



THE **AGAPE**  
ADVANTAGE

A 21 DAY FAST

*Recipe Booklet*

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# Daniel Fast Food Guidelines

Daniel Fast Shopping List	
Fruit	fresh, frozen, dried, juiced, or canned.
Vegetables	fresh, frozen, dried, juiced, or canned.
Whole Grains	amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
Nuts & Seeds	almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
Legumes	canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
Quality Oils	avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
Beverages	distilled water, filtered water, and spring water.
Other	unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu

## Foods to Avoid on the Daniel Fast

- All meat & animal products – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- All dairy products – butter, cheese, cream, milk, and yogurt.
- All sweeteners – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- All leavened bread & yeast – baked goods and Ezekiel bread (if it contains yeast and honey).
- All refined & processed food products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- All deep-fried foods – corn chips, French fries, and potato chips.
- All solid fats – lard, margarine, and shortening.
- Beverages – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

Source : <https://mycl.church/wp-content/uploads/cl-fast-dos-and-donts.pdf>

## Breakfast Recipes: 21-Day Daniel Fast

### Breakfast Protein Quinoa Bowl

#### Ingredients:

- 1 cup uncooked quinoa
- 2 cups water
- ¼ tsp salt
- ½ cup fresh blueberries
- 1 banana, peeled and sliced
- 10-15 shelled walnuts
- 2-3 cups unsweetened almond milk
- Optional: Stir in 1 tbsp ground flax or flax seeds or sprinkle ground cinnamon and nutmeg



#### Preparation:

1. In a medium saucepan, bring 2 cups of water to a boil. Add salt and quinoa; cover and reduce heat until the mixture simmers. Cook for 15-20 minutes or until liquid is absorbed and let cool. Divide the quinoa between two serving bowls.
2. Add desired amount of unsweetened almond milk and garnish with blueberries, walnuts, and slices of banana.
3. Optional: Add ground flax or flax seeds and sprinkle with cinnamon and nutmeg.
4. Serve.

Source: <https://blessedbeyondcrazy.com/healthy-quinoa-breakfast-bowls/>

### Berry Breakfast Oatmeal Bowl

#### Ingredients:

- ½ cup steel-cut oats
- ⅓ cup frozen or fresh berries (blueberries, raspberries, strawberries, or blackberries)
- ⅓ cup coconut water
- ¼ cup unsweetened almond milk
- ½ tsp cinnamon
- 1 tsp chia seeds



#### Preparation:

1. Mix all ingredients in a microwave-safe bowl for 2 minutes.
2. Remove bowl from microwave and stir.
3. Place oatmeal back in the microwave for another 1 minute.
4. Check oatmeal for tenderness. If it's not yet tender, place back into the microwave to cook for another 30 seconds.
5. Repeat until desired tenderness is achieved.

Source: <https://howtorun guide.com/5-healthy-breakfast-bowl-recipes/>

## Breakfast Recipes: 21-Day Daniel Fast

### Vegan Baked Oatmeal

#### Ingredients:

- 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 tsp cinnamon
- ¼ tsp salt



#### Preparation:

1. Preheat the oven to 350°F. Put all ingredients in a large bowl and stir well. Transfer to an 8x8-inch baking dish that has been lightly rubbed with olive oil.
2. Pour oatmeal mixture into a dish and bake for 45-50 minutes or until lightly browned and crispy on top.

Source: <http://storage.cloversites.com/newlifechristianchurchworldoutreach/documents/23%20Breakfast-Recipes.pdf>

### Vegan Breakfast Potatoes

#### Ingredients:

- 2 lbs potatoes (scrubbed and dried, cut into ½-¾ inch cubes)
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp paprika (regular or smoked)
- ½ tsp salt, to taste
- Fresh cracked pepper, to taste



#### Preparation:

1. Preheat the oven to 425°F.
2. Place cubed potatoes on the center of a rimmed baking sheet lined with parchment paper. Drizzle with olive oil, garlic powder, paprika, salt, and pepper. Toss the potatoes well and spread into a single layer using your fingers and hands.
3. Place in the oven on the center rack and bake for 25 minutes, stirring once.
4. Turn the oven to 500°F and roast for another 10-15 minutes, stirring once. Wait until the edges are golden and crispy.
5. Let cool for a few minutes and serve right away.

