

True Deliverance Church of God, Inc.
Lionel A. Whitehall, Bishop & Founder

Fasting for Spiritual Growth, Physical Healing and Financial Blessings
21 Days January 4, 2021 - January 24, 2021

"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:2, 3

We will be on the Daniel fast for the entire 21 days, which means **NO meat, milk, eggs, cheese, sweets (cake, candy, pies), no white rice, and bread. Read ALL nutritional labels. Drink water and juice. Eat fruits and vegetables.**

❖ **NOTE: Only watch Christian Television Stations (NO OTHER TV CHANNELS, which includes the local news. Listen ONLY to Christian, Gospel, and Worship music.**

The Daniel fast primary foods are fruits, vegetables, whole grains and legumes. There are no sweeteners on the fast — and no processed foods or chemicals.

Clearly, the purpose of the fast is to draw closer to God. During your fast you will want to focus your time with God for the purposes outlined below as well as your personal purposes, or to gain His advice, intervention or direction in your life.

Anytime you make a significant change in your diet or exercise, consult your health professional. Also, if you have special health needs consider adjusting the eating plan to meet those requirements while maintaining the other restrictions for the fast, also please consult your physician.

Side effects

You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities. Please consult your physician if you need to take any medication.

Important exceptions

Use your discretion along with the advice of your physician and prayer to modify the Daniel fast to adhere to your medical needs. Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor before proceeding. Also, if you have extreme difficulty with the fast, such as impairment of your ability to work at your job, you will have to make adjustments. Utilize wisdom. Seek the Lord and discuss it with other Christians involved in the fast to find alternatives.

“God’s kingdom isn’t a matter of what you put in your stomach . . . It’s what God does with your life as he sets it right, puts it together, and completes it with joy. Your task is to single-mindedly serve Christ.” (Romans 14, The Message)

January 4, 2021 ~ **A day of consecration and soul-seeking**

- ❖ 21 days of fasting will be broken down into three (3) different types/purposes of fasting observed for seven (7) days durations

January 4th-10th 2021

- ❖ **Spiritual Growth/Unity/Disciples fasting ~ Matt. 17:20-21, Philippians 3:12-16, Colossians 1:9-12, Isaiah 54:2-3, and 1Peter 2:2-3**
- ❖ This is a fasting for Spiritual maturity, unity, and freedom from addiction i.e., unbelief, fear, lying, backbiting, etc.
- ❖ This is also a fasting for families, Relationships, and Marriages
- ❖ If we fast, we can break the besetting sins that limit a life of freedom in Christ.

January 11th-17th 2021

- ❖ **Physical, Mental, and Emotional Healing (The Daniel and Elijah fasts) ~ Daniel 1:12-20, 1Kings 19:2-18, and 3John 1:2**
- ❖ These fasts will break crippling fears, physical, and other emotional/mental problems such as high blood pressure, diabetics, kidney, low self-esteem, depression, frustration, and etc.
- ❖ These are fasts to restore health and emotional healing and deliverance.
- ❖ We fast for physical, emotional, and mental well-being, God will touch our bodies and enrich our souls.
- ❖ Through fasting, God will show us how to overcome negative emotional, mental, and personal habits.
- ❖ **The Daniel Fast and Your Health** ~ The purpose of the spiritual fasting is to consecrate (set aside) a specific period of time to draw closer to God to hear from Him. A powerful side benefit of the Daniel Fast is the improvement in health that most people experience.
- ❖ The Daniel Fast is a plant-based eating plan with the only beverage being water. When the bodies that God designed and created are fed the good quality foods He created especially for it improvements in health result. The high fiber in the fruit, vegetables and whole grains cleanses the body and improves digestion. It's not uncommon for cholesterol levels to drop, for blood sugar levels to balance, for weight to be lost and for a general feeling of well-being to be experienced.

