

# DANIEL

## FASTING GUIDE

### 1.- BE SPECIFIC.

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

- A) The king's food was against dietary laws.
- B) Daniel and his friends had vowed against wine.
- C) The King's food had been offered up to idols/demons.

### 2.- FAST AS A SPIRITUAL COMMITMENT.

The Daniel's Fast involves a spiritual commitment to God. "Daniel purposed in his heart that he would not defile himself" Daniel 1:8.

### 3.- REFLECT INNER DESIRE BY OUTER DISCIPLINE.

Many people have an inner desire for better health, but they can't discipline themselves. This time of fasting will be for 'focus', separating ourselves for 21 days and applying a plan for a total victory over carnal desires. This fast will be to bring ourselves into submission to God and rule over our desires.

A) The level of your spiritual commitment will rise to new discoveries that you do have the ability to do what the devil has lied to you about. Have a constant prayer and worship in your heart during the fast.

B) 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.

C) Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, loose the bands of wickedness, loose the heavy burden of those bound by Satan, break the yokes of bondage and let the oppressed go free.

### 4.- DESIRE FOR THE HOLY SPIRIT TO SHOW YOU THE AREAS IN YOUR LIFE TO BE IMPROVED AND CORRECTED.

"Lord, not my will, but thine will be done..."

### 5.- 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 Isarel with the four men who ate the king's food.





## 6.- LEARN THE AFFECTS OF DECISION AND DISCIPLINE.

By making decisions and doing them you are putting the flesh under control. Through the Holy Spirit you rule and reign. Through discipline you determine what you will eat and what you will not eat, you are exercising the power of choice. Blessings or Cursing, Life or Death.

## 7.- YIELD ALL RESULTS TO GOD

Daniel said, “as you see fit, deal with your servant” Daniel 1:13.

- A) The Daniel Fast will lead to spiritual insight. “to those four young men God gave knowledge.”
- B) The Daniel Fast is longer than one day. These young men fasted for ten days.
- C) The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- D) The Daniel Fast requires abstinence from party or junk food.

### Guideline for Daniel Fast (Foods We May Eat)

**Whole Grains:** Brown Rice, Oats, Barley. **Legumes:** Dried Beans, Pinto Beans, Split 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, all organic.

**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices.

**Sweeteners:** “STEVIA CLEAR” (Health Food Store. Another Alternative is HONEY or SPLENDORA .

### (Food to Avoid)

Pork and Beef, Fried Food, White Rice, Caffeine, Foods containing Preservatives or Additives, Carbonated Beverages, Refined Sugars, Sugar Substitutes, White Flour and All Products Using Margarine, Shortening, and High Fat Products.



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## GUIDELINE FOR DANIEL FAST (FOODS WE MAY EAT)

Proteins: Chicken, turkey, organic egg, fish (avoid seafood).

Whole Grains: Brown Rice, Oats, Barley, Whole Wheat Bread.

Legumes: Dried Beans, Pinto Beans, Split 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, all organic.

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## RECIPES

### Chicken with Walnuts

Ingredients:

- 180 g chicken breast
- 1/2 tsp cinnamon
- 1 tbsp olive oil
- 100 ml chicken broth
- 40 g chopped walnuts
- 65 g onion
- 200 g spinach
- 2 avocados
- 60 g green olives
- 100 g tomato
- 100 g goat cheese

1. Mix the broth with cinnamon and marinate the chicken in it for 20 minutes.
2. Heat the olive oil in a pan and fry the garlic and chopped onion.
3. When the onion is slightly golden, add the chicken and cook until slightly done, then turn.
4. Add the walnuts and cook for a few more minutes.
5. Serve with spinach, green olives, avocado, or goat cheese.



## Savory Pancake with Avocado

### Ingredients:

- 2 eggs
- 1/4 cup ground oats
- 1/2 avocado
- 1 tbsp goat cheese

1. Beat the eggs with the ground oats (salt to taste).
2. Heat a little olive oil in a hot pan and pour the mixture in.
3. Cook until slightly done, then flip.
4. Mix the avocado with goat cheese (salt to taste). Enjoy!

## Mayonnaise

### Ingredients:

- 1 egg
- 10 g yellow lemon
- Olive oil (not extra virgin)
- Salt
- Pepper
- 5 g vinegar

### Serves 4:

1. In a tall glass, combine the egg, vinegar, lemon, salt, and pepper.
2. Use a blender to mix all ingredients, gradually adding the oil.

## Spanish Tortilla

### Ingredients:

- 2 eggs
- 140 g cauliflower
- 100 g zucchini
- 50 g eggplant
- Olive oil
- Salt

Cooking the vegetables + 5 minutes. Serves 2.

1. Cook the vegetables either steamed or baked.
2. In a bowl, beat the eggs and add the vegetables and salt.
3. Heat oil in a pan and pour in the mixture. Cook on both sides.





### Three Delights Rice

#### Ingredients:

- 60 g zucchini
- 60 g cauliflower
- 40 g carrot
- 75 g turkey ham
- 25 g peas
- 10 ml soy sauce
- 25 g olive oil
- 1 egg

10 minutes. Serves 1.

1. Chop or grind the cauliflower, zucchini, and carrot to rice grain size.
2. Heat a pan over medium-high heat with oil and sauté the vegetables, ham, and peas. Add soy sauce and sauté for 3-4 minutes.
3. Push the mixture to the sides, creating a space in the center, and add the egg. Stir until fully cooked.

### Stuffed Spinach Rolls

#### Ingredients:

- 25 g spinach
- 3 eggs
- 25 g ground oats
- Salt and pepper
- Goat cheese
- 25 g smoked salmon or chicken breast

10 minutes. Makes 10 servings.

1. Preheat oven to 180°C.
2. Separate the egg whites from the yolks.
3. Blend the spinach, yolks, ground oats, salt, and pepper in a blender. Reserve in a bowl.
4. In another bowl, beat the egg whites to stiff peaks.
5. Gradually fold the whites into the spinach mixture.
6. Pour the mixture onto a baking tray lined with parchment paper and bake for 10 minutes.
7. Once cool, fill with goat cheese and salmon or chicken. Roll and cut into slices.



## Whole Wheat Pasta with Vegetables

### Ingredients:

- 200 g whole wheat pasta
- 150 g carrots
- 150 g eggplant
- 150 g onion
- 150 g red bell pepper
- 1 garlic clove
- 200 g tomato sauce (not canned)
- Extra virgin olive oil
- Salt and black pepper to taste

1. Wash and chop the vegetables. Dice the carrots, onion, and garlic finely. Cut the red bell pepper into thin strips and the eggplant into cubes.
2. Heat olive oil in a large pan. Add the onion, carrots, garlic, and red bell pepper. Reserve the eggplant to add later. Sauté the vegetables over medium-high heat for 6-7 minutes.
3. When the vegetables start to soften, add the diced eggplant and a pinch of salt. Continue cooking, stirring occasionally, for another 5 minutes. Add the tomato sauce and mix with the vegetables. Cook for another 5 minutes. Meanwhile, cook the pasta.
4. Cook the whole wheat pasta for 11 minutes for an "al dente" texture. Drain immediately.
5. Add the pasta to the vegetables and mix well to combine all flavors. Serve hot.

## Spinach Pancakes

### Ingredients:

- 2 eggs beaten with cinnamon
- Vanilla, stevia (to taste)
- Vegetable milk (of your choice)
- 1/2 cup rolled oats
- 1 tsp baking powder
- A handful of spinach

1. Blend all ingredients.
2. Heat a pan over low heat with 1 tsp vegetable oil and cook the mixture. Decorate with your favorite fruit.