

Take The 30 Days to Health

Challenge

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Starting off the New Year with the

“Master Cleanse”

&

“Daniel Fast”

Phase I

The Master

Cleanse

How to prepare for the Master Cleanse

“Easing in” to the master cleanse gives your body a chance to prepare for the fast. Most experts suggest a period of four to five days before you begin the actual lemonade diet. The following suggestions are intended to “ease” your body into the fast.

Day 1: Master Cleanse Preparation: Eliminate Unhealthy Foods On the first day of easing in, begin to develop more awareness about the foods you choose and notice which are fresh and raw. Begin to focus on these types of food and eliminate all processed foods, meat, dairy, alcohol, caffeine, and sugar. Choose organic whole foods.

Day 2: Master Cleanse Preparation: Fruits and Vegetables On Day 2, completely eliminate all processed foods, meat, dairy, alcohol, caffeine and processed sugars from your meals. Instead, opt for fresh, organic fruits and fresh, organic vegetables. Eat as much of your food raw as possible. Continue reading *The Master Cleanser*.

Day 3: Master Cleanse Preparation: Liquids Only Switch to a liquid diet to prepare your body and mind for the days ahead. If you have a juicer or blender, then make fresh vegetable and fruit smoothies and juices from organic produce. You can also make light vegetable soups and broths for this day.

Day 4: Master Cleanse Preparation: Orange Juice Only In *The Master Cleanser*, author Stanley Burroughs cautions readers to break their fast with a day of consuming only orange juice. Use this same strategy for the last day of the easing in period. Drink several glasses of fresh-squeezed, organic orange juice during the day. If you feel hungry, you can add a tablespoon or two of maple syrup to the juice. Also, drink plenty of water. At night, in preparation for starting the lemonade diet, take the laxative tea.

Day 5: Start the Master Cleanse Lemonade Diet Now your body is more prepared for the cleanse!

How to do The Master Cleanse * Lemonade Diet

The Master Cleanse consists of a strict daily regimen consisting of a morning salt water flush, 6 to 12 10oz glasses of Master Cleanse lemonade mixture, and a nightly laxative tea. During the fast, the calories and nutrients in your regular diet are replaced by those from the specially prepared lemonade, which must be taken a minimum of 6 times a day. As many glasses of lemonade as desired may be taken beyond the minimum required. Peppermint tea can be taken on occasion, and water can be taken as desired. Following the daily regimen strictly for a minimum of 10 days will give the best results.

1. Start each morning with a "Salt Water Flush" Burroughs emphasizes that the master cleanse eliminates toxins from the body, and he suggests helping the body along with laxative teas and salt-water cleansing. Salt Water Flush Directions • Add 2 level teaspoons of non-iodized sea salt to a full quart of lukewarm water. Drink the entire quart of salt and water first thing in the morning. NOTE: This must be taken on an empty stomach. Several eliminations will likely occur during the next hour. If elimination does not occur, increase the amount of salt slightly; if it is too forceful, reduce the salt-to-water ratio until the proper balance is found.
2. Drink 6 or more glasses of the Master Cleanse organic lemonade mixture throughout the day.

Master Cleanse Lemonade Recipe for Detox:

- 2 T organic lemon or lime juice
- 2 T organic Grade B "A Dark" Syrup
- 1/10 t cayenne pepper
- 10 oz spring or purified water
- **Drink 6 to 12 glasses per day.**

How to ease off the Master Cleanse Lemonade Diet

When you break a fast like the Master Cleanse, it is very important to slowly ease yourself back into your normal diet in order to avoid serious digestive problems. In The Master Cleanser, Stanley Burroughs recommends the following regimen at the end of your fast:

Day 1: Orange Juice Only Drink several 8oz glasses of fresh-squeezed organic orange juice as desired during the day. Drink it slowly. The orange juice prepares the digestive system to properly digest and assimilate regular food. If there has been any digestive difficulty prior to and during the change over, extra water may be taken with the orange juice.