Source: <https://simple-veganista.com/breakfast-potatoes/>

## Breakfast Recipes: 21-Day Daniel Fast

### Vegan Skillet Potatoes

#### Ingredients:

- 6 medium potatoes, sliced into  $\frac{1}{8}$  inch slices
- 1 tbsp coconut oil
- 1 tsp onion powder
- 1 tsp garlic powder
- $\frac{1}{2}$  tsp ground paprika
- $\frac{1}{4}$  tsp cayenne pepper
- $\frac{2}{3}$  cup vegetable broth or water
- 1 tsp dried parsley flakes (extra for garnish)
- salt to taste



#### Preparation:

1. Heat oil in a non-stick skillet
2. Add potatoes and stir to coat with the oil
3. Sprinkle potato slices with onion powder, garlic powder, paprika, parsley, and salt and stir to coat evenly.
4. Add water or vegetable broth and cover skillet. Cook for 15-20 minutes or until liquid is absorbed and the potatoes are crisp on the outside.
5. Remove the cover and carefully turn potatoes over for about 2 minutes or until the other side is crisp.
6. Serve immediately.

Source: <https://healthiersteps.com/recipe/vegan-breakfast-skillet-potatoes/>

## Smoothie Recipes: 21-Day Daniel Fast

### All-Fruit Smoothie

Ingredients:

- 1 cup unsweetened pineapple juice
- 1 large banana, cut into chunks
- 1 cup frozen strawberries
- 1 cup frozen blueberries



Source: <https://www.allrecipes.com/recipe/228854/all-fruit-smoothies/>

### Four-Fruit Smoothie

Ingredients:

- 1 cup unsweetened orange juice
- 1 package (10 oz) frozen raspberries, partially thawed
- 1 cup frozen unsweetened strawberries
- 1 medium ripe banana, cut into chunks
- 6 ice cubes



Source: <https://www.tasteofhome.com/recipes/four-fruit-smoothie/>

### Multi-Fruit Smoothie

Ingredients:

- 7 cups of ice
- 1 peach
- 8 strawberries
- 10 blackberries
- 56 oz unsweetened and 100% grape juice (or other preferred unsweetened juice)



Source: <https://www.food.com/recipe/multi-fruit-smoothie-314863>

### Fresh Fruit Smoothie

Ingredients:

- 1 banana, skinned
- 5 apples, skinned
- 2 oranges, skinned
- 1 lime, skinned
- 1 glass of water



Source: <https://www.bbcgoodfood.com/user/94623/recipe/fab-fruit-smoothie>

## Smoothie Recipes: 21-Day Daniel Fast

### Strawberry Peach Smoothie

Ingredients:

- ½ cup unsweetened and 100% pineapple juice
- 1 cup sliced peaches
- 1 medium banana
- 8 whole strawberries
- 1 cup of ice



Source: <https://www.bbcgoodfood.com/user/94623/recipe/fab-fruit-smoothie>

### Banana Mango Green Smoothie

Ingredients:

- ½ medium banana
- 1 cup mango chunks, frozen
- ½ cup coconut water
- ½ cup unsweetened and 100% apple juice
- 2 handfuls of fresh baby kale leaves
- 1 handful of fresh baby spinach leaves



Source: <https://www.thelittlepicturean.com/2017/01/5-fruit-and-veggie-smoothies.html>

### Apple Ginger Beetroot Smoothie

Ingredients:

- 1 beet, stem removed, washed, and quartered
- 1 apple, stem removed, washed, and quartered
- ¼ cup carrots, tops removed, washed, and loosely chopped
- ½ cup kale, rinsed and drained
- 1 tbsp ginger, peeled
- ½ cup ice cubes
- Water (as needed to change consistency)



Source: <https://thekitchengirl.com/beetroot-ginger-detox-smoothie/>

### Kale Weight Loss Smoothie

Ingredients:

- 1 cup kale, washed and chopped
- 1 cup mixed berries
- 1-2 bananas
- 1 whole carrot or 5-6 baby carrots
- 1 cup unsweetened almond milk
- 1 cup unsweetened orange juice
- Ice



Source: <https://www.keyingredient.com/recipes/2442805032/fruit-and-veggie-smoothies/>

## Snack Recipes: 21-Day Daniel Fast

### Vegan Black Bean Dip

#### Ingredients:

- 1 15oz can of black beans
- 1 cup salsa
- ½ tsp ground cumin
- ¼ cup of fresh cilantro



#### Preparation:

1. Drain and rinse the black beans
2. Combine beans, salsa, cumin, and cilantro in a blender. Blend until smooth. Add salt to taste, if desired.
3. Served with fresh vegetables or baked corn chips

Source: <https://eatplant-based.com/easy-black-bean-dip-in-15-minutes/>

### Cinnamon Baked Apples

#### Ingredients:

- 2 cups thinly-sliced apples, unpeeled
- 1 cup unsweetened 100% apple juice
- ⅛ tsp cinnamon



#### Preparation:

1. Preheat the oven to 350°F.
2. Place sliced apples in an 8x8-inch baking dish. In a small bowl, whisk apple juice and cinnamon and pour over the apples. Bake for 15 minutes, stir, then bake for another 15 minutes.

