

Instructions:

Heat three tablespoons of olive oil over medium heat in a large soup pot. Saute onion, celery, garlic, green beans, and zucchini in the oil for 5 minutes or until onions begin to turn translucent.

Add vegetable broth to pot, plus drained tomatoes, beans, carrot, hot water, and spices.

Bring soup to a boil, then reduce heat and allow to simmer for 20 minutes. Add spinach leaves and pasta and cook for an additional 20 minutes or until desired consistency.

Oven Roasted Vegetables

½ green bell pepper	1-2 Tbsp olive oil
½ onion	1 clove garlic, minced
½ c mushrooms	pepper and salt to taste
4 potatoes	½ tsp. oregano and rosemary
½ c grape tomatoes	½ tbsp. basil
1 can pineapple chunks, drained	

Instructions:

Any combination of vegetables in season may be used. Cube them into large bite-size pieces. Halve mushrooms, if large. Arrange vegetables and pineapple in a baking dish or roasting pan in a single layer. Potatoes can be roasted 10 minutes before other vegetables are added.

In a small bowl add oil. Stir garlic into oil and drizzle the vegetables with olive oil. Sprinkle with salt, pepper, oregano, basil and rosemary. Toss to coat well. Roast in oven at 400°F for 20-30 minutes or until done; reduce heat if vegetables are browning too quickly before they are done. Stir every 10 minutes.

Note: Vegetables may not cook at the same rate. Add more olive oil if the vegetables absorb the oil and become dry during the cooking (or use olive oil spray).

Oven Fries

2½ pounds baking potatoes
1 teaspoon olive oil
1 pinch ground cayenne pepper

Instructions:

Preheat oven to 450°F. Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into ½ inch thick strips. In a large mixing bowl toss potatoes with oil and red pepper. Spread on baking sheet in one layer. Bake for 30 minutes.
Serve immediately.

Garden Quinoa

½ c quinoa	1 c water
½ tbsp extra-virgin olive oil	½ c diced red onions
1-2 cloves garlic, minced (use 2 if you like a strong garlic flavor)	
½ c chopped asparagus spears	½ c diced red bell peppers
½ c diced tomatoes	2 tbsp pine nuts
¼ c chopped fresh parsley	¼ tsp salt
1 ½ tbsp chopped fresh oregano or 1 tsp dried oregano	

Instructions:

Rinse quinoa under cold running water in a fine-mesh strainer until juices run clear. Transfer quinoa to a small saucepan, and add water. Heat to boiling. Reduce heat to low, and cover. Simmer gently with lid tilted for 20 minutes or until nearly all of the liquid is absorbed.

While quinoa is cooking, heat olive oil in a large skillet over medium heat. Add onions, and cook until soft and translucent. Stir in garlic, and cook for 1 minute. Add asparagus, red peppers, and tomatoes, squeezing tomatoes with your hands to release their juices into the skillet. Cook over low heat for 5-8 minutes.

Add cooked quinoa to skillet, and stir in pine nuts, parsley, oregano, and salt. Stir well, and cook until heated thoroughly. Serve. Makes 6 ½ cup servings.

Notes: can also be served as a cold side dish; other vegetable ideas: artichokes, broccoli, carrots, celery, green beans, or mushrooms.

Oven Fried Yucca

1 lb Yucca
Olive Oil

Instructions:

Pour cold water over yucca in kettle to 1 inch above it. Bring the water to a boil and slowly simmer for 20 to 30 minutes, or until yucca is tender. Preheat oven to 350 degrees F. Transfer the yucca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into 3/4 inch wide wedges, discarding the thin, woody core. Coat cookie sheet with olive oil. Cover with foil and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

Easy Black Beans and Rice

Brown Rice 1/2 cup yellow onion, chopped
1 can black beans 1 cup corn
salt, pepper, garlic and pepper flakes to taste

Instructions:

Cook brown rice, set aside. Saute onion in large skillet. Add black beans and corn to onions. Flavor with salt, pepper, garlic and pepper flakes. Serve mixture over rice. You can add home-made salsa or chopped tomatoes.

Tasty Veggie Wraps

1 package of broccoli/carrot slaw mix (shredded broccoli,
carrots, and purple cabbage)
1 TBSP of olive oil 1 tsp soy sauce
¼ tsp ea. of thyme, rosemary, and garlic powder
4 whole grain wheat wraps

Instructions:

Place oil in warm skillet, add shredded mixture and sauté. Add seasonings. Add soy sauce to coat. Cook vegetables until they are your desired texture. Remove vegetables and place on a reserved plate. Add more oil to skillet if necessary to brown both sides of your whole wheat wraps if desired. Place vegetables in each warmed wrap.

Bean Curry and Rice

1 tablespoon olive oil 1 (15 ounce) can kidney beans
1½ cups unsalted tomato sauce 4½ cups water, divided
½ teaspoon dried oregano ½ teaspoon dried basil
1 pinch dried thyme Salt and pepper to taste
5 teaspoons adobo seasoning, divided
2 cups uncooked brown rice

Instructions:

In a large saucepan combine olive oil, kidney beans, tomato sauce, ½ cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat. Meanwhile, bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

Black Bean & Brown Rice Stuffed Peppers

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| 1 qt 100% vegetable or tomato juice | 2 cups cooked black beans |
| 1 cup cooked brown rice | 2 med green onions (chopped) |
| ¼ cup fresh cilantro (chopped) | 2 tbsp extra virgin olive oil |
| 2 tbsp lime juice | 1 clove garlic (finely chopped) |
| 2 – 3 large bell peppers (cut in half lengthwise and deseeded) | |

Instructions:

Combine all ingredients except juice and bell peppers in bowl and mix well. Place peppers in glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in oven on 350 degrees for 45-60 minutes.

