



DAIRY-FREE, GLUTEN-FREE, & VEGAN  
RECIPES THAT ARE HEALTHY  
AND TASTE GREAT!



# THE DANIEL FAST

## MADE DELICIOUS

JOHN AND ANN MARIE CAVAZOS



Annie's recipes revolutionized our approach to the Daniel fast. The food was not only healthy but also flavorful, and this encouraged us to readjust many of our former eating habits after the fast was over.

—THE BAILEY FAMILY

The food is fantastic, and these meals are just perfect for me. Very yummy and fulfilling. I use these recipes often, without being on a fast. They should be used daily for good healthy living.

—LAUREN LADON

We absolutely love all of the simple yet healthy and delicious recipes that John and Ann Marie have prepared for our friends and family. We have tried many of the recipes and are thrilled at how easy they are to prepare. The meals are delicious and incredible, and they allow you to feel extremely satisfied but not too full. We plan to maintain the daily use of these recipes as a lifestyle; they are great during and after the Daniel fast.

—GREG AND CAROL MONROE

I can heartily say "Yum!" Good for the bones and good for the buds—taste buds, that is.

—DANA HARDEN HANKINS, ESQ.

I had the opportunity to taste the recipes that Pastor John and Annie put together for our church during the Daniel fast. I particularly love the salads. I was thinking they would not taste good, but to my surprise they did, and of course they were healthy. I thought you always had to soak your salads in heavy creamy salad dressing, but they taught me that olive oil, Bragg's, and lemon dressing would do just fine. I also like cooking now with wheat- and gluten-free pasta! I thank them for putting these recipes together.

—CHIDI KAI

Annie's recipes always taste great. Her seasonings make the difference.

—MOM CAVAZZINI

Ann Marie is a fabulous cook. Her food is so delicious that I had a hard time believing that it was made with ingredients that are usually associated with "tree huggers." She has converted me, and as a result I am both wiser and healthier.

—PAT BROUSSARD, ESQ.

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**MADE DELICIOUS**

JOHN AND ANN MARIE CAVAZOS

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First Edition

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*This book is dedicated to our daughters, Ariel Joy and Jerusha Leone, who have a destiny from God to fulfill. Their determination, tremendous work ethic, talent, beauty, plus God's anointing will no doubt take them where they need to go.*

*For the last ten years, all of these recipes at one time or another have been tried out on them with a resounding "thumbs up." Our time with our girls at home went so quickly, and now they are on the brink of being on their own.*

*Ladies, you are the light of our lives, and it has been a privilege and a challenge being your parents—we are very proud of you both.*

*Love, Mom and Dad*

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Finally, to our Lord and Savior, Jesus Christ: none of this would be possible without You. "Though one may be overpowered by another, two can with-stand him. And threefold cord is not quickly broken" (Eccles. 4:12, NKJV). We love You!

[Foreword by Mark Chironna](#)

[Introduction](#)

## **SECTION I: HEALTHY EATING ON THE DANIEL FAST**

### **1 Breakfasts**

[Daniel's Fruit Fantasy](#)

[Fruit Salad](#)

[Breakfast Juices](#)

[Carrot Juice](#)

[Carrot and Veggie Juice](#)

[Beet Juice](#)

[Green Juice](#)

[Vegetable Delight](#)

### **2 Main Courses and Cooked Sides**

[Annie's Pumpkin Lasagna](#)

[Spaghetti Squash Bowls](#)

[Spaghetti Squash With Sauce and Parmesan](#)

[Stuffed Eggplant Parmesan](#)

[Curried Eggplant and Cabbage](#)

[Stir-Fried Eggplant](#)

[Stewed Eggplant](#)

[Curried Zucchini and Green Beans](#)

[Chili Con Tofu](#)

[Curried Cabbage and Calabaza](#)

[Curried Tofu With Bok Choy and Squash](#)

[Broiled Stuffed Tomatoes With Basil and Pesto Sauce](#)

[Marinated Lemon Tofu With Cabbage](#)

[Sautéed Veggies on Romaine Lettuce](#)

[Stir-Fried Yellow Squash With Tofu](#)

[Broccoli, Shallot, and Sweet Onion Over Green Bananas](#)

[Cabbage Wraps With Sweet Potatoes](#)



[Squash and Brussels Sprout Medley](#)

---

[Stuffed Zucchini With Sautéed Baby Bella Mushrooms](#)