January 18th-24th 2021

- ❖ **Financial Blessings ~ Deuteronomy 28:1-6, 3John 1:2, and Psalms 115:12-15, Psalms 37:25, Proverbs 10:22**
- ❖ This is a fast for a financial break through (Prosperity and Jobs).

Daily Focus

Read Isaiah 58:6 everyday pray and meditate on the word of God for 30 minutes to 1 hour daily. We will be praying 3 times daily (5:00 a.m., 12 noon, and 7 p.m.), every 7 hours (or at your discretion due to work schedules).

1. **Renounce counterfeit control** ~ This involves recognizing and renouncing any control over your mind that is not from Christ.
2. **Acknowledge Self- Deception** ~ This involves discerning truth from that which is deceptive (**1John 1:8**)
3. **Forgiveness** ~ This involves forgiving others so you can be an over comer and gain freedom (**2 Corinthians 2:10-11**)
4. **Submission to God's Authority** ~ This involves overcoming rebellion in our life by submitting to the authority of God and those he has placed over us (**Matthew 8:8-10**).
5. **Taking Personal Responsibility** ~ This involves confronting the problem of pride with a spirit of humility.
6. **Disown Sinful Influences** ~ This involves disowning sinful influences that come: friends and acquaintances, talking on the telephone, and television.

The Daniel Fast for the body, soul and spirit

The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Daniel Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

The Body - Certainly our bodies are effected as our diet is changed, for some in very dramatic ways, during the Daniel Fast. Many men and women experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and malaise.

Most people lose weight during the Daniel Fast. And many report healings from diabetes, allergies, arthritis and cancer.

The Soul - Frequently referred to as "the flesh" in the Bible, the soul is also greatly impacted during the Daniel Fast. The soul is the seat of our emotions, intellect, personality and will. It is in the "soulsh realm" where we experience cravings, frustration, anger . . . and even happiness.

During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Daniel Fast.

The Spirit - Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Daniel Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just as a parent takes control of a rebellious child). The Daniel Fast teaches us to deny our "selves" and instead put our spirit in control over our flesh. As you plan your meals and eat your food, keep in mind that the definition of a fast is *to deny food for a spiritual purpose*.

For Spiritual Growth

(Cullied from the book "Prayer Rain")

Message: John 3:30. For all believers who desire meaningful spiritual growth in their walk with God. There is no height you cannot attain in the spirit if only you are ready to take the bull by the horn; do away with every form of hindrance and follow the principles of spiritual growth laid down in God's word. Hebrews 5:12: "For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk and not of strong meat." Jesus expects each believer to grow to the level where he can teach others. In many of the Epistles, the believer is encouraged to grow in grace and in the knowledge of Christ (2 Peter 3:18). When a believer refuses to grow, he remains a spiritual babe who is unskillful in the WORD. Such baby Christians needs milk and not strong meat. When we as believers, begin to apply the truth we know in our lives, we will begin to grow and our knowledge of Christ will also increase. Paul encourages the believer to be "rooted and built up in Him" (Col.2:7). As believers, we draw our nutrients from Him, i.e. Jesus Christ. As you pray these prayer points for spiritual growth, the Holy Spirit will draw you into a deeper and fulfilling relationship with Christ.

Scripture for meditation: Phil. 3:10, 14: That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;... I press toward the mark for the prize of the high calling of God in Christ Jesus.

Make these confessions to establish your identity in Christ Jesus.

I am not what the world thinks or say I am. I am not what the devil or the kingdom of darkness says, imagines or has designed me to be.

I am not the picture of what my idolatrous forefathers wished I should be.

I am not what the unregenerate mind of any friend thinks I am.

I am not what my father and mother thinks or wants me to be.

I am not what my village wickedness; household wickedness and environmental wickedness want me to be.

I am not a picture of what the national economy and institutionalized wickedness has restructured the people to be.

I am not what I think I am.

I AM WHAT THE WORD OF GOD SAYS I AM.

I am an express image of Jehovah God on earth.

