



LOC DANIEL FAST 2022

ELEVATE

SEPTEMBER 4-25

COOKBOOK

40+

simply
delicious
DANIEL FAST RECIPES

fasting
praying
giving
elevating

Detailed
with full
instructions,
snack ideas,
bonus tips
+ MORE

Breakfast

Cranberry-Orange Spiced Oatmeal

3/4 cup of old fashioned rolled oats
1/2 teaspoon ground cinnamon, or to taste
1/4 cup dried cranberries
1/2 cup frozen blueberries
1/4 teaspoon ground turmeric (optional)
1 pinch ground ginger (optional)
1 cup water
1/4 cup orange juice, or as needed

INSTRUCTIONS:

Place the rolled oats, cinnamon, cranberries, and blueberries in a microwave safe bowl. Add the turmeric and ginger, if desired. Pour in the water, and stir to mix ingredients. Cook on High until water is absorbed, about 2 minutes. Stir in orange juice to desired consistency.

Orange Pecan Cream of Wheat

2 cups freshly squeezed orange juice
1/2 cup pecan halves
1 1/2 cups cream of wheat

INSTRUCTIONS:

Bring 2 cups of freshly squeezed orange juice to a boil, add 1/2 cup of pecan halves and cream of wheat. Simmer on low for 5 minutes. Turn off the heat and let set for 5 minutes. Serve.

Oatmeal to Go

3 cups rolled oats
2 cups Irish steel-cut oats
5 ripe bananas, mashed
1/2 cup ground flax seeds
1/2 cup water
1/4 cup peanut butter
1/4 cup pitted, chopped dates (optional)
1/4 cup chopped pecans (optional)
1/4 cup chia seeds
2 tablespoons coconut oil
1/2n teaspoon salt
1 1/2 teaspoons vanilla extract
1/3 cup honey

INSTRUCTIONS:

Preheat oven to 375 degrees. Line a 9x13 inch casserole dish with parchment paper. Mix rolled oats, steel-cut oats, bananas, flax seeds, water, peanut butter, dates, pecans, chia seeds, coconut oil, vanilla

extract, and salt together in a bowl; press into the prepared casserole dish. Drizzle honey over mixture. Bake in preheated oven until set, about 45 minutes. Cool completely before cutting into bars. Wrap bars in plastic wrap and freeze. Let defrost for 15 minutes before eating or heat in microwave.

Broiled Pineapple Slices

6 fresh or canned pineapple slices
1 tablespoon Date Honey
1 tablespoon fresh lime juice
1 tablespoon unsweetened coconut flakes

INSTRUCTIONS:

Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11x17 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 1/2 teaspoon coconut flakes. Broil for 2 minutes and serve.

*Can also cut slices into chunks and mix in with oatmeal.

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

Apple & Oat Porridge

4 cups water
1 1/2 cups oat bran (not oatmeal)
1 large apple-peeled/cored and chopped into very small pieces
1/3 cup raisins
1/2 teaspoon ground caraway seeds
1/2 teaspoon cinnamon
1/2 teaspoon salt
Soy milk for serving (optional)

INSTRUCTIONS:

In a 2 quart sauce pan over high heat, bring the water to a boil. Reduce heat to low and cook for two minutes-stirring often. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften-about 5 minutes- stirring occasionally.

Cinnamon Baked Apples

2 cups thinly-sliced apples, unpeeled (about 2 apples)
1 cup unsweetened apple juice
1/8 teaspoon cinnamon

INSTRUCTIONS:

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

Pineapple Citrus Muffins

1 cup old-fashioned rolled oats
1 cup oat flour (see Recipe Notes)
1 cup unsweetened applesauce
½ cup diced pineapples
¼ cup chopped pecans or walnuts
¼ cup [Date Honey](#)
¼ cup flaxseed meal
2 teaspoons unsweetened coconut flakes
2 teaspoons grated orange zest
½ teaspoon ground ginger

INSTRUCTIONS:

Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil, and set aside. Combine all ingredients in a large bowl, and stir well to combine. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.

Recipe Notes

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (½ cup old-fashioned oats will yield about ½ cup ground oats).
- Spread almond butter or [Date Honey](#) on top.
- Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.
- The zest is the outermost, colorful skin of citrus fruits. Zest is often used to enhance flavor in recipes. The pith, or white membrane underneath the outside peel, has a bitter, unpleasant taste and should be avoided while zesting.

Blueberry Muffins

2 flax eggs (2T flaxseed meal to 6T water stir and let sit for a few minutes till it becomes a gel)

You will need to do the flax eggs first before you start anything else for the muffins

1 c blueberries fresh or frozen

½ T arrowroot (or oat flour for coating)

Mix and set aside

In Large Bowl

1c oat flour

½ c almond flour

1t baking soda

1t baking powder

1t salt

Mix drying ingredients then add wet ingredients below:

1/3 c melted Miyoko Butter (This butter is Daniel Fast friendly and can be found at Kroger or Whole Foods)

¼ - ½ c maple syrup

1t vanilla

¼ c nut milk of choice

1 mashed ripe banana

Add flax egg

Mix well and add your blueberries

Let this mixture sit a few minutes. This allows the almond flour to absorb the liquid.

Add 1/4 cup to each muffin tin and Bake at 350 for 20 to 25 mins.

You can add 2 mashed bananas and walnuts or mixed berries to change it up during the fast.

