

Daniel Fast Overview

The Daniel Fast is a spiritual discipline designed to better connect us with God. As leaders of Elevate Church, 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 during this series. We are praying that hundreds of people will come to faith in Christ this year as we invite our friends who are "far from God". We look forward to seeing what God does in our church and experiencing him with intensity during the 21 days of the fast.

Who:

Elevate Church will be participating in the fast and we are asking our church and volunteers to join us as we seek God during this exciting season.

When:

Sunday, January 9 , 6 pm: Begin the "Daniel Fast". Sunday January 30 at 6 pm: Break the Fast!

What:

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 on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the bible as to exactly what Daniel did during his fast. However, to keep it simple. This fast will require preparation as most meals will be made from scratch.

****Levels of Participation:

Twice in the book of Daniel a fast is mentioned. Once is for 21 days and the second for 10 days. We are asking our leaders to join the staff in the 21 day fast but if circumstance won't allow the full fast, we ask that you would set aside 10 days during the fast to join us in prayer and fasting.

Foods to avoid on the Daniel Fast..

All animal products including all meat, poultry, fish...White rice, White bread, All deep fried foods, Caffeine, Coffee (including decaf b/c contains small amount of caffeine), Carbonated beverages, Energy drinks, Foods containing preservatives, additives, Refined foods, Processed foods, Food additives, Refined sugar, Sugar substitutes, Raw sugar, Syrups, Molasses, Cane juice, White flour, Margarine, Shortening, High fat products, Butter, All leavened breads, Baked goods, All dairy - Milk, Cheese, Yogurt, Cream, Eggs, Alcohol, Mayonnaise.

Foods to include in your diet during the Daniel Fast..

All fruits not limited to: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

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

Vegetables not limited to: These can be fresh, frozen, dried, juiced or canned (watch salt content).

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

Legumes:

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

Seeds:

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

Whole Grains:

Whole wheat, Brown rice, Millet, Quinoa, Oats, Rolled Oats, Plain Oatmeal- not instant, Barley, Grits (no butter), Whole wheat pasta, Whole wheat tortillas, Plain Rice cakes, Popcorn (see recipe in FAQ's)

Liquids:

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

Other:

Tofu, Soy products , Herbs, Small amounts of Honey, Small amounts of Sea Salt, Small amounts of Ezekiel Bread, Small amounts of Olive Oil, Spices (read the label to be sure there are no preservatives).

Baked Potato Soup

5 large baking potatoes baked then peeled and cubed or peeled and boiled

2 tablespoons extra virgin olive oil

3/4 cup finely chopped onion

2 Tablespoons wheat flour

4 cups soy milk

1. Put olive oil in a pan and cook onion until tender.

Combine flour with 1/2 cup soy milk, mixing until smooth.

Add to mixture in saucepan. Add 1/2 cup water, salt and pepper.

Bring mixture to a simmer, not a boil, and cook until heated through.

Add the potatoes and then stir in the remaining soy milk.

Continue cooking over low heat until hot, but do not boil.

Toasted Nut Snack

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins.

Keep this on the counter for a quick snack.

Popcorn

1/4 cup unpopped popping corn 1 brown lunch bag

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.

Honey and Oat Cereal

Prepare Oatmeal with Soy Milk or Water.

Sweeten with Honey and a dash of cinnamon.

Also good with raisins and almonds.

Bean Burritos

1 can Organic black beans drained

1 can Organic corn drained

organic long grain rice

organic corn tortilla

salsa

avocado

1. Combine black beans and corn

2. Heat and place on top of rice (cooked)

3. Top with salsa. (either homemade see recipe below or check for sugar.

Serve with corn tortillas (you can heat them and make them crunchy,

and or cut them into triangles like chips.) Also serve with sliced

avocados or finger peppers.

Black Bean Soup

2-5 cans black beans

veggie broth

1-2 cloves crushed garlic

1 chopped onion

salsa (1 jar or 1 batch homemade)

chopped jalapeno

chopped cilantro

Combine all ingredients heat and eat.

Amount of ingredients depends on how

many you are feeding. Add broth to your

desired texture.

Bean Wraps

1 can black beans

1 avocado

Whole wheat tortillas

cooked brown rice

salsa

Prepare black beans according to directions. Slice avocado.

Add ingredients to tortilla and serve.

Also good with refried beans (fat free has no animal fat),

cooked zucchini and yellow squash, lettuce, and a chicken

substitute.

(our favorite is the brand Quorn at Kroger)

Crunchy Wraps

Broccoli/Carrot Slaw Mix (shredded broccoli, carrots and purple cabbage)

1 tbsp olive oil

1 tsp soy sauce (kikkoman's less sod has on sugar)

1/4 tsp each Thyme, Rosemary and Garlic Powder

4 Whole Grain Wheat wraps (Buena Vida is the brand we like)

Place oil in warm skillet

add shredded mixture and saute

add seasonings and soy sauce to coat

cook veggies until your desired texture remove and place on reserved plate

Add more oil to skillet and brown both sides of wraps

fill wraps and serve

Homemade Salsa

3 med tomatoes

1 onion

cilantro

1/2 a lime juiced

1 clove of garlic minced

pinch of salt

1 jalapeno minced

Blend together to desired texture.

Serve with corn tortilla chips.

Baked Apples or Pears

Slice a pear or apple in half. Use a grapefruit spoon

to scoop out the seeds and the tough, center

portion. Place halves, skin side down, in a glass

baking dish. Brush with 1/2 teaspoon pure maple

syrup and sprinkle with cinnamon. Microwave for 10

minutes or until tender. Serve warm.

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

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

The following are protein-rich foods that are allowed on the Daniel 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.

What about popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove...here is a recipe.

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

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.

What about salad dressing?

Olive oil and lemon or lime are an option.

Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

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.

What about bread?

We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

www.awake21.org/resources

www.jentezenfranklin.org/fasting/typesoffasts.php

<http://danielfast.elevationchurch.org/DanielFast.pdf>