Baked Falafel with Lemon-Tahini Sauce

- 1 (15.5-ounce) can chickpeas, rinsed and drained
- ½ cup brown rice flour
- ¼ cup diced red onion
- 2 tablespoons chopped fresh parsley or 1 1/2 tsp dried parsley
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons water
- 1 garlic clove, minced
- ½ teaspoon cumin
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Optional toppings: Chopped lettuce, tomatoes, red onion, and/or cucumbers

Lemon-Tahini Sauce:

- ¼ cup tahini
- Juice of one lemon (about ¼ cup)

Preheat oven to 400 degrees. Mix ingredients in food processor for about 30 seconds, scraping sides as necessary. When mixture is well combined with a thick, pasty texture, use a 1/3 cup measuring cup to form into balls. Flatten into patties. Bake 15 minutes. Flip, and cook another 15 minutes or until crispy on the outside.

While falafel is baking, make sauce. Whisk tahini and lemon juice in a small bowl, and set aside. To serve, spread about 1 tablespoon Lemon-Tahini Sauce over each falafel patty. Top with chopped lettuce, tomatoes, red onion, and/or cucumbers, if desired.

Romaine Wraps

- 4 romaine lettuce hearts or leaves
- 1/2 cup Hummus
- 1/4 cup cucumber slices, cut 1/4" thick & into half-moons
- 1/4 cup shredded carrots
- 1/4 cup zucchini, chopped
- 1/2 yellow bell pepper, julienned*

Instructions:

Spread 2 TB hummus on each leaf. Top with cucumber, carrots, zucchini, and pepper. Eat like a taco, or roll up like a tortilla (depending up the size and shape of the leaf).

Cajun Red Beans and Rice

- ½ tablespoon extra-virgin olive oil
- ½ cup chopped green pepper
- ½ cup chopped red onion
- ½ cup sliced celery
- ¼ cup water
- 2 teaspoons Creole Seasoning (see recipe below)
- 1 (15.5-ounce) can red kidney beans, rinsed and drained
- 2 cups cooked brown rice

Instructions:

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Creole Seasoning

- | | |
|---------------------------|--------------------------|
| 2 tablespoons paprika | 1 teaspoon onion powder |
| 1 teaspoon garlic powder | 1 teaspoon salt |
| ½ teaspoon pepper | ½ teaspoon thyme |
| ½ teaspoon dried basil | ½ teaspoon dried oregano |
| ½ teaspoon cayenne pepper | |

Instructions:

Mix all ingredients in a small glass jar. Cover, and store until ready to use.

Pesto Pasta with Vegetables

- 1 TB extra-virgin olive oil 1/4 cup diced red onions
- 1 1/2 cups chopped asparagus, cut into 1" pieces
- 1 cup chopped roasted red bell peppers
- 1/2 cup chopped black olives 1/2 cup sweet peas
- 1 Pesto recipe 1/2 lb whole grain pasta

Instructions:

Heat olive oil over medium heat, and add red onions. Cook 3-5 minutes, or until onions are soft and translucent. Stir in asparagus, peppers, olives, and peas. Lower heat and cook 10 minutes. Cook pasta according to directions. When pasta is finished cooking, drain. Add Pesto and vegetable mixture. Stir well, and serve. If using brown rice, keep rice warm until vegetables are done.

Sesame Vegetables with Rice & Tofu

- 1 TB extra-virgin olive oil
- 1 Marinated Tofu recipe, marinade reserved
- 1 TB extra-virgin olive oil
- 1 cup chopped onions
- 2 cups chopped broccoli florets, stems removed
- 1 cup chopped carrots
- 1 clove garlic, minced
- 1/2 TB tahini
- 1 tsp ginger
- ¼ cup unsweetened pineapple juice or water
- 1 1/2 cups cooked wild rice
- 1/4 cup toasted chopped walnuts
- 1 tsp sesame seeds

Instructions:

Prepare Marinated Tofu, and set aside. Heat olive oil in a large skillet over medium heat, and add onions. Cook until onions are soft and translucent. Add reserved marinade from tofu, broccoli, carrots, garlic, tahini, and ginger. Cook, covered, for 8-10 minutes or until vegetables are tender crisp, stirring frequently. Add pineapple juice, rice and walnuts, and cook until heated through and juice is nearly absorbed. Sprinkle with sesame seeds. Stir, and serve. Makes 4 (1 ¼ cup) servings.

An important question to ask yourself . . .

During your 21 Days of Fasting and Prayer you will have many times when you might want to “stretch the rules” a little bit. But let’s learn a powerful spiritual lesson by asking ourselves
“Why do we want to stretch the rules?”

The 21 Days of Fasting and Prayer teaches us to deny our “selves” and instead put our spirit in control over our flesh. As you plan your meals and eat your food, keep in mind that the definition of a fast is to deny food for a spiritual purpose.

Also, if you slip one day, do not give up! Renew your commitment, and begin the fast again the next day. This is not a legalistic process—it is a time to quiet down our souls in order that we may hear the voice of the Living God!



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