Vegan Banana Oatmeal Pancakes

1 1/4 cup old fashioned oats
1/2 cup organic whole wheat flour
2 tsp. baking powder
1/2 tsp sea salt
1 1/2 cup soy milk or almond milk
2 ripe bananas

INSTRUCTIONS:

Blend all ingredients in a blender except for bananas. Now add the bananas and continue to blend until bananas are smooth. Pour on a hot griddle lightly oil with olive oil and cook. Once the pancake bubbles on one side then flip to other side. Makes a dozen medium sized pancakes serving 4 people.

Creamy Chocolate Smoothie (breakfast or snack)

1 cup almond milk
1 frozen banana
1/2 avocado
1 tablespoon honey
1 tablespoon unsweetened cocoa powder

INSTRUCTIONS:

Combine almond milk, banana, avocado, honey, cocoa into blender; blend until smooth. Serve immediately.

Whole Wheat Crepes

Crepes:

1 cup whole wheat flour
1/4 tsp salt
1 1/4 coconut milk or soy milk
1 medium VERY ripe banana (if you have any frozen bananas that would work best as it makes it a little sweeter and mushier)

Filling:

2 Medium large bananas
2-3 table spoons 100% apple juice
(add some blueberries or fresh strawberries if you would like)

INSTRUCTIONS:

Thaw or mush up frozen or very ripe banana, then mix in the coconut milk, flour, and salt until you have a smooth batter. Lightly oil a pan or griddle and then heat. Pour some batter in and spread it with a spoon until it is thin, much thinner than a pancake. When the edges start to look dry then flip. Puree your bananas with apple juice to make filling. Once crepes are cooked spoon in a little filling and then roll them. Top with fresh fruit.

Orange Mango Smoothie

2 handfuls of greens
1c water
1c frozen mango chunks
2 oranges peeled and seeded

Strawberry Kiwi Smoothie

2 handfuls of greens
1c water
1 ½ c frozen strawberries
2 kiwi skin on
2 tablespoon flaxseed

Berry Banana Smoothie

2 handfuls of greens
1c water
1 large banana peeled and frozen
1 ¼ c frozen blueberries
¼ c flaxseed
Sweeten with maple syrup or 2 dates

Pineapple Greens Smoothie

2 handful of greens
1c water
2c pineapple chunks
1c frozen peaches
1 banana peeled and frozen

Lunch
&
Dinner

Cajun Red Beans & Rice

1/2 tbsp extra virgin olive oil
1/2 cup chopped green pepper
1/2 cup chopped red onion
1/2 cup sliced celery
1/4 cup water
2 tsp Creole Seasoning (see recipe below).
1 (15.5-ounce) can red kidney beans, rinsed and drained
2 cups cooked brown rice

Yield: 8 servings (serving size: 1/2 cup)
Cook the rice in advance to save 45 minutes!

Creole Seasoning:

2 tbsp paprika
1 tsp onion powder
1 tsp garlic powder
1 tsp salt
1/2 tsp pepper
1/2 tsp thyme
1/2 tsp dried basil
1/2 tsp dried oregano
1/2 tsp cayenne pepper

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.

Serving Size: Serving size = 1/2 cup
Number of Servings: 8

Salad Ole

2 cups tomatoes, seeded and chopped
1 cup diced zucchini
1 cup frozen corn kernels
1/3 cup chopped green onions
1 avocado—peeled, pitted and diced
1/3 cup picante sauce
2 tablespoons vegetable oil
2 tablespoons lemon juice
1/2 teaspoon garlic salt

1/4 teaspoon ground cumin

INSTRUCTIONS:

In a large bowl, combine the tomatoes, zucchini, corn, green onions, and avocado. Whisk together picante sauce, oil, lemon juice, garlic salt, and cumin. Toss gently with the vegetables. Chill 3-4 hours, toss before serving.

Sweet Potato & Black Bean Burritos with Corn Salsa

3 Medium sweet potatoes, peeled and grated on large holes of box grater

1/4 cup olive oil

3/4 teaspoon chipotle chili powder

1 1/2 tsp kosher salt, divided

1 1/2 tsp black pepper, divided

2 plum tomatoes seeded and chopped

1 small red onion, finely chopped

1 cup fresh or frozen corn kernels

1/2 cup cilantro leaves and tender stems chopped

1 tablespoon fresh lime juice

2 15.5 ounce cans pinto or black beans, drained

INSTRUCTIONS:

Preheat oven to 375. Toss sweet potatoes with oil, chili powder, and 3/4 teaspoon each salt and pepper. Spread out on 2 parchment-lined baking sheets. Roast stirring halfway through, until most potatoes are browned at the tips, 35-40 minutes. Let cool completely. Meanwhile, combine tomatoes, onion, corn, cilantro, lime juice and 1/2 teaspoon each salt and pepper in medium bowl. Set aside for 15 minutes. Strain, discarding any liquid that has accumulated. Toss beans with remaining 1/4 teaspoon salt and pepper. Divide beans, corn salsa and sweet potatoes evenly among tortillas. Roll into burritos.

Spicy Vegan Quinoa

3 1/2 cups of water

2 cups quinoa, rinsed

4 teaspoons vegetable bouillon (such as Better than Bouillon)

2 1/2 cups frozen shelled edamame (green soybeans)

1 tablespoon olive oil

2 sweet onions, chopped

2 bell peppers, chopped

2 tablespoons minced fresh ginger

6 cloves garlic, minced

1/4 cup reduced-sodium soy sauce

2 tablespoons chopped fresh cilantro

1 tablespoon hot chile paste (such as sambal oelek) or to taste

(optional)

INSTRUCTIONS:

Bring water, quinoa, and vegetable bouillon to a boil in a large pot; stir in edamame, cover, and simmer until quinoa is tender, 15 to 20 minutes. Heat olive oil in a large skillet over medium heat; cook and stir onions and bell peppers until onions are translucent, about 5 minutes. Add ginger and garlic; cook and stir until fragrant, about 2 minutes. Remove from heat; stir in soy sauce, cilantro, and chile paste. Stir onion mixture into quinoa mixture; simmer, stirring occasionally, until excess broth has been absorbed, about 5 minutes.

