

NEW HORIZON CHURCH

DANIEL FAST

NUTRITIONAL GUIDE

NUTRITION, RECIPES, TIPS, AND MORE



RESOURCE GUIDE

Welcome to the Daniel Fast Nutritional Resource Guide, a companion book designed to help you navigate the practical aspects of this powerful spiritual journey. The Daniel Fast is much more than a temporary diet—it's an opportunity to deepen your relationship with God, aligning your body, mind, and spirit in focused devotion. While the Daniel Fast Book explores the spiritual depth of this journey through devotionals and prayer, this guide is here to provide you with the practical tools and tips to succeed in the physical aspects of the Daniel Fast.

Inside this book, you'll find:

Nutrition Basics: Clear guidelines on what to eat and avoid during the fast.

Meal Plans and Recipes: Creative, delicious, and simple ideas to keep you nourished and satisfied and links to more recipes online.

Helpful Tips: Practical advice for overcoming challenges and sustaining energy throughout the fast.

Whether you are doing the Daniel Fast for the first time or are seasoned in the Daniel Fast, this guide will help you approach the Daniel Fast with confidence and ease. While this resource focuses on the "how," we encourage you to read the 2026 Daniel Fast book for a deeper connection to the "why." It offers devotionals, prayer guides, and insights to strengthen your faith and guide your fast. Keep that book with you throughout the fast and journal any revelations from the Lord.

May this practical resource help you experience the fullness of the fast—body, soul, and spirit—and draw you closer to the One who sustains and satisfies.

To read the 2026 Daniel Fast Devotional and access the Daniel Fast website, scan this QR code. Physical copies are available at New Horizon Church.



THE DANIEL FAST:

FASTING FOODS:

Abstain from meats, sweets, and wine, embracing a simpler diet to help tune into God's voice.

CONSISTENT PRAYER:

Dedicate 3 times daily to prayer for 21 days, inviting God's power and seeking His guidance.

LISTENING:

Create space for God's strategies and answers.

FOODS TO EAT ON A TRUE DANIEL FAST

- **All Fruits:** These can be fresh, frozen, dried, juiced or canned (no added sugar)
- **All Vegetables:** These can be fresh, frozen, dried, juiced or canned *Veggie burgers are an option if you are not allergic to soy*
- **All Whole Grains:** Barley, Oats, Whole Wheat, Brown Rice, Popcorn (no butter), Oatmeal (plain), Grits (no butter), Quinoa, Rolled Oats, Millet, Rice Cakes (plain), Whole Grain Pasta, Whole Grain Tortillas, Bulgur Wheat, Farro
- **All Nuts & Seeds:** All Nuts (raw, unsalted), Almonds, Sprouts, Cashews, Peanuts, Sunflowers, Flax, Sesame, Walnuts; All Nut Butters that are all-natural, including almond and peanut butter (no sugar added)
- **All Legumes:** These can be canned or dried; All Beans (Black, Cannellini, Garbanzo (Chickpeas), Great Northern, Green, Kidney, Pinto, White); All Peas (Black Eyed Peas, Green Peas, Split Peas), Lentils
- **Oils:** Olive, Avocado, Coconut, Grapeseed, Sesame
- **Liquids:** Lots of Water, Unsweetened Soy Milk, Almond Milk, Coconut Milk, Rice Milk, 100% Fruit/Vegetable Juice (no added sugar)
- **Other:** Tofu, Salt & Pepper, Herbs & Spices, Seasonings, Soy Products, Vinegars

A SIMPLE GUIDE

FOODS TO AVOID ON A TRUE DANIEL FAST

- **Meat & Animal Products:** Meat, Poultry, Fish
- **Dairy Products:** Butter, Cheese, Cream, Eggs, Milk, Yogurt
- **Sweeteners:** Sugar (raw, refined), Sugar Substitutes (Splenda, sucralose, etc.), High Fructose Corn Syrup (found in many foods), Cane juice (found in many foods), Molasses
- **Leavened Bread & Yeast**
- **Refined & Processed Food Products:** White Bread, Flour & White Rice, Food Additives
- **Deep-Fried Foods:** Corn Chips, French Fries, Potato Chips
- **Solid Fats:** Lard, Margarine, Shortening
- **Beverages:** Alcohol, Carbonated Drinks, Coffee, Energy Drinks, Caffeinated Tea

While the Daniel Fast eliminates meats, sweets, and wine, there are some gray areas regarding the fast, offering a few different ways to approach it. Prayerfully decide where you want to land on these gray areas according to your own convictions and stick to it throughout your fast. Here are some gray areas to consider:

- NATURAL SWEETENERS (HONEY, AGAVE, DATE SYRUP, ETC)
- WHOLE WHEAT BREAD
- EGGS
- CHEESE
- MILK
- YOGURT

A NOTE ON SUGAR

If you want to include natural sugars on your Daniel Fast, you can sweeten foods with agave nectar. Agave is found next to the honey, but it doesn't have as strong of a flavor. This will not only satisfy your sweet tooth, but it will also boost your confidence that you can overcome sugar cravings.

Be careful about items labeled "sugar-free" as these usually contain artificial sweeteners that can increase sugar cravings and are not nutritionally beneficial.

FOODS & PROTEIN

Doing the Daniel Fast can be daunting as you step out into different foods. What is available to you that is already Daniel fast-friendly? Stock up on all the fruits and vegetables you can eat and remember to shop smart—you do not want to over-buy. Be realistic in how many servings you can or will eat per day.

The thought of not eating meat can make you feel that you will be hungry. Here is an overview of some of the great foods you can eat while doing the Daniel Fast as well as the protein content of each. You don't have to suffer a protein deficiency by doing these 21 days of different!

Fruits:

All types and any kind. Expand your fruit vocabulary and surprise your taste buds! Basic fruits available in January, during the Daniel Fast, are limited but you can stock up on unsweetened dried fruits. Typically, fruit does not contain protein. Here are some seasonal fruits in January:

- Apples
- Oranges
- Pears
- Grapes – Frozen grapes are a good standby
- Kiwis

Vegetables:

All types and any kind. They are vital to your health and aid in keeping you full. As we drop meat from our diet, you would be surprised to know how much protein is in vegetables.

- Broccoli/ Cauliflower/ Cabbage 1 cup = 2–4 g protein
- Peppers 1 cup = 1g protein
- Carrots 1 cup = 1g protein
- Tomatoes 1 cup = 1g protein
- Spinach 1 cup = 1g protein
- Leafy Greens 1 cup = 2g protein
- Sweet Potatoes 1 cup = 4g protein

Complex carbs:

There is a good amount of protein in the following complex carbs. These are based on one cup of cooked grain.

- Beans 1 cup = 15g protein
- Lentils 1 cup = 16g protein
- Whole-grain rice 1 cup = 5g protein
- Barley 1 cup = 4g protein
- Quinoa and amaranth 1 cup = 8g protein
- Spelt and Teff 1 cup = 10-11g protein

Nuts:

Nuts are a healthy, nutritious source of protein. Raw almonds and pistachios have the highest amount of protein and the least number of fat/calories. They can also lower your cholesterol. Try them all-natural—they taste great without the salt.

- Almonds 1 cup = 33g protein
- Sunflower Seeds 1 cup = 23g protein
- Peanuts 1 cup = 38g protein

Healthy fats:

- Avocados 1 cup = 5g protein
- Olive oil, avocado oil, and coconut oil

Alternative protein sources:

There are other vegetable-type protein sources for you to try.