Source: <https://ultimatedanielfast.com/an-apple-a-day/>

### Cinnamon Baked Pears

#### Ingredients:

- 5 small pears (360g)
- 3 tbsp coconut oil (melted)
- 1 tsp vanilla powder
- 1 tsp ground cinnamon
- 3 small cinnamon sticks
- 1 tbsp flaked almonds (optional)
- Pinch of ground ginger (optional)



#### Preparation:

1. Preheat the oven to 400°F.
2. Peel the pears and slice them half lengthways. Remove the seeds. Keep the stalks if you want them to look presentable. Place the pears on a baking tray.
3. Mix the coconut oil with the vanilla and cinnamon. Add a pinch of ginger, if desired. Coat the pears with spiced oil and add the cinnamon sticks.
4. Bake in the oven for 35-40 minutes until golden. Turn the pears halfway through the cooking time and baste in the juices.
5. Serve the vegan cinnamon and vanilla baked pears with coconut yogurt or use as a topping for oatmeal bowls.

Source: <https://www.modernfoodstories.com/recipes/treats/vegan-cinnamon-vanilla-baked-pears/>

## Snack Recipes: 21-Day Daniel Fast

### Vegan Guacamole

#### Ingredients:

- 3 Avocados (medium to large)
- 2 tbsp fresh lime juice
- ½ small red onion (¼ cup when finely chopped)
- 10 cherry tomatoes, sliced into quarters
- ¼ cup Cilantro, finely chopped
- Sea salt, to taste
- Black pepper, to taste



#### Preparation:

1. Slice the avocados in half and remove the core. Scoop out the flesh into a bowl and then mash with a fork.
2. Add fresh lime juice into the bowl and mash in.
3. Add the chopped red onion, sliced cherry tomatoes, and chopped cilantro to the bowl and mix in.
4. Add sea salt and black pepper to taste.
5. Serve with sliced raw vegetables for dipping.

Source: <https://lovingitvegan.com/simple-guacamole-recipe/>

### Vegan Salsa

#### Ingredients:

- 2 cups tomatoes, chopped into small pieces
- 1-2 garlic cloves (pressed or minced)
- ¼ tsp sea salt or to taste
- 1 tbsp lime juice
- 2 tbsp fresh Cilantro, minced (optional)
- 1 tbsp red onion, minced (optional)
- ½ tsp ground cumin (optional)
- ½ tsp chili powder (optional)
- ¼ tsp cayenne pepper (optional)
- 1 tsp jalapeno pepper, or other chili pepper of preference, minced (optional)



#### Preparation:

1. In a large bowl, combine the chopped tomatoes, minced garlic, sea salt, and lime.
2. Add other optional ingredients of choice, such as fresh cilantro, red onion, ground cumin, chili powder, jalapeno pepper/chili pepper
3. Mix gently to combine well, chill until ready to serve.

Source: <https://www.thespruceeats.com/simplest-raw-food-salsa-recipe-3377438>

## Snack Recipes: 21-Day Daniel Fast

### Roasted Trail Mix

#### Ingredients:

- ¾ cup unsalted peanuts (raw/roasted)
- ¾ cup unsalted almonds (raw/roasted)
- ⅓ cup unsalted pepitas (raw/roasted)
- ½ cup banana chips (unsweetened)
- ½ cup chopped papaya (unsulfured and unsweetened)
- ½ cup regular and/or crimson raisins
- ¼-½ cup toasted shredded coconut flakes



#### Preparation:

1. Place all the ingredients in a small to medium sized bowl and toss together
2. Store leftovers in an airtight container

Source: <https://simple-veganista.com/almost-everything-trail-mix/>

### 1-Ingredient Vegan Banana Ice-Cream

#### Ingredients:

- Bananas

#### Preparation:

1. Cut the bananas into 3-4 pieces and store them in an airtight container. Place in the freezer and leave overnight.
2. Add the bananas to a food processor or blender and blend until it turns into a super creamy banana ice cream.
3. If the food processor or blender is unable to blend the frozen bananas, add a splash of any kind of unsweetened vegan milk (almond milk, coconut milk, or cashew milk)
4. Eat immediately for a soft texture or freeze until solid.
5. Serve with any desired toppings.