Meatless Zucchini Boats

1 tbsp olive oil, plus more to grease baking dish
4 large zucchinis (Or 6 medium)
1 red bell pepper, diced
1/2 yellow onion, diced
1 jalapeño, seeds removed and finely diced
2 cloves garlic, minced
1 - 15oz can low sodium black beans, drained and rinsed
1 cup brown rice, cooked
1/2 cup corn kernels
1/2 tsp sea salt
2 tsp ground cumin
1 tsp chili powder
1 tsp dried oregano
1/2 cup fresh cilantro, finely chopped
1/4 cup shredded vegan cheese (optional)

INSTRUCTIONS:

Preheat oven to 400. Grease a 9x13 casserole dish and set aside. Slice each zucchini in half, lengthwise. Using a spoon or melon baller, hollow out the center of each zucchini. Place them skin side down in the casserole dish. Heat a tablespoon of olive oil in a large skillet over medium-heat. Add the onions, bell pepper, garlic, and jalapeno, and cook for 1-2 minutes or until soft. Add the rice, corn, beans, and spices; cook for another 2-3 minutes. Turn off heat and mix in cilantro. Spoon the filling inside of each zucchini until they are all full. Sprinkle with vegan cheese. Bake in the oven for 25-30 minutes.

Vegan Black Bean Soup

1 tablespoon olive oil
1 large onion, chopped
1 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon ground cumin
1 pinch black pepper
4 cups vegetable broth
4 (15 ounce) can whole kernel corn
1 (14.5 ounce) can crushed tomatoes

INSTRUCTIONS:

Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil. Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Roasted Butternut Squash and Onions

2-1/2 pounds butternut squash, peeled, seeded, and cut into 1-inch cubes (about 6 cups)
1 cup thinly sliced onion
1 tbsp extra-virgin olive oil
1 tsp dried parsley flakes
1/2 tsp dried crushed rosemary
1/2 tsp salt
1/8 tsp pepper

INSTRUCTIONS:

Preheat oven to 400 degrees. Place butternut squash cubes and onions in a large bowl. Combine olive oil, parsley, rosemary, salt, and pepper in a smaller bowl. Pour over squash and onions, and mix well. Place vegetables on an 11x17 inch baking sheet. Bake 15 minutes and flip. Bake another 10-15 minutes or until edges are slightly browned.

Yield: 8 servings (serving size: about 1/2 cup)

Greek-Style Stuffed Peppers

1 tablespoon extra-virgin olive oil
1/2 cup chopped onion

1/2 cup diced zucchini
1 clove garlic, minced
1 (8 ounce) can tomato sauce
3 chopped canned artichokes, drained
1/2 cup chopped black olives
1 teaspoon dried oregano flakes or 1 tablespoon chopped fresh oregano
1 teaspoon dried parsley or 1 tablespoon chopped fresh parsley
1/2 teaspoon salt
6 medium bell peppers (green, orange, red, and/or yellow)
2 cups cooked quinoa
1 1/2 tablespoons pine nuts

INSTRUCTIONS:

Preheat oven to 350 degrees. Place artichokes in a food processor, and pulse until artichokes are chopped well. Set aside. Heat olive oil over medium heat. Add onion and zucchini. Cook 3-5 minutes or until vegetables are softened. Lower heat, and add garlic. Cook 1 minute, stirring constantly so garlic doesn't burn. Add tomato sauce, artichokes, olives, oregano, parsley, and salt. Cook 15 minutes or until sauce is thickened. While sauce is cooking, prepare peppers. Cut in half lengthwise, and remove stems and seeds. Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish. When sauce is finished, mix in quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of 1/2 inch. Bake uncovered for 20 minutes.

*You can use brown rice instead of quinoa or add chopped fresh spinach leaves to rice mixture.

Baked Rice with Butternut Squash and Asparagus

3 cups water
1 cup brown rice
2 cloves garlic, minced
1 teaspoon dried thyme
1/2 teaspoon ground sage
1/2 teaspoon salt
1/8 teaspoon black pepper
1 1/2 pounds butternut squash, peeled, seeded, and cut into 1-inch cubes (about 4 cups)
1/2 pound asparagus spears, ends trimmed and cut into 1-inch pieces
1 cup sliced onion

INSTRUCTIONS:

Preheat oven to 350 degrees. Rub a little olive oil along the sides and bottom of a 3-quart baking dish. Add water, rice, garlic, thyme, sage, salt, and pepper. Stir well. Bake uncovered for 30 minutes. Mix in squash, asparagus, and onions. Cook 30 minutes, stir and then bake another 15 minutes, or until water is nearly all absorbed and rice is softened.

*You can use 1 teaspoon dried crushed rosemary in place of the thyme and sage.

Cucumber and Garbanzo Bean Salad

1 cucumber, medium
1 (15 ounce) can Garbanzo beans
2 garlic cloves
1/4 cup parsley
1/3 cup red onion
1 tbsp lemon juice
1/2 cup olive
1/8 tsp pepper, ground
1/4 tsp salt
1 tbsp stevia
3 tbsp red wine vinegar
3 tbsp vegetable oil

INSTRUCTIONS:

In a medium bowl, combine beans, cucumber, onion, parsley, and olives. In another bowl or jar combine remaining ingredients, mix well. Pour over salad and toss. Serve immediately or chill for up to 24 hours.

