

Daniel Fast menu

Breakfast

Apricot-Nut Breakfast Fruit Pizza Bars



1 ½ cups old-fashioned rolled oats
2 tablespoons flaxseed meal
½ cup unsweetened apple juice
1 tablespoon extra-virgin olive oil
¼ cup almond butter
¼ cup [Date Honey](#)
½ cup diced dried apricots (unsulfured)
¼ cup chopped macadamia nuts
2 tablespoons raw sunflower seeds
Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds. Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.
Yield: 12 servings (serving size: 1 bar)



Banana Milk

2 very ripe bananas, peeled
½ cup water
½ cup ice
¼ teaspoon cinnamon
Mix all ingredients in a blender until smooth. Use immediately.
Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Fruit Pizza



Crust
1 ½ cups almond flour (meal)
½ cup roughly chopped pitted dates
½ cup chopped pecans
¼ cup unsweetened apple juice
Fruit Sauce
¼ cup [Date Honey](#)
½ cup sliced strawberries
Topping Ideas
Sliced apples, bananas, blueberries, grapes, kiwifruit, mangoes, oranges, peaches, pineapples, strawberries
Preheat oven to 350 degrees. Place almond flour, dates, pecans and apple juice in a food processor. Process until mixture forms a ball. Press dough into 10-inch circle, about ¼-inch thick, on an 11 x 17-inch baking sheet or pizza pan (rub a little olive oil on your hands if dough gets too sticky). With a fork, poke holes all across crust dough. Bake 10 minutes, or until edges are browned and slightly crispy. Remove from oven and let cool completely, about 45 minutes. Put Date Honey and strawberries in a food processor or blender. Process about 30 seconds or until smooth and creamy. Spread fruit sauce onto cooled crust. Top with your favorite assortment of sliced fruit. Refrigerate 3 hours or until chilled.
Yield: 8 servings (serving size: 1 slice)

Plum Good Smoothie



1 cup water
1 apple, unpeeled, chopped
1 frozen banana, peeled, sliced
¼ cup dried plums (about 6)
1 tablespoon flaxseed meal
1 tablespoon unsweetened shredded coconut
Add all ingredients to a blender. Process about 1 minute or until completely smooth.
Yield: 2 servings (serving size: about 1 cup or 8 ounces)

Mediterranean Black Bean Salad



2 (15-ounce) cans black beans, rinsed and drained
1 cup chopped green bell peppers
1 cup chopped red bell peppers
1 cup chopped tomatoes, unpeeled, unseeded
1 cup chopped avocado, cut into ½-inch cubes (about 1 medium avocado)

½ cup diced onions
¼ cup chopped fresh parsley or cilantro

Dressing

2 tablespoons fresh lime juice
1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
½ teaspoon salt

Put beans, peppers, tomatoes, avocado, onions, and parsley in a large bowl. In a small bowl, combine lime juice, olive oil, garlic, and salt. Whisk until combined and pour over salad. Toss well to coat. Refrigerate for 2-4 hours to allow flavors to blend, and serve.

Yield: 12 servings (serving size: about 1/2 cup)

Blackberry, Avocado, and Mango Salad



4 cups mixed salad greens
1 cup blackberries
1 avocado, peeled, pitted, and cut into 1-inch cubes
1 cup mango, peeled, pitted, and cut into 1-inch cubes

½ cup pecan halves

In a large bowl, combine salad greens, blackberries, avocado, mango, and pecan halves. Toss, and serve with [Orange-Poppy Seed Salad Dressing](#).

Yield: 4 servings (serving size: about 1 1/2 cups)

Tuscan Soup



1 tablespoon extra-virgin olive oil
1 cup diced onion

1 cup diced carrots
2 cloves garlic, minced
6 cups water or [Vegetable Broth](#)
1 cup dry lentils, sorted and rinsed
1 (15-ounce) can cannellini beans, rinsed and drained
1 (14.5-ounce) can diced tomatoes, undrained
½ (10-ounce) package frozen chopped spinach, unthawed
½ tablespoon dried crushed rosemary
1 bay leaf
1 teaspoon salt
1/8 teaspoon pepper

Heat olive oil in large saucepan over medium heat. Add onions and carrots, and cook until onions are soft and translucent. Stir in garlic, and cook 1 minute, stirring constantly so garlic doesn't burn. Add water or broth, lentils, cannellini beans, tomatoes, spinach, rosemary, bay leaf, salt, and pepper. Heat to boiling, and then reduce heat. Simmer 20-25 minutes with lid tilted. Discard bay leaf before serving. Yield: 8 servings (serving size: about 1 ¼ cups)

Cazapple Juice



3 large carrots, unpeeled
2 apples, unpeeled, cored, and cut into slices
2 medium zucchini, unpeeled and quartered

Wash produce well. Feed into juicer, and enjoy.