I am fashioned after the likeness of the Creator of the heaven and earth.

I am regenerated by the blood of Jesus.

I am ransomed from the powers of death and hell.

I am blood washed.

I am redeemed.

I am justified by Christ.

I am made to be the righteousness of God through Christ.

I am a believer of the WORD of TRUTH.

I am born again.

I am heaven-bound; my citizenship is in heaven.

I am seated with Christ in heavenly places far above principality and powers.

I am a priest and a king ordained by Christ to rule here on earth.

I am the fear and the dread of God against the kingdom of darkness.

I am a dwelling place of the Holy Spirit of God.

I am built up together and attached with other children of God into a holy habitation of God. The word of God says, I am a royal priesthood, I am a holy nation, I am a chosen generation, and a peculiar person to the nation.

I am special in the sight of God.

The Bible says because I believe and receive Jesus Christ, power has been given to me to become a son of God, and I am empowered to trample upon serpents and scorpions and all the powers of the enemy.

I am empowered to use the name of Jesus to cast out demons and heal the sick. I am empowered to bind, to loose and to decree things and the Bible says wherever my voice is heard no one can ask me why I do these things for my voice is the voice of a king that is full of authority.

I am commanded and empowered by my God to subdue and to exercise dominion. For I am made a little lower than the angels and God has crowned me with glory and honour and also made me to have dominion over all the works of His hands.

The devil that was against my authority as a God's representative on earth has been destroyed by Christ and once again; the keys of the kingdom of heaven are given to me and because I am a member of the body of Christ, which is the Church, the gates of hell cannot prevail against me.

I am a branch in the vine; Jesus Christ is the true vine because I abide in Him.

I am full of the Fruits of the Spirit.

I am full of love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.

Because the grace of God is upon my life as the light of His glory, I am full of divine favor; I am a partaker of all heaven's spiritual blessings.

I am an over comer; the Bible says whosoever is born of God overcomes the world, and this is the victory that overcomes the world, even my faith.

In faith, I overcome ungodly worry, anxiety, heaviness of spirit, sorrow, depression, lust of the eyes and lust of the flesh.

In faith, I have overcome all the tricks of the devil, for it is written, greater is Jesus Christ that dwells in me than the devil that is in the world.

NO WEAPON THAT IS FORMED AGAINST ME SHALL PROSPER.

In righteousness I am established; I am far from oppression, for I shall not fear and from terror for it shall not come near me.

The Lord shall cover me with His feathers, because I have made Him my dwelling place. Evil shall not befall me; I shall tread upon the Lion and the Cobra and surely the Lord will always deliver me from the snare of the fowlers. God has made me a beneficiary of divine health through the stripes that were laid on Jesus Christ.

Through Jesus Christ, I have right standing with God.

Through Jesus Christ, I have access to the throne grace of God, to find peace with God.

I have prosperity for God will no longer withhold any good thing from me.

I have spoken with the tongue of the learned and as it is written, I shall be justified by the words of my mouth.

I ask that the blood of Jesus wipe away every mark of reproach whether physical or spiritual.

I ask for the blood of Jesus to erase every evil and negative name I was ever called.

I nullify every negative report ever made about me.

I cease to be a picture of failure. I cease to be abased, rejected, forsaken, desolate and downcast.

I begin to manifest expressly every good thing God has written about me in book.

I begin to look fearfully and wonderfully made.

I begin to operate at the head and not the tail.

I begin to be a true worshipper of Jehovah El Shaddai and I begin from now to continually praise Him and confess positively.

How to Prepare for the Daniel Fast

You will experience a more successful fast if you spend some time preparing for your time of focused prayer and fasting.

Quiet Time: If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. As my Ellensburg Foursquare Church Pastor David Saltzman says, "I've found it best to start my day with the Lord. So every day I wake up, brush my teeth and then I meet with God."