Chipotle Black Bean Burger

1 (15 ounce) can black beans, rinsed and drained
1 cup mashed cooked sweet potatoes (about 1 large sweet potato, peeled)
1/4 cup brown rice flour
1/2 tablespoon dried parsley
1/4 teaspoon chipotle chile pepper seasoning
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon pepper

INSTRUCTIONS:

Preheat oven to broiling setting. With a potato masher or fork, mash black beans in a large bowl, leaving about 1/4 of the beans whole. Mix in sweet potatoes, brown rice flour, parsley, chipotle chile pepper seasoning, garlic powder, salt and pepper. Scoop out 1/3 cup of bean mixture, and place on an 11x17 inch baking sheet that has been rubbed

with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers. Broil 4 inches in heat about 7-8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes, and serve.

Flatbread Pizza with Macadamia Nut Cheese

2 1/2 cups whole wheat flour

2 tablespoon flaxseed meal

1 teaspoon salt

1 cup warm water

1 cup spinach artichoke dip

1 cup classic tomato sauce

Topping ideas: green peppers, mushrooms, olives, onions, and/or roasted red bell peppers.

INSTRUCTIONS:

Mix flour, flaxseed meal, salt, and water into a food processor until dough forms a ball. Turn dough onto a floured work surface. Knead for 5 minutes. Transfer to a bowl, and cover tightly with plastic wrap. Let dough rest at least 30 minutes. Preheat oven to 450 degrees. Rub a little flour on a rolling pin, and roll dough out onto a preheated pizza stone or an oiled pizza pan into a 12 inch or 14 inch circle (depending on the thickness of crust you prefer). If dough is too sticky to roll, put some flour on your fingertips and press dough to edges. With a fork, poke holes all across crust, and top with classic tomato sauce. Add desired toppings. Bake 20 minutes or until edges of crust are brown and slightly crispy. Remove from oven, and let sit 5 minutes before slicing and serving.

Vegan Black Bean Quesadillas

1 (15 ounce) can great Northern beans, drained and rinsed

3/4 cup diced tomatoes

1 clove garlic

1/3 cup nutritional yeast

1 tsp ground cumin

1/4 tsp chili powder

Salt to taste

1 pinch cayenne pepper, or to taste

1/2 cup black beans, drained and rinsed

1/4 cup diced tomatoes

1 tbsp olive oil, or as needed

8 whole grain tortillas

Cooking spray

INSTRUCTIONS:

Blend great Northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again. Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture. Heat olive oil in a skillet over medium-high heat. Place a tortilla in the hot oil. Spread about 1/4 cup onto the tortilla. Place another tortilla on top; cook until filling is warmed, about 10 minutes. Spray the top tortilla with cooking spray and flip quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.

Macadamia Nut Cheese

1/2 cup raw macadamia nuts

Place 1/2 cup of macadamia nuts in a food processor until finely ground like grated parmesan cheese. Sprinkle on top of pizza. (Can substitute lightly salted cashews for macadamia nuts).

Sun-dried Tomato, Potato, and Broccoli Bake

1 round red potatoes, peeled and halved
1 tbsp extra virgin olive oil
2 cups chopped cooked broccoli
1/2 cup jarred sun-dried tomatoes, packed in oil and undrained
1/2 cup fresh basil leaves, lightly packed
1/4 cup fresh parsley leaves, lightly packed
1 clove garlic minced
1/4 tsp salt
1/8 tsp pepper
1/4 cup toasted pine nuts

INSTRUCTIONS:

Preheat oven to 350 degrees. Use the shredder attachment on a food processor to cut potatoes. Place shredded potatoes and olive oil in a large bowl, and stir to coat. Add broccoli, and set aside. Place sun-dried tomatoes, basil leaves, parsley leaves, garlic, salt, and pepper in same food processor bowl, this time with the "S" blade attachment. Process until mixture forms a paste, and mix in with potatoes and broccoli. Stir well, and transfer to an 8 x 8-inch baking dish that has been lightly rubbed with olive oil.

Bake 30 minutes. Sprinkle in pine nuts just before serving.

Yield: 8 servings (serving size: ½ cup)

You can also enjoy this as a cold pasta-like salad.
Substitute pine nuts with sliced almonds.

Black-eyed Peas and Potato Soup

1 tablespoon extra-virgin olive oil
1 cup chopped onion
1 cup sliced carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups vegetable broth or water
1 (15 ounce) can black-eyed peas, rinsed and drained
2 cups cubed potatoes
2 tablespoons chopped fresh parsley or 2 tsp dried parsley
1/2 tablespoon dried chives
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1/8 teaspoon pepper

INSTRUCTIONS:

Heat olive oil in a large stock pot over medium heat. Add onions, carrots, and celery. Cook until vegetables are softened. Stir in garlic, and cook 1 minute. Add vegetable broth, black-eyed peas, potatoes, parsley, chives, cayenne pepper, salt, and pepper. Bring to a boil. Reduce heat, cover and simmer 30 minutes.

*For a chunkier soup with a little more texture, place half in a food processor or blender. You can also substitute black-eyed peas with great northern beans, cannellini beans, or navy beans.