[Sautéed Kale and Spinach](#)

[Sweet Potato Salad](#)

[Yellow Squash and Yam Salad](#)

[Mashed Butternut Squash](#)

[Mashed Calabaza](#)

[Mashed Sweet Potatoes](#)

[Mashed Turnips or Rutabagas](#)

[Stuffed Sweet Potatoes](#)

[Sautéed Baby Spinach With Tofu and Tomatoes](#)

[Roasted Stuffed Acorn Squash](#)

[Coconut Spinach and Okra With Yuca Root](#)

[Stir-Fried Edamame](#)

[Grilled Zucchini and Squash With Lemon and Cilantro](#)

[Grilled Pesto Zucchini and Roasted Bell Peppers](#)

[Green Beans, Carrots, and Celery Medley](#)

[Stir-Fried Vegetables](#)

[Roasted Stuffed Bell Peppers](#)

[Stir-Fried Broccoli and Cabbage](#)

[Ginger Tofu With Asparagus](#)

[Steamed Brussels Sprouts With Garlic](#)

[Daniel's Vegetable Shepherd's Pie](#)

[Stuffed Mushrooms](#)

[Spicy Grilled Vegetables](#)

[Roasted Cauliflower With Cranberry](#)

[Parmesan Asparagus](#)

[Pars-n-Turns Stir-Fry](#)

[Stir-Fried Rutabaga, Kale, and Beet](#)

[Roasted Yams With Cilantro](#)

[Mashed Winter Root Casserole With Crispy Onion Topping](#)

[Shredded Vegetables and Spaghetti Squash](#)

[Parslied Zucchini and Broccoli](#)

[Shredded Zucchini \(Spaghetti\) and Tomato Sauce](#)

[Edamame Succotash](#)

[Cumin and Lime Tofu](#)

---

[Yam and Squash Medley](#)

[Spaghetti Squash Ceviche](#)

[Stuffed Sweet Potato Fritters](#)

[Lemon Pepper and Garlic Zucchini](#)

[Broccoli Au Gratin](#)

[Vegetables Au Gratin](#)

[Baked Fennel With Rice Mozzarella Cheese](#)

[Zucchini With Sun-Dried Tomatoes](#)

[Ginger Stir-Fry](#)

[Italian Sautéed Beans](#)

[Stir-Fried Asparagus](#)

[Sautéed Cucumbers](#)

[Asparagus With Sliced Almonds and Creamy Lemon Sauce](#)

### **3 Raw Sides and Salads**

[Apple-Cranberry-Mandarin Spinach Salad](#)

[Raw Vegetable Platter](#)

[Spinach and Jerusalem Artichoke Salad](#)

[Zucchini Salad With Lemon, Lime, and Cilantro](#)

[Daniel's Carrot Salad](#)

[Avocado and Gala Apple Salad](#)

[Avocado and Kale Salad](#)

[Cucumber and Sweet Onion Salad](#)

[Zucchini and Carrot Salad](#)

[Raw Vegetable Medley Salad](#)

[Vegetable Fest](#)

[Zucchini and Squash Medley Salad](#)

[Jícama, Cucumber, and Avocado Salad](#)

[Kale and Bok Choy Salad](#)

[Stuffed Endive Wraps](#)

[Jícama, Avocado, and Edamame Salad](#)

[Crunchy Raw Salad](#)

[Daniel Fast Green Salad](#)

[Daniel Fast Emerald Salad](#)

## [Hummus With Cilantro and Scallions](#)

---

[Cilantro Dip](#)

[Curry Dip](#)

[Papaya Salad](#)

[Daniel's Haroset \(traditional Passover Seder dish\)](#)

[Spicy Carrot Tzimmes \(traditional Rosh Hashanah dish\)](#)

[Daniel's Authentic Guacamole](#)

[Bean Salad](#)

[Edamame and Black Olive Salad](#)

[Quinoa-Pecan Salad With Raisins and Cranberries](#)

[Blanched Mixed Vegetable Salad](#)

[Tofu and Mixed Vegetable Salad](#)

[Avocado and Onion Salad](#)

[Cucumber and Tomato Salad](#)

[Cucumber and Dill Salad](#)

[Green Bean Salad With Jerusalem Artichoke](#)

[Boston Salad With Asparagus and Cranberries](#)

[Zucchini Salad](#)

[Basil and Tomato Salad](#)