Starting your day with the God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

Prepare Your Body: It's a wise move to prepare your body for the fast by easing off sugar, caffeine and chemicals before your first day of fasting. Otherwise, you may experience physical detox symptoms of headaches, cramping and fatigue. Start to drink at least 1/2 gallon of filtered water each day.

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

What Physical Effects to Expect By

Dr. Bill Bright

Although fasting can be an indescribable blessing, it is not always easy for everyone. In this time of discipline, self-sacrifice and reflection, do not be surprised if you experience mental and physical discomforts.

To begin, you may experience some inner conflict when you deny yourself the pleasure of eating delicious food. Any sort of fast may sometimes leave you feeling impatient and irritable. During a 3-day fast, this struggle can intensify toward the end of the second day. That seems to be a favorite time for the "self" to rise up and say, "This is as far as I want to go. I have done enough."

Physical Effect

Hunger Pangs: These are greatest usually during the first three days of the fast. Your body is adjusting from using the food in your digestive tract (which remains about three days) to consuming stored fats.

Suggested Relief:

Psyllium Bulk: Help eliminate hunger pangs and also aids in cleansing the body. Several capsules can be taken throughout the day with plenty of water.

Silymarin tablets may also be helpful, for they are believed to protect and enhance the cleansing of the liver.

Physical Effect

Coldness, bad breath and heightened body odor, changes in elimination (constipation or diarrhea), light-headedness, changes in sleeping and dreaming patterns, aches and pains.

A white-coated tongue at the beginning of a fast may be a part of the body's pattern of throwing off toxins.

Also expect to go the bathroom often (you will be drinking lots of water!)

Suggested Relief

After the first two weeks of an extended fast, many of these symptoms subside. Continuing aches in a certain area of the body usually means elimination of fatty tissue is going on in that area, which is not harmful. However, any extensive pain should be examined immediately.

YOU SHOULD STOP FASTING IF YOU ARE EXPERIENCING SEVERE PAIN OR SWELLING.

Physical Effect

Headaches or stomachaches may be a result of salt, sugar, or caffeine withdrawal.

Suggested Relief

Eliminating those items from your diet prior to fasting is the best way to avoid these pains.

Physical Effect

Lower back pain may indicate that you are dehydrating

Suggested Relief

Drink more fluids

Physical Effect

Dizziness may be caused by a sudden change in position, such as rising suddenly from a chair.

Suggested Relief

Stop for a second or two, then recover. Move slowly. (A word of caution: these conditions may be symptoms of other problems requiring medical attention).

Physical Effect

Minor fasting discomfort

Suggested Relief

Take one teaspoon of psyllium seed powder morning and evening. Mixed in lukewarm water, it becomes like Jell-O. This powder will hasten the elimination of toxins from your colon and help to prevent headaches and dizziness for most healthy people. Alfalfa tablets can help control bad breath and cleanse the system. Two tablets at a time can be taken several times a day.

In my desire to be absolutely faithful to my first 40-day fast, I stopped taking my usual vitamins and minerals. However during subsequent fasts, I have felt strongly impressed to continue my vitamin and herbal therapy and also using psyllium. I do this to keep my "temple" healthy while continuing to deny myself the pleasure of eating solid food.

During your fast, you may have your struggles, discomforts, spiritual victories, and failures. In the morning you may feel like you are on top of the world, but by evening you may be wrestling with the flesh-sorely tempted to raid the refrigerator and counting how many more days are left in your fast. This is especially true if you are new at fasting. To counteract temptations like these, take extra time with the Lord to spend with God. Step outside for fresh air and a moderate walk of a mile or two, and talk to the Lord as you walk along. And in the process always keep on sipping water or juice frequently during your waking hours.

How to Conclude Your Daniel Fast

Just as you prepared to start your Daniel Fast, you will want to plan for the conclusion of your fast.

Changing the way you eat: If you have been on an extended fast of 10 or more days, your physical body has enjoyed healthy and easily digestible foods. Most people realize increased energy and better health during their fast.