Day 2: Orange Juice, Vegetable Soup Drink several 8oz glasses of fresh-squeezed organic orange juice during the day – with extra water if needed. Some time during the afternoon, prepare an organic vegetable soup (no canned soup) as described below. Make enough for 2 meals. Have the soup for the evening meal using the broth mostly, although some of the vegetables may be eaten. Organic whole grain rye wafers may be eaten sparingly with the soup, but no bread or crackers. Store the remaining soup in the refrigerator. Recipe for Vegetable Soup for Post-Cleanse Days 2 & 3 Use several kinds of organic vegetables: potato, celery, carrot, greens, onion, okra, tomato, squash, zucchini, green peppers.

Use one or two kinds of organic legumes: beans, split peas, lentils. Organic dehydrated vegetables or organic vegetable powder may be added for extra flavor. Organic brown rice may be added. Do not add any meat or meat stock. Use sea salt delicately as a limited amount of salt is necessary. The less cooking the better. Learn to enjoy the natural flavor of the vegetables.

Day 3: OJ, Soup, Veggies, Salad, Fruit Drink fresh-squeezed organic orange juice in the morning. At noon have some more of the organic vegetable soup. For the evening meal have whatever is desired in the form of organic vegetables, salads or fruit only. Do not eat meat, fish, eggs, bread, pastries, caffeinated tea or coffee, alcohol, sugar or milk. Day 4: Back to Normal, Healthy Eating Normal eating may be resumed. However, if, after eating is resumed, digestive distress or gas occurs, it is suggested that the lemonade diet be continued for several more days until the system is ready for food. A Fresh Start Many people desire to change their eating habits, but have difficulty doing so. The Master Cleanse gives you an opportunity to make a change in your diet by giving you a break from your normal habits. Stanley Burroughs emphasizes that in order to obtain lasting benefits from the Master Cleanse Lemonade Diet, following the cleanse a healthful diet should be maintained. If your goal is detoxification: Follow the above recipe. If you are underweight and are worried about losing weight while detoxifying, increase the amount of syrup in the mixture. If your goal is weight loss: In the past, it was recommended to use less maple syrup – as little as 1 TBSP per 10 oz glass – to maximize weight loss on the lemonade diet. However, using more maple syrup provides sustaining energy that allows many dieters to maintain the cleanse. Thus, individuals may be more likely to meet their weight loss goals using the same lemonade diet recipe that is recommended for detoxification, including 2 TBSP of maple syrup per glass. 3. Optional: Drink an occasional cup of organic peppermint tea (included in all Master Cleanse Kits) 4. End each day with an herbal laxative tea.

Phase II

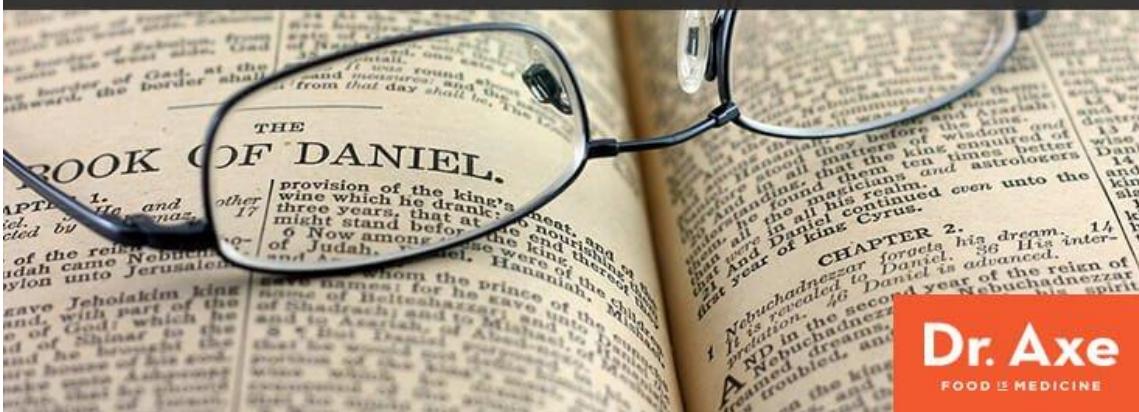
Daniel Fast

Daniel Fast: Benefits for Your Spiritual, Emotional & Physical Health



The DANIEL FAST

HISTORY, BENEFITS, & DIET



I want to introduce you to a secret healing therapy that can take your spiritual, physical and emotional health to a whole new level — it's called the Daniel Fast, and it includes many **Bible foods** that support healing.