[Daniel's Waldorf Salad](#)

[Daniel's Cobb Salad](#)

[Greek Salad](#)

[Grilled Romaine Lettuce Salad](#)

[Daniel's Ensalada](#)

[Chinese Cabbage Salad With Apples and Coarse Black Pepper](#)

[Boston Fruit Salad](#)

[Lemon Grilled Tofu With Tarragon and Dill](#)

[Cabbage Salad](#)

[Jicama Salad](#)

## **[4 Soups](#)**

[Pumpkin-Leek Soup](#)

[Lentil Soup](#)

[Yellow Split Pea Soup](#)

[Roasted Pumpkin and Acorn Squash Soup](#)

[Vegetable Soup](#)

---

[Vegetable Gumbo](#)

[Cannellini Bean Soup With Kale](#)

[Black Bean Soup](#)

[Broccoli Soup](#)

[Zucchini and Pumpkin Soup](#)

[Bean Soup](#)

[Pinto, Adzuki, and Bok Choy Soup](#)

[Cabbage Vegetable Soup](#)

[Pumpkin and Yellow Pepper Soup](#)

[Zucchini Soup](#)

[Tomato Bisque](#)

[Pumpkin Bisque](#)

## **5 Salad Dressings, Marinades, and Sauces**

[Lemon-Garlic Dressing](#)

[Bragg Liquid Aminos Dressing](#)

[Lemon or Lime Dressing](#)

[Lemon-Mustard Dressing](#)

[Cilantro-Garlic Dressing](#)

[Tahini Salad Dressing](#)

[Garlic Dressing](#)

[Marinade Sauce](#)

[Teriyaki Sauce](#)

[Mango Chutney](#)

[Papaya Chutney](#)

[Easy Basil Pesto](#)

## **6 Beverages**

[Peach Sun Tea](#)

[Flavored Waters](#)

[Herbal Teas](#)

[Daniel-Friendly Milk Alternatives](#)

[Daniel-Friendly Coffee Alternatives](#)

## **7 Healthy Snacks**

[Pumpkin and Carob Mix](#)

[Cranberry and Coconut Mix](#)

[Walnut Trail Mix](#)

[Carrot or Celery Sticks and Almond Butter](#)

## **SECTION II: HEALTHY EATING AFTER THE DANIEL FAST**

### **8 Breakfasts**

[Arroz y Leche \(Rice and Milk\)](#)

[Chopped Spinach and Mushroom Omelet](#)

[Tomato and Avocado Omelet](#)

[Goat Cheese and Zucchini Omelet](#)

[Broccoli and Asparagus Omelet](#)

[Vegetable Scrambled Eggs](#)

[Granny Smith Apple and Cheddar Cheese Omelet](#)

[Health Waffles/Pancakes](#)

[Ezekiel Cinnamon Raisin French Toast](#)

### **9 Pasta Dishes**

[Gluten-Free Spaghetti With Marinara](#)

[Linguini With Basil and Tomatoes](#)

[Penne With Roasted Tomatoes, Garlic, and Basil](#)

[Red Cabbage, Zucchini, and Rice Noodles](#)

[Wheat- and Gluten-Free Macaroni-n-Cheese](#)

[Pasta and Fresh Veggies](#)

[Spelt Lasagna](#)

[Gluten-Free Macaroni Salad](#)

[Tri-Color Pasta With Broccoli and Carrots](#)

[Pasta Salad](#)

[Pesto Bowtie Pasta With Asparagus](#)

[Pasta Casserole](#)

### **10 Rice Dishes**

[Black Rice With Cabbage](#)

[Rice and Kidney Beans](#)

[Sautéed Veggies and Brown Rice](#)

[Cook-Up Rice \(West Indian Style\)](#)

[Yellow Rice](#)

## **11 Vegan Specialties**

---

[Vegan Ground Sausage](#)

[Vegan Chicken Salad](#)

[Vegan Ground Beef Dish](#)

[Veggie Scallop Salad](#)

[Spelt Tacos](#)

[Ezekiel Pizza](#)

[Ezekiel or Spelt Quesadillas](#)

[Brown Rice Tortilla Vegetable Wrap](#)

[Spinach Balls](#)

[Healthy Chile Rellenos With Beans](#)

[Broccoli and Spinach Quiche](#)

[Hoppin' John \(Vegan Style\)](#)

[Fried Cucumbers](#)

[Fried Green Beans](#)