Source: <https://simpleveganblog.com/one-ingredient-banana-ice-cream/>

### 2-Ingredient Vegan Strawberry Ice-Cream

#### Ingredients:

- 1 bag of frozen strawberries (21oz)
- 1 can full-fat unsweetened coconut milk (13.5oz), room temperature

#### Preparation:

3. Add the strawberries and coconut milk into a food process and process on high for 5 minutes or until the mixture is smooth and no chunks are present. Scrape down the sides within the 5 minutes.
4. Serve immediately or within 2-3 hours of freezing



Source: <https://www.saltandlavender.com/2-ingredient-vegan-strawberry-ice-cream-no-churn-dairy-free/>

## Salad Recipes: 21-Day Daniel Fast

### [No-Lettuce Mediterranean Farro Salad with Spiced Chickpeas](#)

#### Ingredients:

##### For Dressing:

- ⅓ cup tahini
- ⅓ cup water
- ¼ cup lemon juice
- 2 cloves garlic, minced
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- ½ tsp salt

##### For Spiced Chickpeas:

- 1 15oz can of chickpeas
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- ⅛ tsp cayenne pepper (optional)
- Freshly cracked black pepper to taste
- Salt to taste

##### For Salad:

- 3 cups cooked farro (or alternative: quinoa or other preferred grains)
- 2 Roma tomatoes
- ¼ bunch fresh parsley

#### Preparation:

4. For dressing, combine tahini, water, lemon juice, minced garlic, cumin, cayenne, and salt in a blender. Blend until consistency is smooth then set aside until ready to use.
5. Rinse and drain chickpeas in a colander.
6. Heat olive oil in a non-stick skillet over medium heat. Once the skillet is hot, add the drained chickpeas and sprinkle smoked paprika, garlic powder, cayenne pepper, and freshly cracked pepper on top. Stir the chickpeas to coat in the spices and continue to saute for 5 minutes or until the outside of the chickpeas are slightly browned and blistered. Season with salt to taste.
7. Chop tomatoes, cucumber, and parsley. Place about ⅓ cup cooked farro in each bowl and top with the chopped tomatoes and cucumber, spiced chickpeas, and a large pinch of chopped parsley. Drizzle the dressing over the top and serve.

Source: <https://www.budgetbytes.com/mediterranean-farro-salad-with-spiced-chickpeas/>



## Salad Recipes: 21-Day Daniel Fast

### Spinach Salad

#### Ingredients:

- 2 cups chopped fresh spinach
- $\frac{2}{3}$  cup canned chickpeas, rinsed and drained
- $\frac{1}{2}$  cup chopped carrots
- $\frac{1}{2}$  cup chopped snap peas
- $\frac{1}{2}$  cup chopped tomatoes
- $\frac{1}{2}$  cup chopped zucchini
- 1 tbsp sunflower seeds



Source: <https://ultimatedanielfast.com/simple-daniel-fast-salad-recipe/>

### Lemon-tahini dressing

#### Ingredients:

- $\frac{1}{4}$  cup extra-virgin olive oil
- 2 tbsp fresh lemon juice
- 2 tbsp tahini
- 2 tbsp water
- 1 clove garlic, minced
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh parsley



#### Preparation:

1. To prepare dressing, combine all ingredients in a blender. Refrigerate until chilled.
2. Place spinach, chickpeas, carrots, snap peas, tomatoes, and zucchini in a large bowl. Pour lemon-tahini salad dressing over salad and stir to coat. Sprinkle sunflower seeds and toss gently.

Source: <https://ultimatedanielfast.com/salad-dressings/>

### Cucumber, Tomato, and Avocado Salad

#### Ingredients:

- 1 cucumber, diced
- 4 roma tomatoes, diced
- 3 ripe avocados, diced
- $\frac{1}{2}$  red onion, diced
- $\frac{1}{4}$  cup fresh cilantro, chopped
- 1 lemon, juiced
- 2 tbsp extra virgin olive oil
- Salt and Pepper, to taste



#### Preparation:

1. Slice and then dice the cucumbers and tomatoes
2. Slice avocado and remove the stone. Scoop out inside of avocado and dice.
3. Slice onion after peeling and removing the tops.
4. Chop cilantro and place in a large salad bowl along with diced onion, avocados, cucumbers, and tomatoes.
5. Toss with olive oil, lemon juice, salt, and pepper. Serve in a bowl.