[Read The Full Daniel Fast: Benefits and Food List](#)

Fasting is a natural discipline that can bring supernatural results. I've seen fasting work when nothing else will. Moses, Elijah, Esther, Ezra, Job, David, Peter, Paul, even *Jesus* ... fasted.

In fact, they didn't just fast for a day or two, but both Jesus and Moses fasted for 40 days! The Bible is filled with more than 70 references to fasting, but over the last several decades fasting has disappeared from the church and is only beginning to make a resurgence today. ([1](#))

What Is a Fast?

Fasting is abstaining from something like food, drink or entertainment for a period of time to create some type of benefit in body, mind or spirit.

There are many types of fasts, which include:

- Standard Fast (water only)
- Absolute Fast (no water or food)
- Partial Fast (restrict certain food and drink categories)
- **Intermittent Fast** (only eating during a small daily window, for example: 1 p.m.–6 p.m.)

There are many variations on these fasts, but they can all have spiritual benefits when we devote the time spent eating to focus on God and serving others.

If you are looking for a healing breakthrough in body, mind and/or spirit, then you may consider doing a Daniel Fast.

What Is a Daniel Fast?

Many people wonder what did Jesus eat? Did Jesus eat meat? The Daniel fast isn't based on what Jesus ate, but it is based upon what one of Jesus' followers consumed and this follower was not surprisingly Daniel.

The Daniel Fast or Daniel Diet is based upon the prophet Daniel's dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It's a partial fast that focuses very heavily on vegetables and other healthy whole foods, but leaves out any animal sources of protein. Many users of this biblically-based fasting method follow it for 21 consecutive days. ([2](#))

The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

- Daniel 1:12, which states, "Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink." ([3](#))
- Daniel 10: 2-3, which says, "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." ([4](#))

You may be familiar with the Daniel Fast already if you've read *The Maker's Diet Revolution* by Jordan Rubin. The Daniel Fast only includes clean foods as described in Leviticus 11. ([5](#)) Unclean foods in the Bible include things like **pork** and shellfish.

So does the Bible say not to eat shrimp? Actually, it does in Deuteronomy 14:10 where it states “And whatever does not have fins and scales you shall not eat; it is unclean for you.” (6) Shrimp is a type of **shellfish** and as such it does not contain fins or scales. There are also some fish, such as swordfish and shark, that should also be avoided if you’re following a Biblical diet because these sea creatures do not have both fins and scales. For more info, check out the infographic: [Which Animals Does the Bible Designate as ‘Clean’ and ‘Unclean’?](#)

Knowing clean and unclean animal proteins according dietary laws in the Bible is helpful to know, but while on the Daniel Fast you won’t be consuming any protein from animal sources at all.

Daniel Fast: Food List

According to our understanding of the Hebrew definition of “pulse” that was used in the verse for vegetables can actually mean a range of foods. Here is the Daniel Fast food list of what you are allowed to eat:

Beverages

- Water only — it must be purified/filtered; spring or distilled water is best
- Homemade almond milk, coconut water, **coconut kefir** and vegetable juice

Vegetables (should form the basis of the diet)

- Fresh or cooked
- May be frozen and cooked but not canned

Fruits (consume in moderation 1–3 servings daily)

- Fresh and cooked
- Ideally low **glycemic index** fruits like stone fruits, apples, berries, cherries and citrus fruits
- May be dried but should not contain sulfites, added oils or sweeteners
- May be frozen but not canned

Whole grains (consume in moderation and ideally **sprouted**)

- Brown rice, oats quinoa, **millet**, amaranth, buckwheat, barley cooked in water

Beans & Legumes (consume in moderation)

- Dried and cooked in water

- May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

Nuts & Seeds (sprouted are best)

- Raw, sprouted or dry roasted with no salt added
-

Common Foods for Daniel Fast

Here is a list of some common foods you can consume while following a Daniel Diet plan:

Vegetables (preferably organic and fresh or frozen)

- Artichokes
- **Asparagus**
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- **Cauliflower**
- Celery
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- **Mustard greens**
- Okra
- Onions
- Peppers
- Potatoes
- Radishes
- Rutabagas
- Scallions
- Spinach
- Sprouts
- Squash
- Sweet potatoes
- **Tomatoes**