Yield: 2 servings (serving size: 8 ounces or 1 cup)

Oven-Baked Rutabaga Fries



1 -1½ pounds rutabaga, peeled
1 tablespoon extra-virgin olive oil
¼ teaspoon salt
1/8 teaspoon pepper

Preheat oven to 425 degrees. Cut rutabaga in half, and place the two halves cut side down. Slice rutabaga vertically into 1/2-inch-thick chips, and then cut into fries about 1/8-inch thick and 3-4 inches long (or whatever size you like).

Transfer fries to a large bowl. Add olive oil, salt, and pepper. Stir to coat. Place on an 11 x 17-inch baking sheet that has been covered with parchment paper or rubbed slightly with olive oil. Bake 15 minutes. Flip, and bake another 12-15 minutes, or until rutabaga fries are slightly browned.

Yield: 4 servings (serving size: about 1 cup)

Tahini Wild Rice Cakes



1 1/2 cups cooked wild rice
 2 tablespoons ground old-fashioned oats
 (ground fine like flour in food processor)
 2 tablespoons chopped onions or green onions
 1 tablespoon extra-virgin olive oil
 1 tablespoon tahini
 1 tablespoon chopped fresh parsley or 1
 teaspoon dried parsley
 1/4 teaspoon salt
 Avocado slices
 Combine all ingredients, except avocado
 slices, in a large bowl, and stir well. Heat
 olive oil in large skillet over medium-high
 heat. Scoop out 1/3 cup of mixture for
 each cake, and flatten in the skillet with
 a spatula. Cook 5 minutes, flip rice cake,
 and cook another 2 minutes on the other
 side. Serve warm. Top with avocado, if
 desired.
 Yield: 4 servings (serving size: 1 rice
 cake)

Wild Rice and Almond Casserole



1 tablespoon extra-virgin olive oil
 1 cup wild rice
 1/2 cup chopped green onions
 1/4 cup slivered almonds
 2 cloves garlic, minced
 1/2 teaspoon salt
 3 cups [Vegetable Broth](#) or water
 Preheat oven to 350 degrees. Heat olive
 oil in large skillet over medium heat. Add
 rice, onions, almonds, garlic, and salt.
 Cook 3-5 minutes or until the rice begins
 to turn slightly yellow, stirring frequently.
 Transfer to a 1 1/2 or 2-quart casserole
 dish, pour in broth, and cover. Bake 1
 hour or until liquid is absorbed.
 Yield: 6 servings (serving size: about 1/2
 cup)

Baked Delicata Squash with Kale and Beans



2 pounds delicata squash
 1 tablespoon extra-virgin olive oil
 1 cup chopped onion
 1 clove garlic, minced
 1/2 cup water or [Vegetable Broth](#)
 1 (15-ounce) can cannellini beans,
 rinsed and drained
 4 cups chopped kale, stems removed
 1/2 teaspoon dried thyme
 1 tablespoon chopped fresh parsley or 1
 teaspoon dried parsley
 Preheat oven to 375 degrees. Cut
 squash in half lengthwise, and scoop out
 seeds (a small ice cream scoop works
 well). Place halves, cut side down, in a 9
 x 13-inch baking dish. Pour in water to
 1/4-inch deep. Bake 35-40 minutes.
 Remove from oven until cool enough to
 handle. While you are waiting, heat olive
 oil in large skillet over medium heat. Add
 onions, and cook about 5 minutes or
 until soft and translucent. Stir in garlic,
 and cook 30 seconds, stirring constantly
 so garlic doesn't burn. Pour in water or
 broth, beans, kale, thyme, and parsley.
 Stir well, and cover. Cook 3-5 minutes or
 until kale is slightly wilted.
 Lay squash halves cut side down on a
 cutting board. Slice from top to bottom,
 following the ribs, to make wedges. Use
 a paring knife to remove skin. Cut
 wedges into 1-inch cubes, and add to
 skillet. Cook 5 more minutes, and serve.
 Yield: 6 servings (serving size: about 1
 cup)