- TVP (Textured Vegetable Protein) is made from processed, dehydrated soy flour (dried soybeans). It has 12g protein in $\frac{1}{4}$ cup and is a complete protein. It works great as a ground beef substitute and is very versatile. Opt for organic TVP if possible.
- Tofu, Tempeh and Edamame are all from soybeans and are a complete protein and contain 10-19g protein in 3.5 oz.
- Seitan – made from gluten, the main protein in wheat. It has 25g protein in 3.5 oz.
- Nutritional Yeast is a cheesy flavored item that contains 14g protein per 1 oz. Sprinkle on salads and pastas as you would parmesan cheese.

Be creative with rice, grain, and these plant protein sources. Create festive tacos or wraps by using whole-grain tortillas, a sprig of cilantro, a spritz of fresh lime, and garden salsa. Slice up Spicy Italian Sausage Tofurkey, sauté with peppers and red onion and serve over hot brown rice.

If you must have the meat flavor, try using substitutes. There are several brands available at the grocers. Be aware that some may contain small traces of egg white or milk if you are choosing to avoid any animal products.





Visual Guide to Plant-Based Protein

18g (1 cup)	15g (1 cup)	12g (1 cup)	13g (1 cup)	11g (1/4 cup)	9g (1 cup)	Tennis Ball
9g (1 oz. / 21 seeds)	9g (1 cup)	8g (2 Tbsp.)	7g (1/2 cup dry)	6g (1/4 cup)	6g (1 oz.)	Apple
5g (cooked) (1 cup)	5g (cooked) (1 cup)	4g (cooked) (1 cup)	3g (1 Tbsp.)	2g (1 cup)	2g (1/4 cup)	Orange



REFERENCE

Visual Guide to Plant-Based Protein (continued)

All of these meal options provide 25g+ of complete protein

25g



- 1 cup cooked quinoa
- 1 cup cooked broccoli
- 1 cup chickpeas

28g



- 1 cup cooked brown rice
- 1 cup cooked lentils
- 1 cup cooked spinach

26g



- 1/2 cup dry oats
- 2 Tbsp. peanut butter
- 1 cup soy milk
- 1/4 cup dried fruit

25g



- 1/4 cup hemp seeds
- 1 Tbsp. chia seeds
- 1 oz. SaviSeeds
- 1/4 cup dried fruit

Good, Better, Best: Plant-based Protein Choices

%DV

Good

Better

Best

Vegetables
(1 cup, cooked)



8%
4g

Asparagus



8%
4g

Broccoli



11%
5g

Spinach

Whole Grains
(1 cup)



11%
5g

Brown Rice



12%
6g

Millet



18%
9g

Quinoa

Beans
(1 cup)



27%
13g

Kidney Beans



30%
15g

Black Beans



36%
18g

Lentils

Nuts
(1 oz.)



8%
4g

Walnuts



12%
6g

Almonds



14%
7g

Peanuts

Note the US Daily Value (DV) for protein is 50 grams



Visual Guide to Plant-Based Protein (continued)

Cooking Plant-based Proteins: a Quick Guide



15 - 20 minutes

HOW TO COOK QUINOA

With a light, fluffy texture quinoa balances nicely with legumes to form a complete protein. Before cooking quinoa, you must rinse it thoroughly—the seeds are naturally coated in a bitter resin called saponins. While safe to consume, quinoa is more palatable when completely rinsed. Cook quinoa like rice, at a 1:2 quinoa-to-water ratio for 20 minutes.



30 - 45 minutes

HOW TO COOK LENTILS

These protein-rich legumes are delicious when flavored with curry powder or paste. Bring a large pot to a boil with 2 cups of water or vegetable broth. Add in rinsed lentils and simmer for 30 minutes, uncovered. If you're using green lentils, you may need to increase this cooking time to 45 minutes. Before serving, stir in lemon juice, curry powder or paste, and spinach, and season with salt and pepper to taste.



5 - 90 minutes

HOW TO COOK VEGETABLES

If you're going to cook your veggies, it's best to leave the skins on to retain the most nutrients. The best method of cooking is steaming, blanching, or roasting—the less contact the vegetable has with water the better, so nutrients don't leech from the vegetables.

SUPERFOODS

Superfoods are foods that are calorie-deficient and nutrient-dense. They carry high amounts of vitamins and minerals as well as antioxidants. Imagine a superfood—not a drug—powerful enough to help you lower your cholesterol, reduce your risk of heart disease and cancer, and, for an added bonus, put you in a better mood. Did we mention that there are no side effects? You'd surely stock up on a lifetime supply!

These life-altering superfoods are all a part of the Daniel fast. "The effect that diet can have on how you feel today and in the future is astounding," says nutritionist Elizabeth Somer, author of *Nutrition for a Healthy Pregnancy, Mood, and The Essential Guide to Vitamins and Minerals*. "Even people who are healthy can make a few tweaks and the impact will be amazing," Somer says. "I'd say that 50% to 70% of suffering could be eliminated by what people eat and how they move: heart disease, diabetes, cancer, hypertension can all be impacted."

Superfoods:

- Avocados
- Beans and Lentils
- Blueberries
- Cranberries
- Strawberries
- Blackberries
- Broccoli
- Cabbage
- Cauliflower
- Brussel Sprouts
- Oats
- Oranges
- Pumpkin
- Quinoa
- Soy
- Spinach and Other Greens
- Tomatoes
- Walnuts
- Yogurt (if including in your fast)



MEALS

Breakfast

Oatmeal or any combination of the grains listed above is a great way to start your day. Quinoa, amaranth, and teff mix wonderfully together! Add some toasted pine nuts, sunflower seeds, and dried cranberries for a filling and satisfying breakfast.

Cold cereals (watch for sugar content) with soy, almond, macadamia, or hemp milk can be found at any health foods grocery store. Whole grain and sprouted grain breads not only help you to get more fiber, but they taste great. Dave's Killer Bread is great toasted. Granola (no added sugar) and muesli is very delicious. It's available in many varieties and in bulk. Sprinkle a bit of granola and healthy nuts on fresh or unsweetened canned fruit.

Lunch

Ezekiel Bread and Healthy Way are sprouted grain breads with no flour, and they are both organic. Use a leaf of lettuce and make a roll using cheese (or cheese substitute) and tomato. Hummus is great on those whole-grain breads. Always have a bag of baby carrots and other veggies for snacks. Nuts and seeds are great snacks, as well. Sweet potato fries are great baked with a bit of oil and seasoning salt.

Dinner

The sky is the limit! There are plenty of cookbooks available as well as websites filled with vegan, Daniel Fast-friendly recipes.

Try lentils! They are nature's perfect grain. Packed full of fiber and protein, they will keep you full for hours. Add brown rice, ripened tomatoes, celery, and onion. Veggie stir-fry with whole grain rice added is very filling. Soups filled with barley or quinoa (as well as any of the beans) are full of protein.

There is no reason to go hungry as you lay aside meats, sweets, and alcohol, but try to keep it simple, so meal preparation doesn't get in the way of prayer and devotion.

PRACTICAL TIPS FOR SUCCESS

Hydration:

Drink plenty of water. Aim for 8 cups daily or follow the rule of half your body weight in ounces. Avoid sodas or sugary juices; choose water or unsweetened green tea. Cut your normal caffeine consumption by at least half, if not completely.