Source: <https://tasty.co/recipe/cucumber-tomato-and-avocado-salad>

## Salad Recipes: 21-Day Daniel Fast

### Tropical Fruit Salad

#### Ingredients:

- 2 cups sliced strawberries
- 3 kiwifruit, peeled and quartered
- 1 ½ cup orange segments, cut into 1-inch pieces
- 1 cup red seedless grapes, halved
- 1 cup fresh pineapple chunks, cut into tidbits

#### Preparation:

Mix fruit in a large bowl. Chill until ready to serve.

Source: <https://ultimatedanielfast.com/tropical-fruit-salad/>



### All-Green Fruit Salad

#### Ingredients:

- 4 cups diced ripe honeydew melon
- 1 cup halved seedless green grapes
- 1 cup peeled, sliced and quartered ripe kiwi (about 2)
- 2 tablespoons chopped fresh mint (Optional)
- 1 cup Lime Yogurt Fruit Salad Dressing (optional; see associated recipe)



#### Preparation:

Combine melon, grapes, kiwi and mint (if using) in a large bowl. Serve with yogurt dressing, if desired.

Source: <https://www.eatingwell.com/recipe/258258/green-fruit-salad/>

### Lime Yogurt Fruit Dressing

#### Ingredients:

##### For dressing:

- 1 ½ cups low-fat plain vegan yogurt
- 1 tbsp lime zest
- 1 tbsp lime juice
- 4 tsp unsweetened coconut flakes

##### For salad:

- 4 cups ripe honeydew melon, diced
- 1 cup seedless green grapes, halved
- 1 cup ripe kiwi, peeled, sliced and quartered
- 2 tbsp chopped fresh mint (optional)



#### Preparation:

##### For dressing:

1. Combine yogurt, lime zest, lime juice, and unsweetened coconut flakes in a medium bowl

##### For salad:

1. Combine melon, grapes, kiwi, and mint into a large bowl.
2. Serve with yogurt dressing.

Source: <https://www.eatingwell.com/recipe/258257/lime-yogurt-fruit-salad-dressing/>

## Salad Recipes: 21-Day Daniel Fast

### Sunset Fruit Salad

#### Ingredients:

##### For Salad:

- 4 cups fresh spinach, torn into bite-sized pieces
- 4 cups romaine lettuce, torn into bite-sized pieces
- 4 kiwifruit, peeled and cut into half moons
- 2 cups oranges, peeled and cut into 1-inch pieces
- 1 cup blueberries
- 1 cup sliced strawberries
- ½ cup sliced or slivered almonds, toasted

##### For Orange-Poppy Seed Salad Dressing:

- ¼ cup extra-virgin olive oil
- ¼ cup unsweetened 100% orange juice
- 2 tbsp fresh lemon juice
- 1 tbsp diced red onion
- ½ tsp poppy seeds
- ¼ tsp orange zest
- ⅛ tsp dry mustard
- ⅛ tsp salt

#### Preparation:

1. For dressing, combine all ingredients in a covered glass jar and shake well. Refrigerate until ready to use.
2. Combine ingredients in a large bowl and toss well.
3. Serve with orange-poppy seed salad dressing.

Source: <https://ultimatedanielfast.com/theres-nothing-like-an-ozarks-sunset/>



## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Ethiopian Cabbage Stew

#### Ingredients:

##### For Infused Oil:

- 2 tbsp olive oil or avocado oil
- 1 tsp minced garlic
- 1 tsp ginger paste
- 2 tsp turmeric powder
- 1 tsp cumin powder

##### For Ethiopian Cabbage Stew:

- ½ medium-sized red onion, diced
- 3 medium-sized carrots, diced
- 1 medium-sized potato, diced
- 1 cup water or vegetable broth
- ½ medium head cabbage, chopped finely
- 1 tsp black pepper, freshly ground
- 1 tsp salt



#### Preparation:

1. In a cast iron skillet or Dutch oven, heat olive oil on medium heat.
2. After around 30 seconds, add in minced garlic, ginger paste, 1 tsp of turmeric, and cumin powder. Add before the oil gets too hot to avoid ingredients splattering.
3. Saute for around 30 seconds to infuse the oil, it should look dark throughout when done.
4. Add chopped onion and saute for about 1 minute or until the onions get brown.
5. Add carrots, potatoes, water, and turmeric. Mix well to infuse with the spices.
6. Cover and cook for 10 minutes on medium heat. Open to check if carrots and potatoes are cooked by piercing them with a fork. Cook for a few more minutes if the carrots and potatoes are not yet cooked.
7. Stir in cabbage and add salt and pepper to taste.
8. Cook covered for five minutes or until cabbage is properly cooked. Do not wait too long as the dish will become mushy.
9. Serve hot with brown rice.