Ginger-Garlic Baby Carrots



1 pound baby carrots or carrots, peeled
 & cut into 2-inch pieces
 1/2 tablespoon extra-virgin olive oil
 2 tablespoon minced onion
 1 clove garlic, minced
 1/2 teaspoon minced fresh ginger root*
 or 1/8 teaspoon dried ginger
 1/8 teaspoon salt
 Grated ginger root
 Boil or steam carrots until tender crisp
 (15-20 minutes). While carrots are
 cooking, heat olive oil over medium heat
 in a small skillet. Add onions, and cook
 until onions are translucent. Stir in garlic
 and ginger root. Cook for 30 seconds,
 stirring constantly so garlic doesn't burn
 Add carrots and salt, and stir well to
 coat. Transfer to a serving dish, and
 grate a little fresh ginger root on top.
 *Ginger is the gnarled, bumpy root of the
 ginger plant. Its flavor is peppery and
 slightly sweet. Ginger root has a very
 thin, light brown skin that must be
 removed before using. Simply cut off the
 amount of ginger you need, and use a
 knife or vegetable peeler to remove the
 skin. Fresh ginger root can be stored in
 the refrigerator for up to three weeks
 if left unpeeled. Or, you can store it up to
 six months in the freezer.
 Yield: 6 servings (serving size: about 1/2
 cup)

Banana Stacks

Snack



2 large ripe bananas
 1/4 cup almond butter or all-natural
 peanut butter

Peel bananas, and cut into ¼ to ½-inch slices (about 12 per banana). Spread about 1 teaspoon almond butter on half of the slices. Top with the remaining slices.
Yield: 4 servings (serving size: about 4 stacks)

Broiled Pineapple Slices



6 fresh or canned pineapple slices
1 tablespoon [Date Honey](#)
1 tablespoon fresh lime juice
1 tablespoon unsweetened coconut flakes

Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet

rubbed with olive oil. Mix Date Honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with ½ teaspoon coconut flakes. Broil for 2 minutes and serve.
Yield: 6 servings (serving size: 1 slice)

Apples with Date Honey



Apples, sliced
Date Honey (recipe below)

Toppings: Finely chopped pecans or walnuts and unsweetened shredded coconut.

Spread Date Honey on one side of each apple slice. Serve as is, or press into chopped pecans or shredded coconut or both.

Date Honey

1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)

1 cup water

½ teaspoon cinnamon

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

Yield: 12 servings (serving size: about 1 tablespoon)