Balance:

Include nutrient-dense foods like fruits, fibrous vegetables, complex carbs (e.g., lentils, whole grains), and healthy fats (e.g., olive oil, nuts, avocados). Adding a daily multivitamin can enhance nutritional support.

GAS ON THE DANIEL FAST

Why Do New Vegans Fart More?

Many new vegans (those on the Daniel Fast) experience a temporary increase in gas when going vegan. This is due to increasing your fiber intake suddenly.

Once your body gets used to the new higher fiber levels (typically in a few weeks), your gut will likely adjust to it. Then the gas may decrease naturally. So you may just need to wait it out—or be more gradual when adding high-fiber foods at the start of your vegan diet. If you identify a main problem food or two that's causing your gas, you can remove that specific food for a while, as you're getting adjusted. Then you can slowly reintroduce it later.

But some people experience long-term gas from common vegan foods, too, especially beans. And that may not go away on its own. To address that, you may need some of the strategies below.

Fiber: The Main Culprit Behind Vegan Farting

The average American eats only 15 grams of fiber per day. This is below the recommended daily intake of 30+ grams (depending on your bodyweight). A healthy vegan diet can get you anywhere between 30 and 100 grams.

Meat has no fiber, at all. So for many new vegans, the change in fiber intake is dramatic at first. If you replace a steak or chicken breast in your diet with a can of beans, you're literally going from zero fiber to over 20 grams for that meal.

Increasing your fiber has great benefits for your health. It can help with weight management, reducing cholesterol, increasing insulin sensitivity, and increasing mineral absorption. More fiber also helps with your long-term health—it's widely believed to reduce the risk of type-two diabetes and colon cancer.

But a big shift in your fiber intake can also cause gas—let's understand why.

Why More Fiber Can Cause More Gas

Fiber is not actually digestible as a source of calories by you. Instead, it just sweeps through your system and cleans things out. It arrives intact in your large intestines, which is the end of the line (before the toilet).

But that extra fiber, along with certain other carbs, can become food for the bacteria in your gut. When these bacteria eat the fiber (via fermentation), they produce gas as a byproduct. So you get gas in your intestines. This gas can cause farting—or combined with the fullness also caused by fiber, it can give a feeling of bloating.

Your body will usually adjust to the increased fiber. It will start digesting more of the food before it reaches the large intestine, and the bacteria in your gut will change based on your diet. Those changes should reduce gas. But it may take a few days or a few weeks for that adjustment to take place.

Soluble Fiber vs Insoluble Fiber

It's not all fiber that causes us to fart more. You'll often see specific numbers listed for "soluble fiber" and "insoluble fiber" on nutrition labels. Soluble fiber causes more gas.

Insoluble fiber is a kind of fiber that doesn't absorb water. It passes through your gut without becoming food for those gas-producing bacteria. But soluble fiber absorbs water and lets the bacteria feed on it.

Major sources of soluble fiber include the following:

- beans
- psyllium fiber supplements
- many fruits
- beets
- carrots
- oats (including in cereal or baked goods)

Before you go cut out all (or even most) soluble fiber from your diet, read the next section on how prebiotic soluble fibers can actually help reduce the bad smell of your farts on a vegan diet. Finding the right balance between not enough and too much soluble fiber may be key.

What Causes Bad-Smelling Farts on a Vegan Diet?

The odor of our farts may actually be more important for our comfort and pride than the volume of gas we expel. One of the key causes of smelly farts is the amount of sulfur you consume. Sulfur has that rotten-egg smell that is so common to bad farts.

When looking at vegan foods, sulfur is found in:

- cruciferous vegetables like broccoli and cauliflower
- almonds and peanuts
- dates and other dried fruits
- wheat pasta
- wine and fruit juices

So to reduce the bad smell of your farts, you can try to limit these sulfur-containing foods.

Another factor that can influence the sulfur smell in your farts is whether you're consuming enough prebiotics. Prebiotics are food for beneficial bacteria in your intestines. How prebiotics affect farting can get complicated.

This is because there's a whole chain of cause-and-effect. It's also confusing because "prebiotics" overlap with the "soluble fiber" and "oligosaccharides" that can cause more gas. You actually do want some prebiotic soluble fiber in your diet, to reduce the smelliness of your farts (and for other aspects of gut health). So don't go too extreme in cutting out fiber.

17 Tips to Stop Farting So Much

1. Introduce High-Fiber Foods Slowly.

Especially introduce beans slowly. Don't go for full cans right away. Some guides suggest adding beans to your diet with just a few tablespoons per day. If you're consistent, your body should adjust to the fiber. You can use an app like Cronometer to monitor your total fiber intake each day and gradually increase it. Other high-fiber foods to specifically be aware of would be whole grains like whole wheat. You can also keep track on paper or a simple note-taking app on your phone.

2. Keep a Food Journal to Identify Problem Foods.

Identify which foods cause gas for you personally. Even within the category of beans, you can notice whether large beans or small beans tend to cause you more gas. Are lentils or black beans worse for you, personally? I found that beans, raw cruciferous vegetables, and whole-wheat often cause gas. Also, sometimes peanut butter gives me trouble. You can always try to reintroduce your problem foods back in later if you want, gradually building up your ability to tolerate them.

3. Take Digestive Enzymes.

This may be the magic bullet for many people. It's a simple and direct solution. Many of the carbs that cause gas on a vegan diet can be better broken down with a supplement of digestive enzymes. The most common choice for vegans is Vegan Bean-zyme. It's simple and cheap, and it's shown to be safe. No weird side effects or anything. The main ingredient is alpha-galactosidase. It's the same active ingredient in Beano. Alpha-galactosidase helps break down those troublesome fibers and carbs that cause gas when they make it to your gut undigested. It's been shown in studies to reduce intestinal gas.

Other enzymes exist that are "full-spectrum" and include other enzymes, too. But I think it makes sense to start with alpha-galactosidase since it's the enzyme used in the leading brand (Beano). Full-spectrum enzymes options are typically more expensive, too. Bean-Zyme is actually really affordable. But if you try that and it doesn't help, maybe a full-spectrum option will help. Typically, you just take one or two of the enzyme pills with your meal.

Note: Diabetics should ask their doctor before using alpha-galactosidase, as the increased breakdown of carbs can potentially raise your blood sugar. People with mold allergies should also avoid it because of the way it's produced. And lastly, it shouldn't be taken by people with the rare genetic disorder "galactosemia."

4. Eat Probiotics and Fermented Foods.

"Probiotic" just means good bacteria. Taking probiotics can help your gut transition into a different kind of bacterial environment faster. This can help with gas. There are certain probiotics that, with the help of prebiotics (covered in tip 4), create short-chain fatty acids like butyrate. These acids create an environment in your gut where sulfide-producing (smelly) bacteria can't thrive. The result: Less smelly farts. Some probiotic supplements use dairy in the culturing process, so look out for that. But many are 100% vegan.

Two things to look for in probiotic supplements are the count of “CFUs” (colony-forming units) and which strains of bacteria are included. *Lactobacillus acidophilus* is one strain known to help stop gas. *Bifidus* (“*Bifidobacterium*”) is also helpful. But more strains, in general, is also considered helpful.

Fermented foods are another way to get more probiotics into your gut. When it comes to fermented vegan foods, look into sauerkraut, water kefir, kimchi, kombucha, tempeh, and miso.