[Braised Sweet Fennel](#)

[Green Beans](#)

## **12 Breads**

[Ezekiel or Millet Toast](#)

[Ezekiel Grilled Cheese](#)

[Ezekiel Garlic Bread](#)

[Essene Bread](#)

[Appendix A: Tips and Techniques](#)

[Appendix B: Quick Glance Shopping List for the Daniel Fast](#)

[Appendix C: Daniel Fast Sample Menu](#)

[Appendix D: Sample Menu for Life After the Fast](#)

## FOREWORD

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ONE OF THE traditions that we have valued as a people at The Master's Touch International Church is our yearly time of fasting, prayer, and consecration to the Lord for those things that He desires to set in place within the context of our sphere and measure of rule. While we certainly make time for complete fasts, we have found that for the sake of our people and their busy schedules, the Daniel fast indeed serves and accomplishes the purposes of God as revealed in Scripture for an "acceptable fast."

The Daniel fast is taken from the life of the prophet Daniel, and you can read about it in the first chapter of the Book of Daniel, where Daniel requested that he not be defiled by eating the king's food and that he and his companions eat vegetables only and drink water for ten days. The commanding officer feared for his own life if Daniel and his companions looked like they were not thriving, as the king chose them to be amongst his choice leadership team. If you have read the story, you know the outcome. Daniel and the three Hebrew comrades looked healthier and fared much better than those who ate the king's food. The challenge with most fasts, including the Daniel fast, is that people find it difficult to maintain the discipline and the focus to be able to continue in obedience and faith for ten, twenty-one, thirty, or forty days before the Lord. That's just how it is.

However, with the right kind of planning, structure, and creativity, the Daniel fast can become a way to honor God, improve your own health and well-being, and even become the catalyst for changing your eating lifestyle for the rest of your life. The question is: How do you sustain a prolonged fast while not getting frustrated, bored, and fatigued? John and Annie Cavazos are multifaceted and multitalented, with rich resources and skills that enrich everyone they touch. Over the years it has been a privilege to have them both as friends and as collaborators in the ministry. While the demands on their life are extensive, and while they each carry a measure of rule in both the marketplace and the meeting place, they also have an incredible creativity when it comes to food and the directions of food.



What started with a few simple recipes for "surviving" the Daniel fast a number of years ago gradually became a wonderful compilation of nutritive-rich, vegetable-based dishes that were Daniel fast meals thoroughly acceptable on such a fast—and also thoroughly enjoyable. The recipes are so delicious that you could almost convince yourself you were eating everything at the "king's table" when, in fact, you are eating vegetables and grains only. John and Annie share a labor of love for healthy foods that are appealing to the pallet. This book of recipes, all original creations of this gifted couple, will go a long way to supporting you in pursuing God during seasons of fasting and prayer.



In addition, you will also discover that if you desire to change your eating habits so that your body can function at its highest and best, this cookbook can change your life and maybe even help you regain the health and vitality that the Lord wants you to have. Your body is the temple of the Holy Spirit, and as you already know, you are what you eat. John and Annie are gourmets in the kitchen, and they are extremely “temporarily conscious.” They have distilled the best of their recipes that they have worked with over years of practice and refining and now are placing in your hands a special treasure that will become a great blessing to your own walk with God. These dishes are so tasty that even people who are so accustomed to the unhealthy, high-fat, high-sugar, American diet will find their cravings for unhealthy food dissipating as they allow live foods, living foods, to do their great work in keeping these temples in tip-top shape.

My thanks to John and Annie for their investment in the body of Christ and their willingness to share their creative cuisine secrets with all of us.

Happy fasting!

—BISHOP MARK J. CHIRONNA, MA, PHD  
THE MASTER’S TOUCH INTERNATIONAL CHURCH  
ORLANDO, FLORIDA

DEAR FELLOW DANIEL Fasters:

This recipe book is not like anything else you've seen before. A recipe book for fast—seems like an oxymoron, doesn't it? I mean, isn't the point of a fast *not* to eat? Well, in this case the Daniel fast is about *what* you can eat. The Daniel fast is a unique fast—taken from the biblical account in Daniel 1:8–21 where Daniel and his three Hebrew friends ate only vegetables and drank water for ten days. Our favorite part is verse 8, which reads, “But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies...” This is indicative of the kind of man Daniel was—a man of purpose!