- Turnips
- Yams
- Zucchini

Fruits (preferably organic and fresh or frozen)

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconuts
- Cranberries
- Dates
- **Figs**
- Grapefruit
- Grapes
- Guava
- Honeydew melons
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- **Pineapples**
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Legumes (preferably organic)

- Black beans
- Black-eyed peas
- Garbanzo beans

- Kidney beans
- Lentils
- **Mung beans**
- Pinto beans
- Split peas

Nuts & Seeds (preferably organic, raw, unsalted and soaked/sprouted)

- Almonds
- Cashews
- **Chia seeds**
- Flaxseeds
- Pumpkin seeds
- **Sesame seeds**
- Sunflower seeds
- Walnuts

Whole Grains (preferable organic)

- Amaranth
- Barley
- **Brown rice**
- Millet
- Quinoa
- Oats (groats soaked)

Liquids

- Water (spring, distilled, filtered)
 - Vegetable juice (fresh pressed)
 - **Coconut milk**
 - Coconut kefir
 - **Almond milk**
-

Foods to Avoid

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And, I want to mention that on the Daniel Fast some allow sea salt or **Himalayan salt** and others

do not. My recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

- Iodized salt
- Sweeteners
- Meat
- Dairy products
- Breads, pasta, flour, crackers (unless made from sprouted ancient grains)
- Cookies and other baked goods
- Oils
- Juices
- Coffee
- Energy drinks
- Gum
- Mints
- Candy

NOTE: Nutritional supplements are optional. If any are taken while on the fast then they would preferably be in line with the accepted foods/ingredients that are listed.

the DANIEL FAST

FOODS TO **ENJOY**

FRUITS

preferably organic and fresh or frozen



- | | |
|--------------|--------------|
| APPLES | LEMONS |
| APRICOTS | LIMES |
| AVOCADOS | MANGOES |
| BANANAS | MELONS |
| BLACKBERRIES | NECTARINES |
| BLUEBERRIES | ORANGES |
| CANTALOUPE | PAPAYAS |
| CHERRIES | PEACHES |
| COCONUTS | PEARS |
| CRANBERRIES | PINEAPPLES |
| DATES | PLUMS |
| FIGS | PRUNES |
| GRAPEFRUIT | RAISINS |
| GRAPES | RASPBERRIES |
| GUAVA | STRAWBERRIES |
| HONEYDEW | TANGERINES |
| MELONS | WATERMELON |
| KIWI | |

VEGETABLES

preferably organic and fresh or frozen



- | | |
|-----------------|----------------|
| ARTICHOKES | MUSHROOMS |
| ASPARAGUS | MUSTARD GREENS |
| BEETS | OKRA |
| BROCCOLI | ONIONS |
| BRUSSEL SPROUTS | PARSLEY |
| CABBAGE | PEPPERS |
| CARROTS | POTATOES |
| CAULIFLOWER | RADISHES |
| CELERY | RUTABAGAS |
| COLLARD GREENS | SCALLIONS |
| CORN | SPINACH |
| CUCUMBERS | SPROUTS |
| EGGPLANT | SQUASH |
| GREEN BEANS | SWEET POTATOES |
| KALE | TOMATOES |
| LEeks | TURNIPS |
| LETUCE | YAMS |
| | ZUCCHINI |

LIQUIDS



- | | |
|-------------------------------------|---------------|
| WATER (SPRING, DISTILLED, FILTERED) | COCONUT MILK |
| VEGETABLE JUICE (FRESH PRESSED) | COCONUT KEFIR |
| | ALMOND MILK |

LEGUMES

preferably organic



- | | |
|-----------------|-------------|
| BLACK BEANS | LENTILS |
| BLACK-EYED PEAS | MUNG BEANS |
| KIDNEY BEANS | PINTO BEANS |
| | SPLIT PEAS |

NUTS & SEEDS

preferably organic, raw, unsalted & soaked/sprouted



- | | |
|--------------------------|-----------------|
| ALL NUTS (RAW, UNSALTED) | SUNFLOWER SEEDS |
| PUMPKIN SEEDS | WALNUTS |
| ALMONDS | FLAXSEED |
| CASHEWS | CHIA SEEDS |

WHOLE GRAINS

preferably organic



- | | |
|------------|----------------------|
| AMARANTH | QUINOA |
| BARLEY | OATS (GROATS SOAKED) |
| BROWN RICE | |
| MILLET | |

NOTE: Nutritional supplements are optional - but any taken would preferably be in line with the ingredients that are listed.