Source: <https://urbanfarmie.com/ethiopian-cabbage/>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Jerk Cabbage

#### Ingredients:

- ½ medium head cabbage, washed
- 1 medium carrot, washed
- 2 tsp olive oil or coconut oil
- ½ medium onion, chopped
- 2 cloves garlic, minced
- ¼ red bell pepper, chopped
- 2 sprigs fresh thyme, or ¼ tsp dried thyme
- 2 green onions
- ½ tsp salt
- ¼ cup water or vegetable broth
- 1 whole Scotch Bonnet pepper



#### Preparation:

1. Remove outer leaves of cabbage and cut in half. Slice thinly and discard the inner core.
2. Shred or thinly slice the carrot.
3. Heat oil in a large skillet over medium-high heat. Saute onion, garlic, bell pepper, thyme, green onion, and salt.
4. Add in cabbage and carrots and stir well.
5. Add water or broth and the whole Scotch Bonnet pepper.
6. Cover and allow to cook for about 10 minutes, stirring occasionally.

Source: <https://healthiersteps.com/recipe/jamaican-steamed-cabbage/>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Vegan Quinoa

#### Ingredients:

- 3 cups diced peeled butternut squash
- 5 tbsp extra-virgin olive oil, divided
- ½ tsp salt, divided
- ½ tsp ground pepper, divided
- ¼ tsp ground pepper, divided
- ¼ tsp crushed red pepper
- 1 firm ripe pear, sliced into 8 wedges
- 2 tsp finely chopped fresh ginger
- 1 clove garlic, finely chopped
- ⅛ tsp ground turmeric
- ½ cup quinoa
- 1 cup vegetable broth
- 1 scallion, sliced
- 3 tbsp lime juice
- 2 tsp minced red onion
- 1 tsp chopped fresh rosemary
- Minced fresh red chile to taste
- 2 cups baby arugula



#### Preparation:

1. Preheat the oven to 400°F.
2. Toss squash in a large bowl with 1/2 tsp oil, 1/4 tsp each salt, pepper, and crushed red pepper. Spread on a large rimmed baking sheet. Roast for 15 minutes. Stir the squash and add pear. Roast until browned and tender for about 15 minutes or more.
3. Heat 1/2 tsp oil in a large saucepan over medium heat and add ginger, garlic and turmeric. Cook until sizzling for about 1 minute. Add in quinoa and cook while stirring for about 30 seconds. Add broth and bring to a boil over high heat. Reduce heat to a simmer, cover and cook for about 15 minutes or until the broth is absorbed. Remove from heat and let stand, covered, for 5 minutes. Stir in scallion and the remaining 1/4 tsp each salt and pepper. Let cool.
4. Whisk lime juice, onion, mustard, rosemary and chile in a large bowl. Slowly whisk in remaining 3/2 tsp of oil. Stir half the dressing into the quinoa and add pears and squash in the bowl with the remaining dressing. Gently stir to coat. Let stand, stirring occasionally for around 15 minutes.
5. Fold arugula into the squash and pears and serve over the quinoa.

Source: <https://www.eatingwell.com/recipe/270502/roasted-butternut-squash-pear-quinoa-salad/>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Vegan Chili

#### Ingredients:

- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 tbsp canola oil
- 2 cans (14oz each) Mexican-style stewed tomatoes, undrained
- 1 can (16oz) kidney beans, rinsed and drained
- 1 can (15oz) pinto beans, rinsed and drained
- 1 can (11oz) whole kernel corn, drained
- 2-½ cups water
- 1 cup uncooked long grain rice
- 1-2 tbsp chili powder
- 1-½ tsp ground cumin

#### Optional Vegan Chili Toppings:

- Vegan sour cream
- Chopped cilantro
- Dash of lime juice
- Fresh or pickled jalapenos, sliced
- Avocado, diced
- Red onions, diced
- Lime wedge
- Sliced radish
- Walnuts or peanuts, chopped

#### Preparation:

1. Build the flavor base for the sauce. In a Dutch oven, warm a tbsp of oil over medium heat. Saute onion, green pepper, and garlic until tender. (For extra sweetness, caramelize onion by cooking it alone until it is tender and golden. Once the onion is soft, add green pepper and garlic, which only takes a few moments to cook)
2. Add the rest of the ingredients into the pot and bring the liquid to a boil. Lower the heat and cover the pot. Allow chili to simmer for about 20-25 minutes or until the rice is tender.
3. When some liquid is absorbed, add water for a soupier chili or don't add if you prefer a thicker, saucier chili. When the chili's thickness is to your liking, taste for seasoning and add extra salt or spice when needed.
4. Serve and add preferred vegan chili toppings.