One last note on probiotics: Be gradual in introducing probiotic foods and supplements! If you add a ton of them at once, you’ll probably have worse gas for that day. Ease into it. Give your gut a chance to transition.

5. Eat Prebiotics to Support the Probiotics.

Prebiotics can help reduce the smelliness of your farts by supporting the probiotics you already have. If you’re following the chain of cause and effect, it’s like this: more pre-biotics → more pro-biotics → more short-chain fatty acids in your gut → less sulfide-producing bacteria → less smelly farts. The takeaway point: You want prebiotic soluble fiber in your diet to reduce the smelliness of farts (and for other aspects of gut health, as well).

For prebiotic supplements, the most popular options are acacia fiber and inulin. These are usually sold as powders, and they’ve been shown to increase good bacteria in your gut over the course of a few weeks. Just start it slowly! If you take a bunch of acacia fiber at once, you’ll probably fart more for a while. Be patient and build up gradually. You can also get inulin fiber in foods like asparagus, Jerusalem artichoke, garlic, onion, leek, and chicory root.

You can also increase your intake of resistant starch, which functions as a prebiotic. For that, try eating more partially green bananas or, actually, cold potatoes. Yep, cold potatoes! One form of resistant starch is formed when you cook potatoes and then cool them back down.

6. Soak Your Beans and Discard the Water.

Beans are perhaps the single worst food when it comes to gas. So why do beans cause gas for many people? Beans and other legumes (peas and lentils) contain a type of carbohydrate called “oligosaccharides.” These oligosaccharides are not fully digested in your small intestine because most of us do not have enough of the enzyme “alpha-galactosidase” that breaks them down. This leads to a situation where the oligosaccharides reach your large intestine intact, and they feed the bacteria there. As explained above for fiber in general, the bacteria ferment this undigested food, and the result is gas.

Typically, gas from bean consumption will decrease after regularly eating them for some number of weeks—but it can remain a long-term problem for some people. Start with soaking your beans and discarding the water. If you’re cooking your beans from dry, soak them overnight in water before cooking them. To decrease the gas-causing power of the beans, you should discard/change the water the beans are soaking in at least once. Many of the oligosaccharides that produce gas with bean consumption will wash away with the water you soaked them in. This leaves you with less-gassy beans. Change the water multiple times for an even greater effect.

7. Rinse Off Your Canned Beans.

Drain and rinse your canned beans well. With canned beans, you want to rinse away that “bean juice.” Rinsing off your canned beans helps remove excess oligosaccharides in the same way as soaking your dry beans.

8. Cook Your Cruciferous Veggies.

Mentioned above for their sometimes smelly sulfur content, cruciferous vegetables include broccoli, cauliflower, brussel sprouts, kale, arugula, and bok choy. The sulfur content is not the only potential problem when it comes to cruciferous veggies and gas. Cruciferous vegetables also cause gas due to their raffinose content, which is a specific type of oligosaccharide. We can't digest raffinose very well, and once again, it becomes food for our gut bacteria, and they produce gas as they ferment it. Along with taking digestive enzymes like alpha-galactosidase, you can try switching from raw to cooked cruciferous veggies. When cooked, these veggies tend to cause a lot less gas for most people.

9. Drink More Water.

Water can keep things moving and bind to the fiber you're eating. I don't understand the mechanism as thoroughly as for some of the other tips, but many sources recommend drinking more water to reduce gas on a vegan diet. In fact, some sources argue that you should keep increasing your water intake as you increase your fiber, or you should be especially sure to drink lots of water with your high-fiber meals specifically.

10. Choose Fruits With Less Sugar.

For some people, the amount of fructose in the most sugary fruits can cause gas. Instead of high-sugar fruits like dates and bananas, you can choose low-sugar fruits like berries, oranges, watermelon, or avocados.

11. Eat Smaller Meals.

Your body may be able to handle smaller amounts of food and fiber more easily than a big meal. Even if you're eating a “problem food,” eating a smaller load of it may be enough to reduce the gas. It's a simple tip, but it could be the one that makes a difference for you.

12. Eat More Slowly and Chew Your Food Well.

When you eat quickly, it's not only more common to overeat, but you also (1) swallow more air and (2) have larger food particles to digest. Swallowing air means you'll have more gas in your digestive tract. Larger food particles from not thoroughly chewing may result in your gut bacteria having more undigested food to ferment, as well, producing gas and farts.

13. Cook Your Beans Thoroughly.

Cook your beans until they're quite soft. Some people even recommend “overcooking” them.

14. Exercise More.

Exercise and all physical activity can keep things moving and keep you more regular. Part of the reason might be that constipation also causes your farts to smell a lot worse, so anything that keeps things moving can help you side-step that issue.

15. Reduce Stress.

This is a roundabout way to improve your gut health, but it has other benefits, so I'm including it. Stress can wreak havoc on your gut and cause more gas, for vegans and for everybody. I've read several different explanations of how stress hurts your gut, from changing the speed of food moving through your system to changing intestinal wall permeability and causing bacterial overgrowth.

16. Eliminate Food Sensitivities.

If none of these tips are helping, you might consider the possibility that you have a specific food sensitivity. Some people are gluten intolerant, and for those people, cutting out wheat and gluten from your diet can do wonders for relieving gas. That said, many people who report "gluten sensitivity" may actually have fructan intolerance instead. Fructans are another type of carbohydrate that causes gas troubles for some people. They are polymers of fructose molecules, which means multiple fructose sugar molecules strung together. Fructans are found in various grains, vegetables, and processed foods, and wheat is a big source for many people. So if you start to suspect gluten, you should look up some more information about fructans, too, and be aware of them as a possible villain.

And some people are sensitive to a bunch of different FODMAPs. FODMAPs stands for "Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols." It's a catch-all term for these various types of carbs that can cause gas. In some people, especially those with irritable bowel syndrome (IBS), a temporary low-FODMAP diet can help you identify your personal trigger foods and avoid those in the future.

17. Four More Bonus Tips

Don't chew gum or drink carbonated beverages. The logic behind these tips is that they cause you to swallow air. Then that air needs to escape somewhere, so it can cause farting.

Eat some papaya and pineapple. These fruits contain some digestive enzymes naturally, so they could help you digest some of your other foods. That said, the most direct and effective enzyme solution is probably going to be supplementing with Vegan Bean-zyme or a similar product.

Ginger. Some people say that consuming ginger tea or smoothies containing ginger has helped with their gas. I haven't heard the mechanism behind why this works, though.

Consider avoiding oils. Fats take longer to digest, and so they can cause some problems with gas for some people, supposedly. But it seems like difficult-to-digest carbs (including fiber) are the more common culprit for vegan farts, so I wouldn't jump to suspecting oil or fats immediately.

I know farting can be so embarrassing and inconvenient. But remember, it is healthy to have some gas. Everybody has some gas, and people with the least gas may not be getting enough fiber to be healthy. The tips in this article should help you minimize how much you fart and how smelly your farts are as a vegan. For many people, taking a product like Vegan Bean-zyme may be a magic bullet. I also found big improvements from rinsing my canned beans and just avoiding certain other foods (e.g., bran cereals like Fiber One and All-Bran, which are really high in fiber).