Spicy Vegan Potato Curry

4 potatoes, peeled and cubed
2 tablespoons vegetable oil
1 yellow onion, diced
3 cloves garlic, minced
2 teaspoons ground cumin
1 1/2 teaspoons cayenne pepper
4 teaspoons curry powder
4 teaspoons garam masala
1 (1 inch) piece of fresh ginger root, peeled and minced
2 teaspoons salt

- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas) rinsed and drained
- 1 (14 ounce) can coconut milk

INSTRUCTIONS:

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow steam to dry for a minute or two. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masla, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

Eggroll Stir Fry

- 1 small head of cabbage
- 2 carrots
- 4 cloves garlic
- 1 tbsp. ginger
- 1 onion, large
- 1/4 cup soy sauce
- 1/2 tsp black pepper
- 2 tbsp. sesame oil
- 1 tbsp. vegetable oil

INSTRUCTIONS:

Cut up cabbage and onions. Dice carrots small or peel them thin. Combine garlic, ginger, pepper, sesame oil, vegetable oil, and soy sauce in a small bowl and stir to combine. Set aside. Put cabbage, carrots and onions into pan and cook over medium-high heat for 3-4 minutes. Add soy sauce mixture. Stir well. Reduce heat to medium and cook additional 5-10 minutes or until cabbage is tender.

*Substitute two bags of coleslaw for cabbage and carrots if desired

Hearty Vegan Slow-Cooker Chili

- 1 tablespoon olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 onions, chopped
- 4 cloves garlic, minced

1 (10 ounce) package frozen chopped spinach thawed and drained
1 cup frozen corn kernels, thawed
1 zucchini, chopped,
1 yellow squash, chopped
6 tablespoons chili powder
1 tablespoon ground cumin
1 tablespoon dried oregano
1 tablespoon dried parsley
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 (14.5 ounce) cans diced tomatoes with juice
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can kidney beans, rinsed and drained
2 (6 ounce) cans tomato paste
1 (8 ounce) can tomato sauce or more if needed
1 cup vegetable broth or more if needed

INSTRUCTIONS:

Heat olive oil in a large skillet over medium heat, and cook the green, red, and yellow bell peppers, onions, and garlic until the onions start to brown, 8 to 10 minutes. Place the mixture in a slow cooker. Stir in spinach, corn, zucchini, yellow squash, chili powder, cumin, oregano, parsley, salt, black pepper, tomatoes, black beans, garbanzo beans, kidney beans, and tomato paste until thoroughly mixed. Pour tomato sauce and vegetable broth over the ingredients. Set the cooker on low and cook until all vegetables are tender, 4 to 5 hours. Check seasoning; if chili is too thick, add more tomato sauce and vegetable broth to desired thickness. Cook an additional 1-2 hours to blend the flavors.

Corn Chowder

1/2 tablespoon extra-virgin olive oil
1/2 cup diced onion
4 cups water
1 pound Yukon Gold or Russet potatoes, peeled and diced (about 3 cups)
1 clove garlic, minced
1 teaspoon dried parsley flakes
1/2 teaspoon salt
1/8 teaspoon pepper
3 1/2 cups fresh corn kernels
1/2 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 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.

Chunky Potato Soup

1 tablespoon extra-virgin olive oil
1/2 cup chopped onions
1 cup chopped carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups water or vegetable broth
3 large Russet potatoes, peeled and cubed (about 5 cups)
1 bay leaf
1 teaspoon salt
1/2 teaspoon thyme
1/8 teaspoon pepper
1/2 cup almond, rice, or soy milk
2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley

INSTRUCTIONS:

Heat olive oil in saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn. Add broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer, covered, for 30 minutes or until potatoes are soft. Discard bay leaf. Add half of potato mixture to a food processor or blender, and process until smooth. Return to saucepan. Stir in almond milk, and parsley. Cook until heated through, and serve.

Black Bean Chili Bake

2 (15 oz. each) cans black beans, rinsed & drained
2 cups cooked brown rice
2 (8 oz. each) cans tomato sauce
1 (14.5 oz.) can corn kernels, drained
1 cup chopped jarred roasted red bell peppers
1/2 cup diced onion
1 tablespoon chili powder

INSTRUCTIONS:

Preheat oven to 350 degrees. Put beans in a large bowl, and mash. Add tomato sauce, rice, peppers, corn, onions, and chili powder. Stir to

combine. Rub a 9 by 13-inch casserole dish with olive oil, and place mixture in it. Bake 20 minutes, or until heated through.

Mushrooms and Fried Rice

4 cups vegetable stock or water
2 cups of brown rice
Olive oil
1 pound mushrooms, sliced
1/8 cup minced garlic
1 tablespoon basil

INSTRUCTIONS:

Bring vegetable stock or water to a boil, add salt and pepper to taste. When boiling, add brown rice and stir. Turn down to a simmer and cook for about 50 minutes or until liquid is gone. In a large skillet, heat olive oil and add sliced mushrooms along with minced garlic and basil. Sauté for 20 minutes and serve over the brown rice. Stir in the brown rice and season with soy sauce to your taste. Continue to cook until everything is thoroughly heated. Just before serving, garnish with roasted peanuts.

Black Bean, Corn and Brown Rice Stuffed Peppers

2 cans (15 ounces each) black beans, drained
3 cups cooked brown rice, divided
1 cup frozen corn kernels, thawed
2 scallions, sliced
1/4 cup chopped fresh cilantro
2 tablespoons extra virgin olive oil
2 tablespoons fresh lime juice
1 clove garlic, minced
Salt and freshly ground pepper to taste
2-3 large bell peppers, cut in half lengthwise and cored
2 cups 100% vegetable or tomato juice

INSTRUCTIONS:

Preheat oven to 350 degrees. Using a large bowl, gently combine the beans, 1 cup brown rice, corn, scallions, cilantro, olive oil, lime juice, and garlic. Season with salt and pepper. Place pepper halves in a large glass baking dish and stuff them with bean and rice mixture. Carefully spoon some of the juice over each stuffed pepper, trying not to disrupt the filling. Pour the remainder of the juice into the dish. Cover with foil and bake for 45-60 minutes. To serve: place about 1/2 cup of brown rice on each plate, spoon some of the juice from the baking dish on the rice and then place a stuffed pepper on top of the rice.