Source: <https://www.tasteofhome.com/article/vegan-chili-recipe-youve-been-waiting-for/>



## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Vegan Black Bean Soup

#### Ingredients:

- 1 cup (172g) black beans, soaked overnight or at least ½ hour in hot water)
- 1 tsp oil or 2 tbsp broth
- ½ large onion, chopped
- 3 cloves garlic, finely chopped
- 1 tsp ground cumin
- ¼ tsp black pepper
- ¾ tsp smoked paprika
- 1 tsp oregano
- 2 bay leaves
- 1 tsp chili powder blend or ½ tsp chipotle pepper or both
- ¾ to 1 tsp salt
- 15oz can tomato
- 2.5 cups water/broth mixture. 3 cans for soupier consistency
- Lime juice
- Cilantro, avocado, and/or pepper flakes for garnish



#### Preparation:

1. Soak black beans if not prepared overnight while preparing the ingredients and start cooking.
2. Saute onion, garlic, and a pinch of salt. Cook until translucent. Deglaze with broth when needed. Add spices and salt and mix in.
3. Add tomato and mix in and cook for 1 minute.
4. Add drained beans and water/broth mix and mix well to pick up any stuck bits.
5. Close the lid and pressure cook for 35 minutes. 40 minutes if beans were not soaked overnight.
6. Pressure cook for another 10 minutes if beans or not done to preference.
7. Add lime juice, taste and adjust salt and flavor. Blend 2 cups of the soup and mix in. Bring to a boil and serve. Recipe can be refrigerated for up to 4 days.

Source: <https://www.veganricha.com/vegan-black-bean-soup-instant-pot-recipe/#:~:text=Ingredients%20needed%20for%20Vegan%20Black%20Bean%20Soup%3A%20Black,paprika%2C%20chili%20powder%2C%20dried%20oregano%20and%20bay%20leaves.>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Vegan Sesame Ginger Veggie Stir-Fry

#### Ingredients:

#### For Stir Fry:

- 1 tbsp olive oil
- 3 cloves of garlic, minced
- 1 tbsp minced ginger
- 8oz snap peas, trimmed
- 1 red bell pepper, sliced
- 2 small carrots, sliced
- 1 ½ cup sliced cremini mushrooms
- Kosher salt

#### For Sauce:

- 2 tbsp coconut aminos
- 2 tbsp water
- 2 tsp sesame oil
- 2 tbsp coconut flakes
- 2 tsp cornstarch



#### Preparation:

1. In a large skillet over medium-high heat, heat oil and add garlic and ginger. Cook for 1 minute or until fragrant. Stir in snap peas, pepper, carrots, and mushrooms. Cook for 8-10 minutes or until tender. Season with salt.
2. In a small bowl, stir together coconut aminos, water, sesame oil, coconut flakes, and cornstarch. Stir the sauce into the pan and cook for 2 minutes or until slightly thickened.
3. Serve over rice.

Source: <https://www.delish.com/cooking/recipe-ideas/a26453018/stir-fry-vegetables-recipe/>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Vegan Black Bean Tacos

#### Ingredients:

- 1 tbsp olive oil
- ½ large onion, finely diced
- 1 tbsp chili powder
- 1 tsp ground cumin
- ¼ tsp salt, add more if need
- 1 (15oz) can of black beans, drained and rinsed
- 2 tbsp pico de gallo or salsa
- 6 tortillas
- 1 bag cabbage slaw or shredded cabbage
- 1 large avocado, sliced
- Salsa



#### Preparation:

1. Heat the oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally for about 2 minutes or until softened. Stir in chili powder, cumin, and ¼ tsp salt. Add the beans to the skillet.
2. Cover and reduce heat to medium-low and cook for 3-4 minutes until warmed through. Remove the lid and gently mash some of the beans with the salsa, leaving some beans whole.
3. Fill tortillas with the black bean mixture and top with toppings of choice (shredded lettuce, hot sauce, and/or salsa).