Reintroduce caffeine, sugar, dairy products, deep fried foods and meat slowly to keep your body from rebelling and bring you discomfort. Small portions are better and adding no more than one type of food each day will give your body a chance to get used to the change.

Keep the gems of the fast: Most likely, you have gained many powerful lessons about your health and spiritual life. Carry these positive changes into your everyday life. If you have created a habit of meeting with the Lord each morning, then continue that practice.

If you have gained understanding about healthy eating habits or broken addictions to specific foods, then continue with those good practices.

Let the lessons you learned during your Daniel Fast continue to bring more health to your body, soul and spirit all year long.

Daniel Fast Sample Meal Plans

Breakfasts ~

- ❖ *Fresh fruits, natural peanut butter*
- ❖ *Creamy toasted rice porridge with coconut oil, raisins, and almonds*
- ❖ *Oats with raisins, nuts, and almond paste*

Lunches ~

- ❖ *Leftovers, salad*

Dinners ~

- ❖ *Veggie Chilli*
- ❖ *Southwestern black bean tacos*

- ❖ *Lentil Soup (without the turkey bacon or wine), whole wheat chapatis (a thin round unleavened bread used in South Asian cooking)*
- ❖ *Roasted vegetables over short grained brown rice*
- ❖ *White bean soup with greens, whole wheat chapatis (a thin round unleavened bread used in South Asian cooking)*
- ❖ *Curried winter vegetables over long grain brown rice*

Snacks ~

- ❖ *Fresh fruits*
- ❖ *Veggies and my easy garlic hummins*
- ❖ *Nuts*
- ❖ *Raisins*
- ❖ *Roasted sweet potato "fries"*
- ❖ *Popcorn*

Breakfast

- ❖ Sliced fruit
- ❖ Hot whole-grain cereal with raisins and nuts
- ❖ Juice on the cereal

Lunch

- ❖ Hearty Layered Salad and Greek Vegetable Stew

Dinner

- ❖ Vegetarian Chili and a Green Salad with dressing
- ❖ Lentil Soup and a Green Salad with dressing

Snacks

- ❖ Sliced vegetables with hummus
- ❖ Sliced vegetables with white bean dip
- ❖ Raw almonds or other nuts
- ❖ Sliced fruit and nuts

Thick and Creamy Corn-Potato Soup

6 ears corn (cut off the cob)

6 medium-large red potatoes (chopped in 1/2 inch pieces)

6 carrots (finely chopped)

1 medium-large onion (finely chopped)

2 green peppers (finely chopped)

2 bay leaves

3 teaspoons thyme

2 teaspoons marjoram

3 teaspoons cumin

2 teaspoons sea salt

2 teaspoons pepper

3 32oz. boxes of vegetable broth

Water, as necessary

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8-10 generously.

Tomato Basil Soup

12 Vine Ripe Tomatoes
1 Package Cherry Tomatoes
2 1/2 Cups Fresh Carrot Juice (or Odwalla available in juice section) 1
Large Ripe Avocado
2 Yellow Onions (chopped)
4 Cloves Garlic (chopped)
5 Stems Fresh Basil
1 Bay Leave
1 teaspoon Oregano
1 teaspoon Sea Salt
1 Tablespoon Red Pepper Flakes
2 Tablespoons Olive Oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

Portabella Steaks

6 Portabello mushroom caps
1/2 cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
teaspoons fresh grated ginger
1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through.

Serve with baked sweet potatoes and grilled squash and asparagus.

Grilled Vegetables

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extravirgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

Baked Sweet Potatoes

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

Vegetable Barley Soup

Choose your vegetables. Really, anything can work depending upon your taste.