Our goal here is not to talk about fasting, *per se*, or give you tons of supporting scriptures. If you have prepared and purposed to fast, then you probably already know these things or have read about them in books far more poignant than ours. Rather, this book seeks to give you options, and more of them, as you embark on this unique fast known as the Daniel fast.

The incarnation of this recipe book began in response to our congregation complaining that they didn't know what else to eat besides lettuce and carrots when embarking on a Daniel fast. This told us that, number one, people didn't know much about vegetables and number two, they probably didn't eat many vegetables! In addition, we found them spending more time bored with the lack of variety of food and less time focusing on why they were fasting. We decided to present recipes that would help them spend less time concerning themselves with what they shouldn't eat and more time deciding what they could prepare for their families. Thus, *The Daniel Fast Made Delicious* was birthed!

Back in 2004, during one of our Daniel fasts, we felt frustrated because we really wanted to see people enjoy the fast and benefit from eating fruits and vegetables. We were walking around a lake near our home when the Lord popped an idea into Annie Marie's spirit. She heard the word “Pumpkin Lasagna.” She had no idea what that was, but the Lord told her He would show her how to prepare that and other healthy dishes using only vegetables and fruits.

A journey of learning began where we educated ourselves about vegetables—we shopped and prepared and ate things we never dreamed we would eat. We did a lot of experimenting—sometimes hit, sometimes miss—and we loved it, our kids loved it, and what's more, our family and friends loved it! We began preparing healthy dishes made only with vegetables and inviting our family and friends over to share in the fun. It quickly became apparent our signature dish would be Annie's Pumpkin Lasagna ([chapter 2](#)), since everyone loved it. The rest is history!

Now, the idea is not for you to eat more—you're on a fast, so you're supposed to eat less. Use these recipes to make the most of the food you *are* eating during your fast, by

turn your plate down for one or two meals as you feel God leads—and only if your health permits. Please consult your doctor before making any changes to your diet.

The idea behind this recipe book is simply to educate you and to give you more healthy choices for you and your family as you embark on the Daniel fast. Those of you with spouses or family members who are not joining you on the fast will find this book invaluable. For those of you with children who are not fasting or who are picky eaters, there are some wonderful recipes in this book that will allow you to keep to the fast and also feed your family and not skip a beat when it comes to flavor! All of the Daniel fast recipes in [Section 1](#) are wheat, gluten, and dairy free as well as vegan! In addition, the ingredients used in all of these recipes are organic—we encourage you to use organic whenever possible. If this is not possible, we encourage you to use a fruit and vegetable wash on all nonporous fruits and vegetables. Additionally, with all of these recipes we use cold pressed extra-virgin olive oil because studies have shown that olive oil offers protection against heart disease by controlling LDL (bad) cholesterol levels while raising HDL (good) levels. For further information, see [www.healingdaily.com/detoxification-diet/olive-oil.htm](http://www.healingdaily.com/detoxification-diet/olive-oil.htm). Why cold pressed? Cold-pressed oil is produced with the use of a low heat technique, which keeps the flavor, nutritional value, and color of the oil. Although it is more expensive it is also of higher quality. For further information, see [www.wisegeek.com/what-is-cold-pressed-oil.htm](http://www.wisegeek.com/what-is-cold-pressed-oil.htm). One last comment: we like a lot of garlic and cilantro in our food, and our recipes reflect this. Feel free to adjust the amount of garlic or cilantro in any of the recipes in this book to suit your family's tastes.

People tend to think that to eat healthy means to eat yucky—not so. The secret is in how you season and prepare your food. These healthy recipes will not only show you different kinds of foods you might not have thought about before, but they also give you some great ideas on how to season and prepare your meals. It's all about choices, and the more informed you are, the more choices you'll have. After the fast is over, don't run out and get fast food! In [Section 2](#) we have included dozens of healthy recipes so you can transition from the Daniel fast to making healthy eating a lifestyle! In addition, the past dishes are wheat and gluten free.