HEALTHY OILS

DR. EDWARD GROUP, DC

When it comes to the cooking oil in your cupboard, plant-based oils made from fruit, seeds, nuts, and grains are the way to go. They are a healthier choice than animal fats which have all the health disadvantages of meat. From familiar olive oil to exotic macadamia oil, plant-based oils can be rich and flavorful or light and neutral. You can use them for sautéing, frying, baking, roasting, and drizzling on salad.

However, not all cooking oils are created equal. They all offer different benefits (or detractions) to your health. And, depending on your intended use, some work better for high heat cooking while others are better for low-temperature baking or salad dressings. Here is what you need to know to make the best choices for your health.

Why Using Healthy Oil Is Important

Our bodies require three types of macronutrients: proteins, carbohydrates, and fats. Cooking oil, which is liquid fat, is a convenient source of fatty acids, the building blocks of fats. They help with vitamin absorption, energy storage, and controlling inflammation. You need the right balance of essential fatty acids in your diet. Alpha-linolenic acid (ALA), an omega-3 fatty acid, and linolenic acid, an omega-6 fatty acid, can only be obtained from food — including cooking oils. Ideally, you should consume one omega-3 for every two omega-6s, but most people get about 16 times as many omega-6s than omega-3s.

When choosing a cooking oil, be aware of its smoke point, which typically ranges from 225 to 510 degrees Fahrenheit. When oil is overheated, its taste and nutritional value are altered. If it starts to burn, it releases free radicals into your food and toxic compounds into the air in your kitchen.

Always look for organic, GMO-free oils and avoid dangerous, “partially hydrogenated” (trans) fats. Many conventional cooking oils are extracted from plants with industrial chemicals such as hexane. Cold-pressed oil, extracted mechanically from the plant or seed using pressure, is typically healthier. Some oils are refined so they can better withstand heat, but refinement reduces nutritional value. With most cooking oils, you'll find that one tablespoon contains around 120 calories and 14 grams of fat.

The Healthiest Cooking Oils

- Extra Virgin Olive Oil
- Avocado Oil
- Grape Seed Oil
- Flaxseed Oil
- Walnut Oil
- Coconut Oil

Cooking Oils to Avoid

- Soybean Oil
- Corn Oil
- Canola Oil
- Palm Kernel Oil
- Cottonseed Oil
- Peanut Oil
- Vegetable Oil





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SWEET POTATO AND BLACK BEAN CHILI WITH QUINOA



6 servings



45 minutes

INGREDIENTS

- 1 ½ TABLESPOONS OLIVE OIL, DIVIDED
- 1 MEDIUM RED ONION, CHOPPED
- 4 CLOVES GARLIC, MINCED
- 1.5 POUNDS SWEET POTATOES, ABOUT 2 MEDIUM (4 CUPS CHOPPED), PEELED AND CHOPPED INTO ½-INCH PIECES
- 2 TABLESPOONS CHILI POWDER
- 1 TABLESPOON CUMIN
- 1 TEASPOON DRIED OREGANO
- 1/2 TEASPOON SMOKED PAPRIKA
- ½ TEASPOON SALT
- 1/4 TEASPOON BLACK PEPPER
- 6 OUNCE CAN TOMATO PASTE
- 28 OUNCE CAN DICED TOMATOES
- 2 1/2 CUPS VEGETABLE BROTH, PLUS MORE AS NEEDED
- ¾ CUP QUINOA, RINSED AND DRAINED
- 2 15 OUNCE CANS BLACK BEANS, RINSED AND DRAINED

INSTRUCTIONS

1. HEAT 1 TABLESPOON OLIVE OIL IN A LARGE POT OR DUTCH OVEN OVER MEDIUM-LOW HEAT. ADD THE ONION AND COOK, STIRRING OCCASIONALLY, UNTIL SOFTENED, 2-3 MINUTES. ADD THE GARLIC AND STIR FOR 30 SECONDS.
2. INCREASE THE HEAT TO MEDIUM AND ADD THE REMAINING ½ TABLESPOON OLIVE OIL AND THE CHOPPED SWEET POTATOES TO THE POT. COOK FOR 5 MINUTES, STIRRING OCCASIONALLY.
3. STIR IN THE CHILI POWDER, CUMIN, OREGANO, SMOKED PAPRIKA, SALT, PEPPER AND TOMATO PASTE. COOK, STIRRING, FOR 2-3 MINUTES TO DEEPEN THE FLAVORS.
4. STIR IN THE DICED TOMATOES, BROTH, QUINOA AND BLACK BEANS.
5. REDUCE HEAT TO A LOW SIMMER AND COOK FOR ABOUT 25 MINUTES, UNTIL THE QUINOA AND SWEET POTATOES ARE SOFT.
6. SERVE WITH TOPPINGS AS DESIRED: AVOCADO, SHREDDED CHEESE, CILANTRO, CHOPPED RED ONION, GREEN ONION. A SQUEEZE OF FRESH LIME JUICE ALSO BRIGHTENS UP THE FLAVORS.

LEMON QUINOA & CHICKPEA SALAD

INGREDIENTS

- 1 CUP DRY QUINOA
- 1 3/4 CUP WATER
- 1 TEASPOON GARLIC POWDER
- 1 1/2 CUPS COOKED OR 1 CAN (15 OZ.) CHICKPEAS, DRAINED AND RINSED
- 1 1/2 CUPS CUCUMBER, QUARTERED AND THINLY SLICED
- 1 RED OR YELLOW BELL PEPPER (ABOUT 1 CUP), DICED
- 1 CUP GRAPE TOMATOES, SLICED IN HALF
- 3/4 CUP CARROTS, DICED SMALL
- 1/2 CUP SCALLIONS, THINLY SLICED
- 1/2 – 1 CUP PARSLEY, CHOPPED
- ABOUT 1/4 – 1/3 CUP LEMON JUICE
- RED PEPPER FLAKES, OPTIONAL
- MINERAL SALT & PEPPER, TO TASTE

INSTRUCTIONS

1. RINSE QUINOA: IN A FINE MESH SIEVE RINSE QUINOA UNDER COOL RUNNING WATER.
2. COOK QUINOA: IN A LARGE POT, COMBINE WATER, QUINOA AND GARLIC POWDER, BRING TO A BOIL, COVER, REDUCE HEAT TO LOW AND SIMMER FOR 15 MINUTES. REMOVE COVER AND LET SET 10 – 15 MINUTES. FLUFF WITH A FORK.
3. PREP VEGGIES: WHILE THE QUINOA IS COOKING PREP THE VEGGIES.
4. ASSEMBLE SALAD: ONCE QUINOA IS READY, ADD THE CHICKPEAS, CARROTS, CUCUMBER, SCALLIONS, BELL PEPPER, TOMATOES, PARSLEY, LEMON JUICE AND SPICES, MIX WELL. SEASON TO TASTE WITH SALT AND PEPPER.
5. SERVE WARM, AT ROOM TEMPERATURE, OR CHILLED WITH MORE LEMON JUICE DRIZZLED ON TOP. AVOCADO WOULD BE A GREAT ADDITION TOO!