Some possibilities:

- 3 cups chopped celery
- 2 cups chopped white onion
- 3 cups chopped carrots
- 3 cups chopped green/yellow/red pepper
- 3 cups thin sliced mushrooms
- 2 cups chopped roma tomatoes (peeled and seeded)
- 2 32oz. boxes vegetable broth

Use your favorite spices. Some possibilities: 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley. Pour $\frac{1}{4}$ cup vegetable broth in a soup pot. Add all of the vegetables and Sautee them until tender. Add the spices and stir to mix. Add the remaining vegetable broth. Bring to a boil and add 1 cup Natural Whole Grain Barley. Boil for 15-20 minutes until the barley is tender.

Serves 6

For thicker soup, just blend $\frac{1}{2}$ of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

Guacamole

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add $\frac{1}{4}$ of a jalapeno pepper seeded.

Serve on black beans, Portabella mushrooms or use as a dip with vegetables.

Baked Apples or Pears

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a

glass baking dish. Brush with ½ teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.

The Breaker's Granola

5 cups raw oatmeal
1 cup finely chopped walnuts
1 cup slivered raw almonds
1 cup finely chopped cashews
1 cup unsalted sunflower seeds
1/2 cup flax seed
1 cup finely chopped dry figs
1 cup finely chopped apricots (unsweetened if possible)
1/4 cup chopped coconut
2 cups unsweetened raisins
2 Tablespoons cinnamon

Mix together in a large bowl. Keep in tightly sealed container such as tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

Gazpacho

6 med. tomatoes, quartered
2 large cucumbers
1 small red onion
1 med. zucchini, chopped
3 med. garlic cloves, smashed
1 med. green bell pepper
Chopped fresh herbs: parsley, basil, chives
2 Tbsp. lemon juice
2 Tbsp. extra virgin olive oil
1 tsp. sea salt
1 tsp. cayenne pepper
1 tsp. ground cumin seed
2 cups vegetable stock or tomato juice

1. In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped.

2. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more bursts. Blend in stock or tomato juice.
3. Transfer to large bowl. Refrigerate at least 1 hour before serving.

Serves 4. Preparation Time: 10 minutes.

Vegetarian Spaghetti Squash

Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin, and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin. Reheat the squash strands by dipping with a strainer in boiling water just before serving.

You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water. Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and serve with stir fried sauce.

Stir Fried Sauce

10 Roma tomatoes, peeled, seeded, and chopped coarsely
2 cups thinly sliced mushrooms
2 cloves garlic
2 cups chopped broccoli florets or 1 package baby spinach
2 teaspoons oregano (powdered or flakes)
Sea salt to taste

Sautee mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands.

Serve hot. 6 servings

Brown Rice with Edamame and Vegetables

2 cups brown rice
4 cups water or vegetable broth
1 cup fresh squeezed orange juice
1 package frozen, shelled edamame

1 cup shredded carrots
1 cup sliced white mushrooms
½ teaspoon cumin
1 clove garlic minced
½ cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings:4-6 entrée size

Serve with orange slices and celery sticks.

Cuban Black Beans & Rice with Tomato Salsa

1 package dried black beans
Vegetable broth (1- 32oz. box)
Chili powder
Chipotle powder
2 cloves garlic

Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed. Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

Salsa

Roma Tomatoes quartered
Lime
Cilantro
Green onion (1 bunch)
Chili powder
Cumin
Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture. We prefer chunky.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entrée size

Serve with sliced mango and papaya and lime juice.

Toasted Nut Snack

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

Keep this on the counter for a quick snack.

Honey and Oat Cereal

Prepare Oatmeal with Soy Milk or Water. Sweeten with Honey and a dash of cinnamon.