Shepherds Pie

FILLING

1/2t olive oil
1 onion diced
2 cloves of garlic minced (or more if you love garlic)
2 medium carrots diced
1 stalk celery diced

SPICES FOR FILLING

1t onion powder
1t dried thyme
1/2t dried rosemary
1/2t maple syrup
Salt to taste
Pepper to taste

ADDITIONAL INGREDIENTS FOR FILLING

2T tomato paste
2T coconut amino
1T balsamic vinegar
1/2c veggie stock or broth
2c lentils cooked from dry
1/2c peas (frozen or canned)
1/2c corn (fresh, frozen or canned)

MASHED POTATOES

2lbs of potatoes
1/4c plant-base milk (I use veggie broth)
2T olive oil or vegan butter
Salt to taste
Pepper to taste

INSTRUCTIONS

- Peel and chop potatoes, transfer them to a pot with salted water and bring to a boil.
- Cook on medium heat for 15 minutes or until tender, drain.
- Transfer back to the pot, add vegan butter or olive oil, your plant based milk or veggie stock, black pepper and salt to taste and mash with a potato masher. Do not use a food processor or a blender.
- While potatoes are cooking, Heat oil in a skillet over medium heat, add onion, garlic, carrot, celery, and all spices. Fry for about 3 minutes.
- Add tomato paste, coconut aminos, balsamic vinegar and stir to combine.

Lentil Walnut Taco Meat

1c walnuts preferably raw but I have used what I have found, and it will be ok. SOAK OVER NIGHT

1c uncooked lentils

3 ½ c veggie broth

1c chopped onion

5T cumin

3T chili powder

1T garlic powder

1T paprika (I like to use smoke paprika)

1t salt

Instructions

1. In a food processor pulse the dry uncooked lentils until partially chopped and chunky. Set aside
2. Next pulse walnuts until chopped into small pieces. Set aside.
3. In a large pan over medium heat saute chopped onion in some veggie broth or olive oil until translucent. About 5 minutes
4. Add walnuts saute 3 more minutes until mixture begins to caramelize.
5. Add chopped lentils to the pan and saute for 1 minute.
6. Add 3 ½ c veggie brother and spices and mix well.
7. Cook covered for 10-15 minutes until lentils have softened and broth is almost gone.
8. Uncover and saute until all broth is gone and mixture begins to brown and get dry, about 3 minutes.
9. Serve however you please! ENJOY!

NOTES

It is best to soak walnuts overnight but if you forget you can soak in hot water for 2 to 3 hours or in a pinch boil for 30 minutes.

Vegan Sour Cream

We use this with the vegan taco meat recipe I just sent and do a taco night.

1c raw cashews

1/3c water

2T nutritional yeast

1t apple cider vinegar

1/2 garlic powder

1/2t salt

*bring 3 cups of water to a boil

*place raw cashews in a bowl. Pour boiling water over the nuts and soak for 20 minutes. After, drain the water completely.

*add all ingredients to a high speed blender. Blend until smooth and creamy, scraping down the sides of the blender as needed.

*transfer sourcream to a mason jar or air tight container. Store in the refrigerator.

THIS WILL KEEP ONE WEEK IN THE REFRIGERATOR

Spaghetti with Lentil Ragù

This makes 4 servings

1 medium yellow onion, peeled and diced small

1 large carrot, peeled and diced small

1 celery stalk, diced small

6 cloves of garlic peeled and minced

1T minced rosemary

1T minced thyme

1c lentil rinsed

3c veggie stock

1 bay leaf

2 large tomatoes, diced small

Salt and pepper to taste

1lb whole-grain spaghetti, cooked according to package directions, cooked drained and kept warm

Chopped parsley

1. Place the onion, carrot, and celery in a large saucepan and saute over medium heat for 10 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the garlic, rosemary, and thyme and cook for another minute.

2. Add the lentils, vegetable stock, bay leaf. Increase the heat to high and bring the pan to a boil. Reduce the heat to medium, cover and cook for 35 minutes.

3. Add the tomatoes to the lentil mixture and season with salt and pepper. Cook for 10 minutes, or until the lentils are tender.

4. Serve the lentil ragù over the cooked spaghetti and garnish with the parsley.

Cuban Black Beans and Cilantro Lime Rice

FOR THE BLACK BEANS

1lb dry black beans soaked over night
2T ground cumin
1 large onion
2 bay leaves
3 cloves of garlic, peeled and minced
3 celery stalks, diced
3 medium carrots, peeled and diced
1 red bell pepper, seeded and diced
2T oregano
1c finely chopped cilantro stems
2T apple cider vinegar
1/2t pepper
3T chopped cilantro leaves
1 medium tomato, chopped (about 1c)
Salt to taste

FOR THE RICE

1 cup brown rice prepare as instructed on packaging with olive oil and salt.
1/3c fresh cilantro, finely chopped
1t fresh lime zest, from 1 small lime
1T fresh lime juice, from 1 small lime

Once rice is cooked add cilantro, zest and juice of lime and mix.