SERVES 3 – 4

COZY AUTUMN WILD RICE SOUP

 8 servings  1 hour

INGREDIENTS

- 6 CUPS VEGETABLE STOCK
- 1 CUP UNCOOKED 100% WILD RICE
- 8 OUNCES BABY BELLA MUSHROOMS, SLICED
- 4 CLOVES GARLIC, MINCED
- 2 MEDIUM CARROTS, DICED
- 2 RIBS CELERY, DICED
- 1 LARGE (ABOUT 1 POUND) SWEET POTATO, PEELED AND DICED
- 1 SMALL WHITE ONION, PEELED AND DICED
- 1 BAY LEAF
- 1 1/2 TABLESPOON OLD BAY SEASONING
- 1 (14-OUNCE) CAN UNSWEETENED COCONUT MILK
- 2 LARGE HANDFULS OF KALE
- SALT AND BLACK PEPPER

1. SAUTÉ THE VEGGIES. HEAT (AN EXTRA) 1 TABLESPOON BUTTER OR OLIVE OIL IN A LARGE STOCKPOT OVER MEDIUM-HIGH HEAT. ADD ONION AND SAUTÉ FOR 5 MINUTES, STIRRING OCCASIONALLY, UNTIL SOFT AND TRANSLUCENT. STIR IN THE GARLIC AND COOK FOR AN ADDITIONAL 1-2 MINUTES, STIRRING OCCASIONALLY, UNTIL FRAGRANT.
2. ADD BASE INGREDIENTS. ADD IN THE VEGETABLE STOCK, WILD RICE, MUSHROOMS, CARROTS, CELERY, SWEET POTATO, BAY LEAF AND OLD BAY SEASONING. STIR TO COMBINE.
3. SIMMER. CONTINUE COOKING UNTIL THE SOUP REACHES A SIMMER. THEN REDUCE HEAT TO MEDIUM-LOW, COVER AND SIMMER FOR 30 TO 40 MINUTES UNTIL THE RICE IS TENDER, STIRRING OCCASIONALLY.
4. ADD FINAL INGREDIENTS. ADD THE COCONUT MILK AND KALE TO THE SOUP, AND STIR GENTLY UNTIL COMBINED. TASTE AND SEASON WITH SALT AND PEPPER (PLUS ANY EXTRA OLD BAY SEASONING, IF YOU WOULD LIKE) AS NEEDED.

FLAVORFUL LENTIL DISH



8 servings



35 minutes

INGREDIENTS

- 2 CUPS DRIED LENTILS, RINSED AND DRAINED
- 2 LARGE ONIONS, FINELY CHOPPED
- 2 MEDIUM-SIZED TOMATOES,
- 3 CLOVES GARLIC, MINCED
- 1 TABLESPOON CUMIN SEEDS
- SALT AND PEPPER TO TASTE
- 1/2 CUP FRESH CILANTRO, CHOPPED
- 2 TABLESPOONS OLIVE OIL
- 8 CUPS WATER OR VEGETABLE BROTH

INSTRUCTIONS

1. WASH THE LENTILS THOROUGHLY AND SOAK THEM WITH A LITTLE SALT.
2. IN A CASSEROLE DISH, HEAT OLIVE OIL OVER MEDIUM HEAT.
3. SAUTÉ THE CHOPPED ONION AND TOMATO UNTIL SOFTENED.
4. ADD THE SOAKED LENTILS TO THE CASSEROLE DISH.
5. IN A BLENDER, COMBINE CHOPPED ONION, CUMIN SEEDS, AND BROWNED TOMATOES. BLEND UNTIL SMOOTH.
6. POUR THE BLENDED MIXTURE OVER THE LENTILS IN THE CASSEROLE DISH.
7. BRING THE MIXTURE TO A BOIL.
8. SEASON WITH SALT AND PEPPER TO TASTE.
9. LOWER THE HEAT, COVER, AND SIMMER FOR ABOUT 25-30 MINUTES OR UNTIL THE LENTILS ARE TENDER.
10. ONCE THE LENTILS ARE COOKED, STIR IN THE CHOPPED CILANTRO.
11. ADJUST SALT AND PEPPER IF NECESSARY

SPANISH QUINOA

INGREDIENTS

- 1 TEASPOON OLIVE OIL
- 1/4 CUP CHOPPED WHITE ONION
- 1 CUP QUINOA
- 1/2 CUP CHUNKY SALSA
- 2 CUPS VEGETABLE BROTH

INSTRUCTIONS

1. HEAT THE OIL IN A SMALL SAUCEPAN. ADD THE ONION AND SAUTE UNTIL TENDER AND GOLDEN BROWN.
2. ADD THE QUINOA, SALSA, AND BROTH AND STIR TO COMBINE. BRING THE MIXTURE TO A BOIL, COVER, AND REDUCE TO A SIMMER FOR 20 MINUTES.
3. REMOVE FROM THE HEAT, FLUFF, AND ALLOW TO SIT FOR 5 MINUTES, THEN SERVE.

CROCKPOT VEGETABLE BEAN SOUP



8 servings



prep time
10 minutes

INGREDIENTS

- 10 OZ. FROZEN SPINACH
- 16 OZ. FROZEN MIXED VEGETABLES
- 30 OZ. DICED TOMATOES DIVIDED
- 30 OZ. CANNED PINTO BEANS DRAINED AND RINSED
- 1 YELLOW ONION DICED
- 2 CLOVES GARLIC MINCED
- 4 CUPS VEGETABLE BROTH
- 1 CUP NUTRITIONAL YEAST
- 3 TABLESPOONS CHILI POWDER
- 2 TEASPOONS SMOKED PAPRIKA
- 1 TEASPOON BLACK PEPPER
- 1 TEASPOON GARLIC POWDER
- 1 TEASPOON ONION POWDER
- 1 BAY LEAF

1. TAKE ONE OF THE CANS OF TOMATOES AND BLEND SLIGHTLY IN A BLENDER CUP.
2. DICE THE ONION.
3. ADD ALL INGREDIENTS TO THE BASE OF THE CROCKPOT.
4. COVER THE CROCKPOT BOTTOM AND PLACE IT IN THE REFRIGERATOR IF YOU WANT TO DO THIS THE NIGHT BEFORE.
5. COOK ON LOW FOR 8 HOURS OR ON HIGH FOR 4 HOURS.

MEDITERRANEAN CHICKPEA PASTA SALAD



6 servings



20 minutes

INGREDIENTS

- FOR THE SALAD:
- 12 OZ (ABOUT 340G) FUSILLI
- 1 CAN (15 OZ) CHICKPEAS, DRAINED AND RINSED
- 1 CUP CHERRY TOMATOES, HALVED
- 1 CUP GREEN BELL PEPPER, DICED
- 1/2 CUP RED ONION, FINELY CHOPPED
- 1/2 CUP BLACK OLIVES, SLICED
- FOR THE VINAIGRETTE DRESSING:
- 1/2 CUP EXTRA VIRGIN OLIVE OIL
- 1/4 CUP APPLE CIDER VINEGAR
- 1 TEASPOON DRIED OREGANO
- 1 TEASPOON GARLIC POWDER
- 1/2 TEASPOON RED PEPPER FLAKES
- JUICE OF 1 LEMON
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

1. COOK THE PASTA, THEN DRAIN AND RINSE IT UNDER COOL RUNNING WATER. ALLOW IT TO COOL COMPLETELY.
2. PREPARE DRESSING: IN A SMALL BOWL, WHISK TOGETHER OLIVE OIL, APPLE CIDER VINEGAR, OREGANO, GARLIC POWDER, RED PEPPER FLAKES, LEMON JUICE, SALT, AND PEPPER. ADJUST THE SEASONING TO YOUR LIKING. SET ASIDE.
3. WHILE THE PASTA IS COOKING, PREPARE THE VEGETABLES. HALVE THE CHERRY TOMATOES, DICE THE GREEN BELL PEPPER, FINELY CHOP THE RED ONION, AND SLICE THE OLIVES.
4. IN A LARGE SERVING BOWL, COMBINE THE COOLED PASTA, CHICKPEAS, AND VEGGIES.
5. POUR THE DRESSING OVER TOP AND MIX WELL TO COAT.
6. SERVE CHILLED AND ENJOY!