FOODS TO **AVOID**

- | |
|---|
| IODIZED SALT |
| SWEETENERS |
| BREADS, PASTA, FLOUR, CRACKERS, COOKIES |
| JUICES |

- | |
|----------------|
| ENERGY DRINKS |
| DAIRY PRODUCTS |
| GUM |
| MINTS |

- | |
|--------|
| COFFEE |
| CANDY |
| MEAT |
| OILS |



Fasting Benefits

There are numerous benefits to Daniel-type fasting, but it all starts with an inward, spiritual motivation. Below are just some of the incredible benefits of fasting.

“This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth.” – Isaiah 58:6

Spiritual Benefits of Fasting

Spiritual benefits are a top reason for fasting and may include: (7)

- Fasting brings you closer to God
- Fasting makes you more sensitive to God's voice
- Fasting helps break bad habits or even addictions
- Fasting shows us our weakness and allows us to rely on God's strength

Mental & Emotional Benefits of Fasting

Fasting benefits are different from person to person, but the following have been known to occur: (8)

- Fasting relieves anxiety and nervousness
- Fasting can increase peace and shalom
- Fasting clears your mind of negative thoughts and feelings
- Fasting can help heal relationships in your life that have been stressful
- Fasting decreases **brain fog**
- Fasting helps increase your ability to trust God
- Fasting clears out toxins that can make you feel sluggish or depressed

Physical Benefits of Fasting

Some benefits to the physical body have been known to include: (9)

- Fasting helps break **addictions to sugar**
- Fasting supports the body's detoxification
- Fasting promotes healthy weight loss
- Fasting promoted healthy energy levels
- Fasting improves skin health
- Fasting promotes healthy digestion and elimination
- Fasting supports healthy inflammation response and promotes joint comfort
- Fasting promotes healthy **hormonal balance**

Fasting Benefits: Spiritual, Physical, Mental and Emotional

When you fast and pray — two words that go hand-in-hand in scripture — *you pursue God in your life* and open yourself up to experiencing a renewed dependence on God, but it isn't easy. It is a spiritual discipline that requires denying your physical and mental self because your stomach and your brain will most likely work overtime to remind you when and what they want to eat!

As I mentioned earlier, Daniel wasn't the only one in the Bible who fasted. There were others, but you don't have to be a "spiritual giant" like Daniel or put yourself through torturous fasts to draw closer to God. However, fasts can help focus your spirit, heart and mind on God and not your own eating and drinking desires. In fact, before you begin your fast, you can make a list of prayer requests you are asking God to answer. Then, every time you experience hunger pangs or food or drink cravings, ask God to work in those prayer request areas.

Also, I recommend spending quiet time with God each day and read passages of scripture from the Bible. You don't have to be legalistic about this. There are many quality devotionals out there, so just choose one or ask a friend you trust to recommend one. After all, it's about your relationship with God, not your performance for God.

I also suggest journaling during your fast so that you can write down what you believe God is directing you in. For whatever reasons, many people say that they "hear" God more clearly during a fast than other times.

Isaiah 58:6,8 says "Is not this the kind of fasting I have chosen: to set the oppressed free and break every yoke?... Then your light will break forth like the dawn, and your healing will quickly appear." ([10](#)) The truth is that "healing" can take place spiritually, physically and mentally when you fast.

We've discussed some of the spiritual aspects, but there are also specific physical and mental benefits to fasting, which happens to be one of the oldest therapies in medicine. In fact, Hippocrates, the Father of Medicine, believed that fasting enabled the body to heal itself. ([11](#)) How? During a fast, many systems of the body are given a break from the hard work of digesting foods that it normally has to manage. The extra energy the body gains gives the body a chance to restore itself, while the burning of stored calories gets rid of toxic substances stored in the body.