Broccoli Penne

Ingredients

- ❖ 1 box 8 oz. whole wheat penne pasta, cooked per box instructions
- ❖ 1/4 cup pasta water, reserved from cooking pasta

- ❖ 1 package 12 oz. bag of Mann's Broccoli Wokley (in a microwave bag)

- ❖ 4 whole sun-dried tomatoes in olive oil

- ❖ 1 bunch flat leaf parsley

- ❖ 4 tablespoons olive oil

- ❖ 1 tablespoon chopped garlic, jar ok

- ❖ 18 whole grape tomatoes, cut in half

- ❖ 1/4 teaspoon red pepper flakes

- ❖ 1 teaspoon salt
- ❖ 1 teaspoon pepper
- ❖ 1/4 cup pistachio nuts, crushed

Instructions

Using a fork, poke a hole in top of the Broccoli Wokley bag and place in the microwave for 4 min on high. Remove and open bag carefully and set aside. In the food processor, put 4 sun dried tomatoes, 1 Tbsp of olive oil (from sun dried tomato jar), flat leaf parsley and 4 Tbsp of reserved pasta water... .blend well for about 1 minute and set aside.

In a large skillet, sauté olive oil and garlic for a minute, then add tomatoes for just 2 more minutes over medium heat. Add sun dried tomato mixture, cooked broccoli and cooked penne... .toss to blend. Heat for just a few min ..sprinkle pistachio nuts over the top and serve.

The Mann's Broccoli Wokley can be found in the produce section by the salads. If you can't find Mann's broccoli, simply use any cooked broccoli of your choosing.

Serves: 4.

Black Bean, Poblano Corn Chowder

Ingredients

- ❖ 2 whole poblano peppers (Anaheim peppers)
- ❖ 2-15 oz. cans black beans, drained
- ❖ 2 tablespoons olive oil

- ❖ 1 tablespoon chopped garlic, jar ok
- ❖ 1 tablespoon ground cumin
- ❖ 1 teaspoon pepper
- ❖ 1 teaspoon salt
- ❖ 2 tablespoons dried parsley
- ❖ 2-14.5 oz. can diced tomatoes
- ❖ 2 cups frozen corn
- ❖ 1 large onion, chopped with Vidalia fine insert, about 2 cups

Instructions

Place the poblano peppers on the grill and char them on all sides... place in bowl and cover tightly with wrap...after about 5 min's... remove the skin, stem and seeds...drop in food processor and blend. This adds great flavor to the soup...however, if time does not allow you to do this...omit peppers it will still be delicious.

In a large pot, put the olive oil, onions, garlic and sauté for about 5 minutes... add the tomatoes juice and all along with the black beans, corn, poblano peppers and all the seasonings. Cover with lid and simmer for 20 minutes. Enjoy!

Serves: 6.

Healthy Green Breakfast Smoothie

This recipe is super simple. All you need is a blender and the following ingredients:

- ❖ 1-2 bananas
- ❖ 1/2 cup frozen peaches
- ❖ 1/2 cup frozen mango

- ❖ a couple handfuls of spinach
- ❖ water

Add just enough water to blend and enjoy, that's it! Forget the dehydrating morning latte and get the glow with a Green Smoothie instead.

Cajun Brown Rice with Veggies and Red Beans

This is a hearty one pot meal for a cold night. You can put it together with minimal fuss, so this is also a great dish to make on a busy work day. This is a flexible recipe – use any kind of rice, veggies and beans you like. I used a blend of brown rice, red rice, barley and rye. My vegetable of choice was broccoli. You could use mushrooms, peas, cauliflower, roasted eggplant or roasted winter squash. Many Cajun dishes like gumbo and jambalaya get their smoky flavor from smoked Andouille sausage. I used liquid smoke and some smokehouse almonds to get that wonderful smoky flavor; the crunch from the almonds is a definite bonus.

Cajun Brown Rice with Veggies and Red Beans *makes*
4-6 servings

1 large onion
 2 ribs celery
 1 red or green pepper
 4 cloves garlic or 1 tbsp garlic powder
 1 tbsp paprika
 1 ½ tsp dried thyme
 2 tsp Tabasco sauce
 1 1/2 tsp liquid smoke, optional
 2 cups Brown rice
 4 cups stock or water (you might need more or less depending on the type of rice you use)
 2 cups Broccoli florets
 1, 16 oz can of Red kidney beans
 1, 16 oz can of Sweet corn
 ½ cup Smokehouse almonds
 Salt and pepper
 2 tbsp olive oil

Finely chop the onion, celery and pepper. Mince the garlic. Drain the sweet corn. Drain and rinse the red kidney beans. Chop the almonds into small bits.