VEGAN SWEET POTATO CHICKPEA CURRY



4 servings



30 minutes

INGREDIENTS

- 3 TABLESPOONS OLIVE OIL
- 1 ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 2 TEASPOONS MINCED FRESH GINGER ROOT
- 1 (15 OUNCE) CAN CHICKPEAS, DRAINED
- 1 (14.5 OUNCE) CAN DICED TOMATOES
- 1 (14 OUNCE) CAN COCONUT MILK
- 1 SWEET POTATO, CUBED
- 1 TABLESPOON GARAM MASALA
- 1 TEASPOON GROUND CUMIN
- 1 TEASPOON GROUND TURMERIC
- ½ TEASPOON SALT
- ¼ TEASPOON RED CHILI FLAKES
- 1 CUP BABY SPINACH

INSTRUCTIONS

1. HEAT OIL IN A SKILLET OVER MEDIUM HEAT.
2. COOK ONION, GARLIC, AND GINGER IN HOT OIL UNTIL SOFTENED, ABOUT 5 MINUTES.
3. ADD CHICKPEAS, TOMATOES, COCONUT MILK, AND SWEET POTATO. BRING TO A BOIL, REDUCE HEAT TO LOW, AND SIMMER UNTIL TENDER, ABOUT 15 MINUTES.
4. SEASON WITH GARAM MASALA, CUMIN, TURMERIC, SALT, AND CHILI FLAKES.
5. ADD SPINACH RIGHT BEFORE SERVING.

WHITE BEAN STEW WITH SPINACH AND CACTUS



8 servings



2 hours

INGREDIENTS

- 2 CUPS DRIED GREAT NORTHERN BEANS, SOAKED OVERNIGHT AND DRAINED
- 1 LARGE ONION, FINELY CHOPPED
- 4 CLOVES GARLIC, MINCED
- 1 ORANGE BELL PEPPER, DICED
- 2 CUPS FRESH SPINACH, CHOPPED
- 1 CAN (14 OZ) DICED TOMATOES, UNDRAINED
- 1 CUP DICED CACTUS (NOPALES), CLEANED AND COOKED
- SALT AND PEPPER TO TASTE
- 6 CUPS VEGETABLE BROTH
- 2 TABLESPOONS OLIVE OIL
- FRESH PARSLEY OR CILANTRO FOR GARNISH (OPTIONAL)

INSTRUCTIONS

1. IN A LARGE POT, HEAT OLIVE OIL OVER MEDIUM HEAT. ADD CHOPPED ONIONS AND SAUTÉ UNTIL TRANSLUCENT.
2. ADD MINCED GARLIC AND DICED ORANGE BELL PEPPER. SAUTÉ FOR AN ADDITIONAL 2-3 MINUTES UNTIL THE BELL PEPPER BEGINS TO SOFTEN.
3. STIR IN SOAKED AND DRAINED GREAT NORTHERN BEANS. COOK FOR 2-3 MINUTES.
4. POUR IN THE VEGETABLE BROTH AND BRING THE MIXTURE TO A BOIL. REDUCE HEAT TO LOW, COVER, AND SIMMER FOR ABOUT 1.5 TO 2 HOURS, OR UNTIL THE BEANS ARE TENDER.
5. ADD DICED TOMATOES (WITH THEIR JUICE), CHOPPED SPINACH, AND COOKED CACTUS TO THE POT. SEASON WITH SALT AND PEPPER TO TASTE. STIR WELL.
6. COVER AND SIMMER FOR AN ADDITIONAL 15-20 MINUTES.
7. SERVE HOT

MEXICAN RICE AND BEAN CASSEROLE

INGREDIENTS

- 1 CUP UNCOOKED BROWN RICE
- 2 1/2 CUPS WATER (3 CUPS FOR CASSEROLE VERSION)
- 1 8 OZ CAN OF TOMATO SAUCE
- 1 TSP SALT
- 1 TSP ONION POWDER
- 1 TSP CHILI POWDER
- 1/2 TSP GARLIC POWDER
- 1/2 TSP CUMIN
- 2 CUPS COOKED BEANS (OR 1 CAN DRAINED BEANS) I'VE USED PINTO AND BLACK BEANS.
- 1 CUP CORN (OPTIONAL)

INSTRUCTIONS

1. PREHEAT OVEN TO 350°
2. ADD ALL INGREDIENTS TO A 9×15 CASSEROLE DISH AND STIR GENTLY.
3. BAKE FOR 1 TO 1 1/2 HOURS UNTIL RICE IS TENDER.
4. SERVE ON A BED OF GREENS OR IN A TORTILLA

SHEET PAN DINNER

INGREDIENTS

- 1 CROWN BROCCOLI (1/2 POUND)
- 1 MEDIUM RED ONION
- 1 1/2 POUNDS SWEET POTATOES (ABOUT 2 MEDIUM LARGE)
- 1 POUND RED POTATOES (ABOUT 2 MEDIUM)
- 1 RED PEPPER
- 1 15-OUNCE CAN CHICKPEAS (OR 1 ½ CUPS [COOKED](#))
- 4 TABLESPOONS OLIVE OIL
- 2 TEASPOONS GARLIC POWDER
- 2 TEASPOONS OLD BAY SEASONING*
- 1 TABLESPOON ITALIAN SEASONING
- 1 TEASPOON KOSHER SALT
- 1 LEMON
- RICE, QUINOA, COUSCOUS, ISRAELI COUSCOUS OR SEASONED LENTILS, TO SERVE (OPTIONAL)
- DOLLOP OF SOUR CREAM, GREEK YOGURT, VEGAN SOUR CREAM, CASHEW CREAM, OR HUMMUS, TO SERVE

INSTRUCTIONS

1. ADJUST THE OVEN RACKS FOR ROASTING 2 TRAYS. PREHEAT THE OVEN TO 450 DEGREES FAHRENHEIT.
2. CHOP THE BROCCOLI. CUT THE ONION INTO THICK SLICES. DICE THE POTATOES. DICE THE RED PEPPER.
3. PLACE ALL THE VEGETABLES IN A LARGE BOWL. DRAIN AND RINSE THE CHICKPEAS, THEN ADD THEM TO THE BOWL. MIX IN THE OLIVE OIL, GARLIC POWDER, OLD BAY, ITALIAN SEASONING, AND KOSHER SALT UNTIL EVERYTHING IS EVENLY COATED.
4. LINE TWO BAKING SHEETS WITH PARCHMENT PAPER. SPREAD THE VEGETABLES EVENLY ONTO EACH SHEET.
5. PLACE INTO THE OVEN AND BAKE FOR 20 MINUTES (DO NOT STIR!). REMOVE THE PANS FROM THE OVEN, ROTATE THEM, AND ROAST ANOTHER 10 MINUTES (FOR 30 MINUTES TOTAL) UNTIL TENDER AND LIGHTLY BROWNEED ON ONE SIDE.
6. CUT THE LEMON INTO WEDGES, AND SPRITZ THE VEGGIES WITH FRESH LEMON JUICE TO TASTE. (REQUIRED: THIS STEP ADDS JUST THE RIGHT ZING! OR YOU CAN SERVE WITH LEMON WEDGES.)
7. TRANSFER TO A SERVING BOWL OR DISH AND SERVE IMMEDIATELY WITH RICE OR QUINOA. DOLLOP WITH SOUR CREAM, CASHEW CREAM OR HUMMUS.