TO MAKE THE BEANS

In a large pot, combine the beans, cumin, onion, bay leaves, garlic, carrots, red pepper, oregano, cilantro stems and 5 cups of water and bring to a boil. Reduce the heat to a simmer and cook for 90 minutes, or until the beans are tender. Remove 1/4 of the beans, mash them in a separate bowl, and return them to the pot. Add the apple cider vinegar, pepper, cilantro leaves, and tomato and stir. Once the beans are fully cooked season with salt and remove the bay leaves

Garden Chili and Conbread

2-3 servings

2c veggie broth, divided
1 onion, diced
4 cloves of garlic minced
1 green bell pepper, seeded and diced
1 15oz can diced tomatoes (undrained)
1c slices mushrooms (optional)
2 celery stalks, sliced
2 carrots, peeled and diced
1/4c tomato paste
2T chili powder
1/2t ground cumin
1T yellow mustard
15oz can pinto or kidney beans, drained and rinsed

Line a large pot with a thin layer of broth, and saute onion and garlic over high heat until the onion is translucent, about one minute. Add bell peppers, tomatoes with juice, mushroom, celery, carrots, tomato paste, remaining broth, spices and condiments. Stir, cover, and bring to a boil once boiling, reduce to low and simmer until the vegetables are fork-tender, about 10 minutes. Add water or tomato sauce to make it more chilli-like if necessary. Add beans and serve.

Classic cornbread

1c yellow corn meal
1c whole wheat (or oat flour)
1T baking powder
1c unsweetened nondairy milk
1/4c unsweetened applesauce
1/4c maple syrup

Preheat oven to 400° and set aside a 9" glass dish or non stick square baking pan. In a mixing bowl whisk cornmeal, flour and baking powder together. Add non dairy milk, applesauce, maple syrup. Stir a few times, until just combined. Pour batter into pan and bake approximately 20 minutes -- you want it to be golden, starting to crack, and firm to the touch. When a toothpick is inserted in the center, it should come out clean.

Vegan Cheese Sauce

Ingredients

3 and a 1/2 cups of water

2 cups raw cashew

2 lemons juiced

3/4 teaspoon paprika

1 tsp garlic powder

1 tsp onion powder

3 tsp salt

One 7 oz can or jar a pimentos including the liquid

1/2 cups of nutritional yeast

Directions

Cover your cashews with water to soak them overnight. This will help make the sauce smoother. If you forget to soak the cashews you can always use boiling water and soak your cashew for 30 minutes. Make sure to cover then fully with the hot water.

Put 2 and a 1/2 cups of water and all the other ingredients into your blender and blend until smooth.

Once smooth pour the mixture into a saucepan and heat on medium while stirring consistently for 20 minutes. Stirring consistently prevents the sauce from sticking to the bottom and burning.

You may add the remaining water till you reach your desired consistency for your cheese sauce.

This sauce will keep for one week in the refrigerator in a airtight container.

Snacks
&
Desserts

Spinach Artichoke Dip

8 ounces firm tofu, drained
1 cup chopped canned artichokes, drained, reserve 2 tablespoons
canned juices
½ (10 ounces) package frozen chopped spinach, thawed,
squeezed dry
1 teaspoon dried basil
1 teaspoon salt
1/8 teaspoon pepper
2 teaspoons extra-virgin olive oil
¼ cup diced onion
2 cloves garlic, minced

INSTRUCTIONS:

Preheat oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.

Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture. Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil. Bake 20 minutes, or until edges start to brown. Serve warm and with flat bread recipe.

Black Bean Salsa

2 cans black beans, rinsed
1 bag frozen white corn, thawed and rinsed
1 large red bell pepper, finely chopped
1/2 red onion, finely chopped
1 small bunch cilantro, finely chopped
1 1/2 limes, juiced
3 tablespoons olive oil
3 tablespoons balsamic vinegar
3/4 teaspoon cumin
1/2 teaspoon seasoning salt

INSTRUCTIONS:

Combine all ingredients in a large bowl. Store in airtight container and chill for at least an hour.

Fried Bananas and Nutmeg

6 firm bananas
nutmeg
1/4 cup olive oil

INSTRUCTIONS:

Cut bananas in half lengthwise and roll in the nutmeg.
Heat olive oil in a large skillet, keep on medium high heat. Fry bananas until brown on both sides and serve while hot.

Fruit Snacks

Almond butter or Peanut butter with fruit (apples, bananas, or pear slices)

Dried fruit: apricots, blueberries, dates, figs, goji berries, mango, etc.

Dried fruit is a great snack when you're on the go. Raisins are always a favorite, but try other varieties of dried fruit. Be sure to check the labels, though, and avoid fruit that has added sugar.

Frozen grapes: Remove stems, and place grapes in a dish in the freezer. Freeze until firm.

Oatmeal Raisin Cookies

1 cup old-fashioned rolled oats
1 cup almond flour or oat flour
1 cup creamy cashew butter, almond butter or peanut butter
1/2 cup unsweetened applesauce
1/3 cup date honey
1/2 cup raisins
2 tablespoons chopped walnuts
1 teaspoon cinnamon

INSTRUCTIONS:

Preheat oven to 350 degrees. Mix oats, almond flour, cashew butter, applesauce, and date honey in a large bowl until well combined. Add raisins, walnuts, and cinnamon. Stir well. Drop by spoonful's, two inches apart, on 11x17-inch baking sheet. Flatten and shape into circles. Bake 10-12 minutes.

*Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about 3/4 cup ground oats).

*Increase applesauce to 1 cup if you don't use Date Honey.

Blueberry Mango Sorbet

2 cups frozen blueberries
2 cups frozen mango chunks

INSTRUCTIONS:

Mix blueberries and mango in a blender until smooth, or feed through a juicer with the blank attachment in place.

Cinnamon Roasted Almonds

2 cups whole almonds
1/2 tablespoon extra-virgin olive oil
1/2 teaspoon cinnamon
1/4 teaspoon salt

INSTRUCTIONS:

Preheat oven to 250 degrees. Line an 11 x 17-inch baking sheet with parchment paper or lightly rub with olive oil and set aside. Put almonds in a large bowl, add olive oil and stir well. Sprinkle in cinnamon and salt and toss to coat.