Here's another example. The digestive tract is the body area most exposed to environmental threats, including bacteria, viruses, parasites and toxins. Plus, most of your immune system is in your digestive tract, so it needs to be in top shape. When food is broken down in the intestines, it travels through the blood to the liver, the largest organ of the body's natural detoxification system. The liver breaks down and removes the toxic by-products produced by digestion, including natural ones and the chemicals which are typically present in our food supply and often on our daily menus. During a fast, the liver and **immune system** are essentially freed up to detoxify and heal other parts of the body.

Now let's talk specifically about the elements of the Daniel Fast, including vegetables, fruits and water. The dietary fiber, vitamins, minerals, and **antioxidants in vegetables and fruits** help to add vibrancy to your health. (12) A diet high in vegetables and fruits is known for halting bodily inflammation and oxidation — two primary processes that can lead to ill health. No wonder Daniel and his friends looked better than the others!

The Importance of Water

Then there's the water factor. The body is made up of approximately 60 to 70 percent water, and the body needs water to make new cells of all types, including blood cells, bone cells and skin cells. (13) Additionally, every organ and bodily system requires water to function correctly and healthily. Likewise, drinking enough water keeps your **lymphatic system** in tip-top shape so that wastes and toxins are removed from your body.

Water also keeps your joints lubricated, delivers nutrients to your nervous system, helps the blood transport oxygen and other essential nutrients to your cells, and even makes it so your heart doesn't have to work as hard pumping blood through your body. Water regulates your metabolism, too, and aids in digestion and body temperature control. An added bonus is that adequate water intake hydrates your skin cells and plumps them up.

Getting enough water also keeps your metabolism motoring, can help you feel fuller and can keep your weight in check. (14)

After a fast, including the Daniel Fast, people report a combination of spiritual, physical and mental benefits, including a closer relationship with God, answered prayers, a better state of health, freedom from food or beverage addictions, more energy, clearer thinking, a more positive attitude, feeling lighter and much more.

The Daniel Fast Story

Daniel was among the best and the brightest of the Israelites of his time. In the book of Daniel in the Bible, the backdrop is set: King Nebuchadnezzar of Babylon had seized Jerusalem, the capital city of Judah, and had taken King Jehoiakam captive and overrun God's temple.

As the victor, King Nebuchadnezzar had the power to select and "enlist" young Israelite men to serve in his Babylonian palace, and he wanted only the best. So, he chose young men from wealthy, influential families who are strong, handsome and intelligent, and who exhibited strong leadership qualities.

So, Daniel and some of his friends were “enlisted” in a three-year training time prior to entering the king’s service, and King Nebuchadnezzar appointed his chief official to be in charge of them and the other leaders-in-training.

Here’s the scenario: Daniel and his buddies — devout Israelites — are placed in a pagan palace to be trained up to serve a pagan king, a process complete with a prescribed diet of food and wine from the king’s own table. Most historians agree that the king’s menu most likely included food that had been sacrificed to idols and/or meat from unclean animals, both of which are strictly forbidden by Jewish dietary customs.

Daniel, being a winsome man of conviction, asks to eat only vegetables and to drink only water instead of what’s on the king’s menu. That request was acknowledged by (not approved by) the king’s chief official, but he didn’t want to risk Daniel and his friends looking unhealthy or frail by not eating what the other recruits ate. Since Daniel couldn’t get the king’s chief official to agree to the veggie and water diet, he asked the guard appointed to care for Daniel and his three friends instead.

It took some convincing, but Daniel’s request was granted. Here was the deal. Daniel said, “Please test your servants for ten days. Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food and treat your servants in accordance with what you see.” (Daniel 1: 12-13)

The guard agreed.

After ten days of only “pulse” — which consists of vegetables, fruits, seeds and grains — and water, Daniel and his comrades were brought before the King.

The results? Their health and appearance “appeared better than all the young men who consumed the ‘best’ food of the land from the very table of the king.”

Fast forward three years and beyond—while still eating only the pulse and water diet—and Daniel still outperformed those who ate the king’s delicacies. In fact, the king found Daniel and his buddies were “ten times better than all the magicians and astrologers that were in all his realm.”

Ten times better!