Week, Lunch, Dinner

40-Day Fasting Menu

Day 1

Lunch: Chickpea & Quinoa Buddha Bowl

Dinner: Stuffed Bell Peppers with Brown Rice & Mushrooms

Day 2

Lunch: Sweet Potato & Black Bean Tacos

Dinner: Spaghetti Squash with Pesto & Roasted Chickpeas

Day 3

Lunch: Lentil & Kale Soup

Dinner: Zucchini Noodles with Almond Sauce

Day 4

Lunch: Mediterranean Quinoa Salad

Dinner: Cauliflower Curry with Brown Rice

Day 5

Lunch: Black Bean & Avocado Wrap

Dinner: Baked Sweet Potatoes with Lentil Stew

Day 6

Lunch: Roasted Veggie & Hummus Bowl

Dinner: Stir-Fried Tofu & Broccoli with Coconut Aminos

Day 7

Lunch: Chickpea & Quinoa Buddha Bowl

Dinner: Stuffed Bell Peppers with Brown Rice & Mushrooms

Day 8

Lunch: Sweet Potato & Black Bean Tacos

Dinner: Spaghetti Squash with Pesto & Roasted Chickpeas

Day 9

Lunch: Lentil & Kale Soup

Dinner: Zucchini Noodles with Almond Sauce

Day 10

Lunch: Mediterranean Quinoa Salad

Dinner: Cauliflower Curry with Brown Rice

Day 11

Lunch: Black Bean & Avocado Wrap

Dinner: Baked Sweet Potatoes with Lentil Stew

Day 12

Lunch: Roasted Veggie & Hummus Bowl

Dinner: Stir-Fried Tofu & Broccoli with Coconut Aminos

Day 13

Lunch: Chickpea & Quinoa Buddha Bowl

Dinner: Stuffed Bell Peppers with Brown Rice & Mushrooms

Day 14

Lunch: Sweet Potato & Black Bean Tacos

Dinner: Spaghetti Squash with Pesto & Roasted Chickpeas

Day 15

Lunch: Lentil & Kale Soup

Dinner: Zucchini Noodles with Almond Sauce

Day 16

Lunch: Mediterranean Quinoa Salad

Dinner: Cauliflower Curry with Brown Rice

Day 17

Lunch: Black Bean & Avocado Wrap

Dinner: Baked Sweet Potatoes with Lentil Stew

Day 18

Lunch: Roasted Veggie & Hummus Bowl

Dinner: Stir-Fried Tofu & Broccoli with Coconut Aminos

Day 19

Lunch: Chickpea & Quinoa Buddha Bowl

Dinner: Stuffed Bell Peppers with Brown Rice & Mushrooms

Day 20

Lunch: Sweet Potato & Black Bean Tacos

Dinner: Spaghetti Squash with Pesto & Roasted Chickpeas

Day 21

Lunch: Lentil & Kale Soup

Dinner: Zucchini Noodles with Almond Sauce

Day 22

Lunch: Mediterranean Quinoa Salad

Dinner: Cauliflower Curry with Brown Rice

Day 23

Lunch: Black Bean & Avocado Wrap

Dinner: Baked Sweet Potatoes with Lentil Stew

Day 24

Lunch: Roasted Veggie & Hummus Bowl

Dinner: Stir-Fried Tofu & Broccoli with Coconut Aminos

Day 25

Lunch: Chickpea & Quinoa Buddha Bowl

Dinner: Stuffed Bell Peppers with Brown Rice & Mushrooms

Day 26

Lunch: Sweet Potato & Black Bean Tacos

Dinner: Spaghetti Squash with Pesto & Roasted Chickpeas

Day 27

Lunch: Lentil & Kale Soup

Dinner: Zucchini Noodles with Almond Sauce

Day 28

Lunch: Mediterranean Quinoa Salad

Dinner: Cauliflower Curry with Brown Rice

Day 29

Lunch: Black Bean & Avocado Wrap

Dinner: Baked Sweet Potatoes with Lentil Stew

Day 30

Lunch: Roasted Veggie & Hummus Bowl

Dinner: Stir-Fried Tofu & Broccoli with Coconut Aminos

Day 31

Lunch: Chickpea & Quinoa Buddha Bowl

Dinner: Stuffed Bell Peppers with Brown Rice & Mushrooms

Day 32

Lunch: Sweet Potato & Black Bean Tacos

Dinner: Spaghetti Squash with Pesto & Roasted Chickpeas

Day 33

Lunch: Lentil & Kale Soup

Dinner: Zucchini Noodles with Almond Sauce

Day 34

Lunch: Mediterranean Quinoa Salad

Dinner: Cauliflower Curry with Brown Rice

Day 35

Lunch: Black Bean & Avocado Wrap

Dinner: Baked Sweet Potatoes with Lentil Stew

Day 36

Lunch: Roasted Veggie & Hummus Bowl

Dinner: Stir-Fried Tofu & Broccoli with Coconut Aminos

Day 37

Lunch: Chickpea & Quinoa Buddha Bowl

Dinner: Stuffed Bell Peppers with Brown Rice & Mushrooms

Day 38

Lunch: Sweet Potato & Black Bean Tacos

Dinner: Spaghetti Squash with Pesto & Roasted Chickpeas

Day 39

Lunch: Lentil & Kale Soup

Dinner: Zucchini Noodles with Almond Sauce

Day 40

Lunch: Mediterranean Quinoa Salad

Dinner: Cauliflower Curry with Brown Rice