Source: <https://www.delishknowledge.com/vegan-black-bean-tacos/>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Vegan Red Beans and Cauliflower Rice

#### Ingredients:

- 2 tsp olive oil or any oil of choice
- ⅓ cup white onion, chopped
- ½ cup celery, chopped
- ½ cup green pepper, chopped
- 1 large head of cauliflower
- 3 (15oz) cans red beans, drained and rinsed
- ½ tsp salt, or more if desired
- 2 tsp ground cumin
- 1 tsp paprika
- 1 tsp granulated garlic
- 1 tsp chili powder
- 1 tsp Italian seasoning
- ¼ tsp black pepper
- Optional garnishes: cilantro, jalapeno, avocado, and/or tomato



#### Preparation:

1. Heat a large pan over medium heat and add olive oil and onions. Cook for 2 minutes before adding celery and green pepper. Cook for around 3-5 minutes or until vegetables are softened.
2. While vegetables are cooking, roughly chop cauliflower and throw into a food processor. Process until it becomes cauliflower rice for about 30 seconds to 1 minute.
3. Add cauliflower rice, beans, and seasonings to the pan, stir until combined.
4. Cook for 7-10 minutes or until cauliflower is tender.

Source: <https://www.shelikesfood.com/30-minute-red-beans-and-cauliflower-rice/>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Vegan Vegetable Soup

#### Ingredients:

- 2 tbsp extra virgin olive oil
- 4 cloves of garlic, chopped
- 2 celery sticks, chopped
- 1 onion, chopped
- 2 medium-sized potatoes, peeled and diced
- 2 large carrots, peeled and chopped
- 1 cup frozen corn kernels
- 1 cup frozen green beans
- 1 cup frozen peas
- 2 (14oz) cans of crushed tomatoes
- 4 cups vegetable stock or water
- 1 tbsp Italian seasoning, or any other dried herb such as oregano or basil
- ¼ tsp salt
- ¼ tsp ground black pepper



#### Preparation:

1. Heat the oil in a large pot and saute the garlic, celery, and onion over medium-high heat until golden brown, stirring occasionally.
2. Add all remaining ingredients, bring to a boil and simmer, partially covered, for 30 minutes or until the potatoes and carrots are tender.
3. Serve immediately with roasted chickpeas or baked tofu.
4. Can be stored in an airtight container in the fridge for 5-7 days or in the freezer for up to 6 months.

Source: <https://simpleveganblog.com/vegetable-soup/>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Split Pea Soup

#### Ingredients:

- 1 lb dried green split peas
- 1 tbsp oil
- 1 yellow onion, chopped
- 6 cloves garlic, finely chopped
- 1 tsp smoked paprika
- ½ tsp dried thyme
- ½ tsp marjoram
- ¼ tsp black pepper
- 8 cups vegetable stock/broth
- 2 tsp coconut aminos
- 4 medium-sized Yukon gold potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- Salt, to taste



#### Preparation:

1. Rinse the split peas and set aside.
2. In a large pot on medium heat, add the oil and chopped onion. Saute until the onion is translucent.
3. Add in the garlic, smoked paprika, thyme, marjoram, and black pepper and saute for two minutes.
4. Add the split peas, vegetable stock, and coconut aminos into the pot.
5. Bring to a boil on high. Reduce heat to low, cover with a lid, then simmer for 60-75 minutes or until the peas are tender and beginning to disintegrate.
6. Add the potatoes and carrots into the soup. Bring to a simmer again and simmer for 10 minutes or until the potatoes are tender.
7. Add salt to taste.

Source: <https://www.karissasvegankitchen.com/vegan-split-pea-soup/>

## Lunch & Dinner Recipes: 21-Day Daniel Fast

### Stir-Fry Vegetables with Brown Rice

#### Ingredients:

#### For the stir fry:

- 1 tbsp sesame oil
- 3 green onions, finely chopped
- 3 tbsp fresh ginger, minced
- 4 cups fresh broccoli, chopped
- ½ lb fresh green beans, chopped
- 2 carrots, peeled and sliced on diagonal
- 1 bell pepper
- 2 cloves garlic, minced
- 4 cups greens, chopped (kale, bok choy, spinach, collards, etc.)
- 1 can sliced water chestnuts, drained
- 1 cup sliced mushrooms
- 3 cups cooked brown rice
- 2 tbsp coconut aminos
- 1 ½ cups peas, thawed if frozen
- ½ cup toasted sliced almonds



#### Preparation:

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Saute for 5 minutes.
3. Add broccoli, green beans, carrots, bell pepper, and garlic. Stir fry for 8-10 more minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, mushrooms, brown rice, coconut aminos, peas, and almonds.
6. Serve as a complete meal.

Source: <https://www.daniel-fast.com/stir-fry-vegetables-with-brown-rice/>