What’s more is that Daniel outlived the king and advised the king’s grandson, Belshazzar, roughly 70 years after the reign of Nebuchadnezzar began!

That’s the story of Daniel’s 10-day fast that turned into three years as well as how it benefited him into his later years — which brings me to the 21-day Daniel Fast that is also mentioned in the Bible

The tenth chapter of Daniel describes how he ate “no choice food; no meat or wine touched [his] lips” (Dan. 10:3) for three weeks.

At this point in time, Daniel is approximately 85 years old, well beyond the years when he was a young man in King Nebuchadnezzar's palace. However, Daniel was still attentive to what God had for him to do, which was also reflected in his diet.

For example, in Daniel 10, Daniel gets a vision from God about the future plight of the Jewish people for rejecting the Messiah and the gospel, leading Daniel into a state of sorrowful mourning that leads to his 21-day fast.

In Hebrew, the words "choice food" suggest that Daniel refused desirable foods, most likely breads and sweets or at least foods which were considered tasty. Once again, Daniel trimmed his diet down to the basics — only for sustenance, not indulgence or personal satisfaction — so that he could focus on the spiritual, not his personal needs or wants.

And while there certainly are spiritual benefits to fasting, physical and mental benefits can occur as well.

Are you ready to experience the incredible benefits of doing a Daniel Fast? If so then plan out your fast and try some of these healthy Daniel Fast recipes.

Daniel Fast Recipes

While most fruits and vegetables are edible as is, sometimes it's nice to have recipes, so here are a few to get you started on your Daniel fast. Enjoy!

Granola

Ingredients:

- 1 cup crushed almonds
- 1 cup oats
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1/2 cup coconut flakes
- 1 cup honey
- 1 teaspoon cinnamon

Directions:

1. Mix all together and spread out on a non-stick cookie sheet.
2. Bake 20 minutes in a 250-degree preheated oven.
3. Stir and continue to bake another 20 minutes, stirring periodically to prevent burning. The granola should be lightly browned.

4. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags.
5. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.



Minestrone Soup

Ingredients:

- 8 cups vegetable stock
- 1½ cups of dried garbanzo beans
- 2 cups dried red kidney beans
- ½ cup carrots
- 3 medium tomatoes (or one 14-ounce can of unsweetened, unsalted Italian tomatoes)
- ½ cup fresh parsley
- 1 cup cabbage
- ¼ teaspoon oregano
- ¾ teaspoon basil
- ¼ teaspoon thyme
- ½ cup celery
- ½ cup onion
- 1 clove garlic
- 1 package spinach noodles, cooked
- sea salt, to taste

Directions:

1. Soak garbanzo and kidney beans overnight, drain and rinse.
2. Peel and dice tomatoes.
3. Cook and drain garbanzo and kidney beans as per directions on package.
4. Mince garlic and parsley.
5. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat for 5 to 7 minutes.
6. Stir in cooked and drained garbanzo beans, kidney beans, diced tomatoes and minced herbs.
7. Bring to a simmer, then turn heat down and simmer 10 minutes.
8. Stir in cabbage and parsley with lid partially on for about 15 minutes or until cabbage is tender.
9. Add more soup stock or tomatoes as needed. Serve over cooked spinach noodles.



Black Bean Soup

Ingredients:

- 8 cups vegetable stock
- 1 cup celery
- 1 potato
- 2 garlic cloves
- 1 teaspoon honey
- 2 bay leaves
- 1 pound of black beans, soaked overnight, rinsed and drained
- 1 yellow or red pepper
- 1 cup carrots, diced
- 2 tablespoons cilantro
- 1 tablespoon parsley
- 2 tablespoons marjoram
- 1 whole onion
- sea salt, to taste

Directions:

1. Place beans in pot with vegetable stock, whole onion and bay leaves.
2. Bring to a boil and cook 2-½ hours or until beans are tender.
3. Remove onion and bay leaves.
4. Chop onion, pepper and celery.

