

DANIEL FAST INFORMATION FOR SUCCESS!

(WE ARE IN IT TOGETHER)



WHAT YOU CAN EAT:

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice

Nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened non-dairy milk is acceptable (such as almond milk, coconut milk, soy milk).

Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deepfrying them.

Other

- Unleavened bread (whole grain bread made without yeast, sugars, or preservatives)
- All herbs, spices, and seasonings are allowed, including salt and pepper.
- Soy products (such as edamame and soy nuts) and tofu are acceptable.

RECIPES FOR SUCCESS:

WWW.ultimatedanielfast.com



BLACK-EYED PEAS & POTATO SOUP

January 2, 2010 By Kristen Feola

SERVES 6

INGREDIENTS

- 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 see Recipe Notes
- 1 15-ounce can black-eyed peas, rinsed & drained
- 2 cups cubed potatoes
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
- 1/2 tablespoon dried chives
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon pepper

INSTRUCTIONS

1. 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.
2. Yield: 6 servings (serving size: about 1 cup)

NOTES

- For a chunkier soup with a little more texture, place half in a food processor or blender.
- Substitute black-eyed peas with great northern beans, cannellini beans, or navy beans.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend [Kitchen Basics Unsalted Vegetable Stock](#).



BLACK & WHITE CHILI

January 23, 2010 By Kristen Feola

SERVES 8

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onions
- 1 clove garlic, minced
- 4 cups [Vegetable Broth](#) or water see Recipe Notes
- 3 15.5-ounce cans black beans, rinsed and drained
- 3 15.5-ounce cans great northern beans, rinsed and drained
- 1 tablespoon chili powder
- 1/2 teaspoon cumin

- 1/2 teaspoon salt

INSTRUCTIONS

1. Heat olive oil in a large saucepan over medium heat. Stir in onions, and cook until soft and translucent. Add garlic, and cook one minute, stirring frequently so garlic doesn't burn.
2. Add vegetable broth, beans, chili powder, cumin, and salt. Bring to a boil. Reduce heat, and simmer uncovered for 30 minutes.
3. Yield: 8 servings (serving size: 1 cup)

NOTES

- Use navy beans instead of great northern beans.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend [Kitchen Basics Unsalted Vegetable Stock](#).

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BLACK BEAN MINESTRONE

By Kristen Feola

SERVES 6

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 cup chopped carrots
- 2 stalks celery, sliced
- 2 cloves garlic, minced
- 4 cups [Vegetable Broth](#) or water see Recipe Notes
- 1 15-oz can black beans, rinsed and drained
- 1 cup fresh or frozen green beans, cut into 1-inch pieces
- 1 cup chopped tomatoes, unpeeled, unseeded
- 1 cup chopped fresh spinach or ½ cup frozen spinach
- 2 tablespoons chopped fresh basil or 1 ½ teaspoons dried basil
- 2 tablespoons chopped fresh parsley or 1 ½ teaspoons dried parsley
- ½ teaspoon salt
- 1/8 teaspoon pepper

INSTRUCTIONS

1. Heat olive oil in a large 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.

2. Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.
3. Yield: 6 servings (serving size: about 1 1/4 cups)

NOTES

- Add barley, brown rice, or whole grain pasta.
- Other vegetables to add: corn, peas, potatoes, squash, or zucchini.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend [Kitchen Basics Unsalted Vegetable Stock](#).