Spread almonds evenly on baking sheet. Bake 1 hour, stirring occasionally. Cool and serve or store in an airtight container.

Peach Salsa

1 cup chopped fresh or frozen peaches
1 (4 ounce) can chopped green chiles
2 tablespoons finely chopped red onion
2 tablespoons fresh lime juice
1 tablespoon chopped fresh cilantro or parsley
1/8 teaspoon salt

INSTRUCTIONS:

Mix ingredients in medium-sized bowl, and stir well. Refrigerate about two hours or until chilled.

Bursting with Berries Cobbler

This recipe calls for dry sweetener. Dry sweetener. That is LOC Daniel Fast friendly is coconut sugar or cane sugar. But it is still sugar and should be limited especially during the fast. This could be a once a week, close out the week treat.

FOR THE FILLING

5 C Mixed berries such as strawberries, raspberries, blueberries and raspberries.

2 T fresh lemon juice

1/3 c dry sweetener such as coconut sugar or cane sugar

3T arrowroot or cornstarch

Pinch of salt

FOR THE BISCUIT TOPPING

1/2c unsweetened plant-based milk

1 t apple cider vinegar

1 t pure vanilla extract

1 and 1/2 c oat flour

1T baking powder

1/4c dry sweetener

1/4 t salt

3T unsweetened applesauce

2T almond butter

FOR SPRINKLING ON TOP

1T dry sweetener

2T cinnamon

1. Preheat the oven to 425°. Line read line and 8 by 8" Pan with parchment paper, making sure that the parchment goes off parchment goes all the way up the sides of the Pan, or have ready and 8 by 8" non stick or silicon baking baking pan.

TO MAKE THE FILLING

2. In a large bowl, mix together the berries, lemon juice, sweetener, corn starch or arrow root and salt until well combined. Place the mixture in the prepared paired Pan. Cover the pan with aluminum foil and bake for 25 minutes.

TO MAKE THE BISCUIT TOPPING

3. In a large measuring cup, whisk together the plant-based milk and apple cider vinegar. Set aside to let kernel for a few minutes and then add the vanilla.

4. In a large bowl sift together the oat flour, baking powder, sweetener, and salt.

5. In a small bowl, mix together the apple sauce and almond butter.
6. Cut the applesauce mixture into the flour mixture with the fork, until crumbly. Add the milk mixture and stir until just moistened. Do not overmix..

TO ASSEMBLE THE COBBLER

7. Reduce the oven temperature to 350° . Remove berries from oven and remove foil from pan and plop spoonfuls of the batter over the berry filling. Combine the sweetener and cinnamon and sprinkle evenly over the top of the batter. Return the pan to the oven, uncovered, and bake for 20 to 30 more minutes.
8. Remove the Pan from the oven and transfer it to a cooling rack serve the cobbler warm.

Toasted Nuts and Seeds

Toasted nuts and seeds can be added to any salad to give it a different flavor and texture. This is a fairly simple process, but you watch the nuts and seeds carefully, as they can burn very easily.

In the oven: Position a rack in the center of the oven and preheat the oven to 350°F. Spread the nuts or seeds in a single layer on a rimmed baking sheet. Bake them for 5 minutes; then stir. Continue baking until the nuts or seeds are warm to the touch, lightly colored and fragrant, 2 to 5 minutes longer.

On the stovetop: Place the nuts or seeds in a single layer in a heavy skillet, preferably cast-iron, over medium heat. Slowly toast, stirring occasionally, until the nuts or seeds are warm to the touch, lightly colored and fragrant, 3 to 10 minutes.

Snack Ideas:

- Rice cakes, just plain old crunchy patties
- Rice cakes with peanut butter and raisins
- Almonds
- Dried fruit including apricots
- Apples dipped in nut butter
- Sliced fruit
- Veggies with dip
- Popped popcorn
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- Fruit kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas
- Whole wheat crackers with nut butter
- Hummus with flat break
- Blue tortilla chips and salsa

Food & Website References:

<https://www.facebook.com/liveoakchurchdanielfast>

<http://www.ultimatedanielfast.com/>

www.daniel-fast.com

"The Daniel Fast" by Susan Gregory

"The Ultimate Guide to The Daniel Fast" by Kristen Feola

Bonus Tips:

-If you are used to cooking with meat it can be overwhelming to plan a meal without. Start with hearty vegan stews and soups to help replicate the texture.

-Tired of chunky soup? Get out your blender and smooth it out. Tired of smooth soup? Try it chunky. Sometimes the change in texture makes all the difference.

-During the fast reserve a few hours on the weekend or a weeknight for meal prep. Prep vegetables, wash your fruit, assemble snacks, bake grab-and-go breakfast items, make oatmeal and divide into individual containers. The trick to staying on the course is always having something to easily eat right from your fridge.

-Dress up oatmeal by adding fresh fruit, baked fruit, toasted nuts or spices.

-Visualize your day and all points in time in which you eat or snack. If you typically take a cookie break at 3 p.m. , stash some roasted nuts or a healthy dip and veggies in your bag. Will it be the same? Nope. But you'll be so proud the next day when you find you're still going strong.

-No caffeine and no soda and no tea is pretty challenging for a lot of people. Make your water more exciting by adding citrus: a wedge of lime, lemon, or grapefruit will do wonders.

Recommended Recipe Books

"The Daniel Fast" by Susan Gregory

"The Ultimate Guide to The Daniel Fast" by Kristen Feola

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C H U R C H

Real people. Real issues. Real God.

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