5. Grate carrots and potato on cheese grater.
6. Mince garlic and sauté in a tablespoon of olive oil until tender.
7. During last hour of cooking, combine vegetables and seasonings with beans.
8. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender



Stir Fry Vegetables

Ingredients:

- 1 red onion, sliced
- 3 stalks celery, thinly sliced
- $\frac{1}{2}$ cup broccoli, chopped
- 1 bell pepper, sliced
- 3 carrots, peeled and sliced
- $\frac{1}{2}$ cup cauliflower, chopped
- 1 cup zucchini, thinly sliced
- 1 cup yellow squash, thinly sliced
- 1 teaspoon sea salt
- 1 tablespoon Asian seasoning (or a mix of garlic powder, onion powder, ginger powder and black pepper)

Directions:

1. Stir-fry all vegetables in 1 to 2 tablespoons of olive oil until tender.
2. Add salt and seasoning.
3. Serve alone or over brown rice.



Harira

[Serves 4] (Note: Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.)

Ingredients:

- 2 tablespoons healthy oil, such as coconut oil or olive oil
- 1 cups chopped onion
- $\frac{1}{2}$ cups chopped celery
- 2 cups warm water
- pinch of saffron threads
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon peeled fresh ginger, minced
- $\frac{1}{4}$ teaspoon ground red pepper
- $\frac{1}{4}$ teaspoon ground cinnamon
- 2 garlic cloves, minced
- 2 cups organic mushroom broth
- $1\frac{1}{2}$ cups chopped and seeded plum tomatoes
- $\frac{1}{2}$ cup dried small red lentils
- 2 15-ounce cans no-salt-added chickpeas, drained
- 3 tablespoons chopped fresh cilantro

- 3 tablespoons chopped fresh parsley

Directions:

1. Heat oil in a large saucepan on medium heat.
2. Add onion and celery and sauté 4 minutes or until tender.
3. Combine 2 cups warm water and saffron; let stand 2 minutes.
4. Add $\frac{1}{4}$ teaspoon salt, ginger, red pepper, cinnamon and garlic.
5. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils and chickpeas.
6. Bring to boil; then reduce heat.
7. Simmer 20 minutes or until lentils are tender.
8. Stir in cilantro, parsley and remaining $\frac{1}{4}$ teaspoon salt.



Daniel Fast Frequently Asked Questions (FAQ LIST)

First off, if you are pregnant or a nursing mother or are on a special diet of any sort for health reasons, then you should not go on the Daniel Fast without the approval of your primary healthcare professional.

Otherwise, here are some frequently asked questions you may want to know about.

1. What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. That is why I suggest organic, fresh or frozen foods.

2. What about pasta?

Make sure the label says whole grain or vegetable-based pasta like quinoa, black bean or brown rice with no additives or sugar. But, the diet should consist mostly of vegetables and fruits.

3. What about roasted nuts?

Try to stick to organic, raw, unsalted nuts and/or soaked or sprouted ones. These are harder to find, so if you have to choose roasted nuts, then get plain roasted, unsalted nuts with no preservatives.

4. How do I get enough protein in my diet while on the fast?

Protein-rich foods allowed on the Daniel Fast are almonds, sunflower seeds, lentils, quinoa, brown rice, split peas and some whole grains. Be sure you eat plenty of those.

5. What about salad dressing?

Salads are great on the Daniel Fast. Use olive oil combined with lemon or lime juice as salad dressing options.

6. Do I need to eat organic foods while on the fast?

You don't have to eat organic, but I recommend it because opting for organic keeps toxins out of your foods, meaning no use of chemically formulated fertilizers, growth stimulants, antibiotics or pesticides.

7. Can I go out to eat?

Yes; you can. Just make sure what you get is compliant with the Daniel Fast, such as a salad with olive oil and a baked potato with no extras on it.

8. What about bread?

If you eat bread, then I would only recommend a sprouted or sourdough bread that comes from ancient grains.

9. How much can I eat?

As long as your food choices fit the Daniel Fast, then you can eat all and as often as you want until you are satisfied!

PHASE III

KEEP GOING!

If you have completed both the Master Cleanse and the Daniel Fast you should be looking great, feeling amazing, and ready to tackle the New Year!

Check out our website

FarmersNaturalFoods.com

For more information, healthy recipes and upcoming Classes and Lectures on healthy lifestyle choices and fun educational events.

Or Stop by the Store. Our Staff is always happy to talk to you and help you navigate your way to health.



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