Medical studies now confirm that a large percentage of the health problems in America are digestive related. According to the website *Digestive System Disorders*, digestive issues for the most part cause a number of diseases, such as colon, rectal, and stomach cancer; diarrhea; diverticular disease; digestive tract gas; heartburn; hepatitis; inflammatory bowel disease; irritable bowel syndrome; lactose intolerance; and stomach and duodenal ulcers. According to a recent article written on digestive disorders:

The function of the digestive system is to take the food and liquids that we put into our mouths and then either turn these foods and liquids into nutrients or energy needed by the cells of our body, or alternatively turn them into waste products that are then expelled by our body as bowel movements. When

something goes wrong with this everyday process and some part of the process doesn't work properly, the end result is one kind or another of a digestive system disorder. There are many common digestive system disorders.\*

In fact, almost any natural health practitioner will tell you that food, good or bad, plays a definitive part in your health. The Daniel fast is a wonderful way to begin a life of good eating and good health. When we started doing the Daniel fast many years ago in our church, we started at the beginning of the year, around January 7, and for the next twenty-one days we consumed vegetables, fruit, and water—only! We did the fast for a number of reasons. First of all, turning your plate down and using that time to spend with the Lord is always a good thing. Second, after the holidays, most of us had abused food so much with all the celebrating we had done that we actually looked forward to the fast. Third, after a few years, a number of our members began to experience the benefit of the fast, because not only did we lose weight but also we felt better. Symptoms our bodies had manifested—such as heartburn, diarrhea, and irritable bowel syndrome—began to disappear. (NOTE: These recipes should never be used in place of physician-prescribed medications or medical procedures prescribed by your doctor for any and all medical conditions.)

Back in 1999, after we had moved from New York to Florida, our girls, who were six and eight at the time, seemed to always be getting colds, runny noses, ear infections—something anyone with children knows something about. I grew tired of taking them to the doctor every so often just to have the doctor give them another antibiotic. I was sharing my frustrations about this with our dear friend Ruth Chironna. She asked me if I gave our girls cow's milk. "Of course," I replied. "What else is there to give them?" She told me to get them off of it and introduce them to rice milk. I immediately began introducing a little bit of rice milk mixed in with cow's milk until I had weaned them off of dairy altogether. That was over a decade ago, and I can count on one hand the number of times in the last decade when they've been really sick or had really bad colds—and they never had another ear infection. They are now eighteen and twenty and are for the most part extremely healthy! This extended into our food, and before we knew it, we were eating better and going to the doctor a lot less. Do we ever cheat and have that slice of pizza or a burger? Sure! But everything in moderation! Changing our diet to include more vegetables, fruit, no sodas, and more water has significantly altered our lives. We trust that as you employ these changes, starting with the Daniel fast recipes, you will experience the kind of health that God intended for us to enjoy!

Whether you begin the Daniel fast at the beginning of the New Year or want to start right now, we believe that *The Daniel Fast Made Delicious* is going to change the way you look at food, the way you prepare food, and the way you feel about food. Get started today! You're going to love these recipes!

What more can we say but...

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*Bon appétit!*

*Buen provecho!*

*Guten appetit!*

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\* DigestiveSystemsDisorders.com, “Digestive System Disorders,” [www.digestivesystemdisorders.com](http://www.digestivesystemdisorders.com) (accessed September 2, 2010)

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SECTION 1

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HEALTHY EATING  
ON THE DANIEL FAST

## Chapter 1

### BREAKFASTS



*Jesus said to them, “Come and have breakfast.”*

—JOHN 21:12





# Daniel's Fruit Fantasy

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*For a Daniel fast, we recommend that you drink 8–10 glasses of water each day and eat plenty of fresh fruit in the morning. For a quick breakfast on the run, choose two fruits from the following list along with a cup of tea or a decaffeinated grain beverage.*

- 1 apple (all varieties)
- 1 kiwi
- ½ papaya
- 1 mango
- 1 cup red, green, or black grapes
- 1 orange or tangerine
- 1 pink grapefruit
- 1 cup berries (strawberries, raspberries, blueberries, blackberries)
- 1 peach
- 1 apricot
- 1 pear
- 1 plum
- 1 cup watermelon, diced
- 1 cup cantaloupe, diced
- 1 cup honeydew, diced
- 4–6 prunes
- 1 banana

## **AFTER-THE-FAST-TIP**

After the fast has ended, don't go back to the old junk foods and fast foods that got you in trouble in the first place. The After-the-Fast Tips throughout this book were designed to aid you in adapting these foods for a healthy lifestyle long after your designated fasting time is over.

## **CARING FOR BODY, SOUL, AND SPIRIT**

During this special time of fasting remember to pray often throughout your day.

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sample content of The Daniel Fast Made Delicious: The Simple Fruit and Vegetable Fast That Will Nourish Your Body and Soul

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