Heat oil in a large deep pot. Add the onion, celery and red or green pepper. Saute on medium heat till the onion is translucent. Now add the garlic, paprika, thyme, Tabasco and liquid smoke. Sautee 30 seconds.

Add the rice to the pot, stir and cook for about 2 minutes. Then add the salt, pepper and stock or water and bring to a boil. Reduce to a simmer, place a lid on the pot and let the rice cook on a low simmer. Cooking time for the rice will depend on the type of rice you are using. Read the instructions on the rice package for cooking times. Mine took about 45 minutes.

In the last 5 minutes of cooking, add the broccoli florets to the rice, stir and put the lid back on. Let the broccoli florets steam for about 5 minutes.

Then check rice for doneness – rice must be completely cooked but not mushy and all the liquid should be absorbed. Once rice is cooked, stir in the beans, sweet corn and almonds. Mix well and turn off heat. Taste and adjust seasonings if needed.

1 kiwi 1 pint strawberries 1 mango 2 bananas 1/2 pint blueberries Slice and mix.

Vinaigrette Salad Dressing

Red Wine Vinegar, Extra Virgin Olive Oil, minced or pressed garlic, salt and pepper. (1 part vinegar to 3 parts oil)

Salad Dressing

Lemon Juice, Extra Virgin Olive Oil, minced or pressed garlic, salt and pepper. (1 part juice to 3 parts oil)

Snacks

Popcorn

1/4 cup unpopped popping corn 1 brown lunch bag. Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.

Ants on a Log

Stuff celery with peanut butter and add nuts or raisins

Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind. 1/2 cup orange juice (juiced from fresh oranges) Juice of 2 limes (taste before you add all the juice at once) 1 medium size, banana, peeled and cut into chunks. Fresh mint leaves for garnish (optional) 2 cups of ice cubes - makes it like a frozen ice drink (optional) Mix all in a blender, and serve. Serves 2 You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

Cinnamon Apples

Peel and slice apples. Put in a pot with a small amount of water. Add ground cinnamon. Boil until apples are tender. Baked Sweet Potatoes – for breakfast or anytime

Fruit Smoothies

Frozen fruit (with no sugar) Juice (100% juice) – any kind Blend juice and fruit Apples and Peanut Butter Mixed Nuts Fresh Fruit and Vegetables Granola

Snack Beverages

Carrot, apple juice, Grape juice, Orange juice, Blueberry juice, Pineapple-orange strawberry juice

Health Smoothie-cantaloupe, bananas, oranges, and soy milk Strawberry Smoothie- strawberries, bananas, oranges, and soy milk Blueberry Smoothie- blueberries and strawberries with ice.

Apple strawberry Delight- apples and strawberries with ice. Citrus Blast- grapefruits, oranges, and tangerines with ice. Pineapple Delight- pineapples and tangerines or oranges

Apple Pie Oatmeal

Ingredients:

- ❖ 1 cup water (~~or almond milk for creamier oatmeal~~)
- ❖ ½ cup old-fashioned oats
- ❖ 1/8 teaspoon salt
- ❖ 2 Tablespoons chopped granny smith apples
- ❖ Pinch of Kal Stevia
- ❖ 1/8 teaspoon apple pie spice or cinnamon
- ❖ 2 teaspoons chopped walnuts
- ❖ 1 scoop of Protein powder

Preparation:

In a small saucepan, bring the water to a boil. Stir in the oats and salt. As soon as the water begins to boil again, reduce the heat to a simmer. Continue cooking, stirring occasionally for about 5 minutes or until you get your desired consistency. Add to saucepan chopped apple, Stevia, protein powder, walnuts and spice and mix well.