BUTTERNUT SQUASH SOUP

INGREDIENTS

- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 1 LARGE YELLOW ONION, CHOPPED
- ½ TEASPOON SEA SALT
- 1 (3-POUND) BUTTERNUT SQUASH, PEELED, SEEDED, AND CUBED
- 3 GARLIC CLOVES, CHOPPED
- 1 TABLESPOON CHOPPED FRESH SAGE
- ½ TABLESPOON MINCED FRESH ROSEMARY
- 1 TEASPOON GRATED FRESH GINGER
- 3 TO 4 CUPS VEGETABLE BROTH
- FRESHLY GROUND BLACK PEPPER

FOR SERVING

- CHOPPED PARSLEY
- TOASTED PEPITAS

INSTRUCTIONS

1. HEAT THE OIL IN A LARGE POT OVER MEDIUM HEAT. ADD THE ONION, SALT, AND SEVERAL GRINDS OF FRESH PEPPER AND SAUTÉ UNTIL SOFT, 5 TO 8 MINUTES. ADD THE SQUASH AND COOK UNTIL IT BEGINS TO SOFTEN, STIRRING OCCASIONALLY, FOR 8 TO 10 MINUTES.
2. ADD THE GARLIC, SAGE, ROSEMARY, AND GINGER. STIR AND COOK 30 SECONDS TO 1 MINUTE, UNTIL FRAGRANT, THEN ADD 3 CUPS OF THE BROTH. BRING TO A BOIL, COVER, AND REDUCE HEAT TO A SIMMER. COOK UNTIL THE SQUASH IS TENDER, 20 TO 30 MINUTES.
3. LET COOL SLIGHTLY AND POUR THE SOUP INTO A BLENDER, WORKING IN BATCHES IF NECESSARY, AND BLEND UNTIL SMOOTH. IF YOUR SOUP IS TOO THICK, ADD UP TO 1 CUP MORE BROTH AND BLEND. SEASON TO TASTE AND SERVE WITH PARSLEY, PEPITAS, AND DANIEL FAST COMPLIANT BREAD, IF INCLUDING.

MEDITERRANEAN QUINOA SALAD

 4-6 servings

INGREDIENTS

- 1 UNCOOKED CUP QUINOA (RED, WHITE OR TRI-COLOR BLEND)
- 2 CUPS WATER
- 3 MINI CUCUMBERS OR 1 ENGLISH CUCUMBER
- 12-15 PITTED KALAMATA OLIVES
- ½ SMALL RED ONION, FINELY CHOPPED
- 3-4 OUNCES FETA CHEESE (OMIT IF NOT INCLUDING CHEESE)
- 18 GRAPE OR CHERRY TOMATOES, HALVED
- 1 YELLOW BELL PEPPER, FINELY CHOPPED
- ¼ CUP MINCED FRESH MINT LEAVES
- 2 TABLESPOONS MINCED FRESH OREGANO LEAVES
- 1 CAN (15-OUNCE) GARBANZO BEANS, RINSED AND DRAINED

VINAIGRETTE INGREDIENTS:

- 5 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 3 TABLESPOONS LEMON JUICE
- KOSHER OR SEA SALT AND BLACK PEPPER
- 1-2 GARLIC CLOVES, MINCED

INSTRUCTIONS

1. PLACE QUINOA IN A FINE SIEVE, AND RINSE WELL UNDER COLD RUNNING WATER FOR A FEW MINUTES. PLACE RINSED QUINOA IN A SMALL (2-QUART) PAN, AND ADD 2 CUPS WATER. BRING TO A BOIL. COVER PAN WITH A TIGHT-FITTING LID AND TURN HEAT TO LOW. COOK QUINOA FOR 18 MINUTES. MOVE THE PAN OFF THE HOT BURNER, AND ALLOW SIT FOR ABOUT 7 MINUTES. FLUFF THE QUINOA WITH A FORK AND TURN OUT ONTO A LARGE, FLAT, RIMMED BAKING SHEET, WAXED PAPER OR FOIL. ALLOW QUINOA TO COOL. THE LARGER THE SURFACE AREA, THE FASTER IT WILL COOL.
2. WHILE QUINOA IS COOKING OR COOLING, PREP VEGETABLES. QUARTER CUCUMBERS LENGTHWISE. CUT QUARTERS INTO HALVES, AND THEN CHOP FINELY CROSSWISE. HALVE THE OLIVES. CHOP THE ONION FINELY. CUT THE FETA INTO VERY SMALL CUBES. HALVE THE TOMATOES. FINELY CHOP THE BELL PEPPER.
3. WHEN QUINOA IS COOL, PLACE IN A LARGE BOWL. ADD THE VEGETABLES AND CHEESE; MIX GENTLY. SERVE DRESSING ON THE SIDE. EXTRA DRESSING WILL KEEP A FEW DAYS IN THE REFRIGERATOR FOR USE OVER SALADS OR FOR DRIZZLING OVER VEGETABLES.
4. TIP: QUINOA MUST BE RINSED BECAUSE OF A NATURAL OUTER BITTER COATING CALLED SAPONIN. COOKED QUINOA FREEZES WELL, SO MAKE A LARGE BATCH TO SAVE TIME IN THE KITCHEN FOR OTHER RECIPES.

BLACK BEAN DIP

 6 servings

INGREDIENTS

- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 CUP DICED ONION
- 1 CUP DICED RED BELL PEPPERS (ABOUT 1 LARGE PEPPER)
- 1 CLOVE GARLIC, MINCED
- 1/2 CUP WATER
- 2 15.5-OUNCE CANS BLACK BEANS, RINSED AND DRAINED
- 2 TABLESPOONS FRESH PARSLEY OR 1 ½ TEASPOONS DRIED PARSLEY
- 1/2 TEASPOON DRIED CRUSHED ROSEMARY
- 1/4 TEASPOON SALT
- 1/8 TEASPOON PEPPER

INSTRUCTIONS

1. HEAT OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ADD ONIONS AND RED PEPPERS, AND COOK UNTIL ONION IS SOFT AND TRANSLUCENT. STIR IN GARLIC, AND COOK FOR 30 SECONDS, STIRRING FREQUENTLY SO GARLIC DOESN'T BURN.
2. PLACE WATER AND 2 CUPS BEANS IN FOOD PROCESSOR OR BLENDER; PROCESS UNTIL SMOOTH. POUR THE PUREED BEANS INTO SKILLET AND STIR.
3. ADD THE REMAINING BEANS, PARSLEY ROSEMARY, SALT, AND PEPPER. REDUCE HEAT TO LOW AND COOK 15 MINUTES, STIRRING OCCASIONALLY. TRANSFER TO A SERVING DISH AND SERVE WARM.

SERVING OPTIONS

SPREAD ON FLATBREAD OR ULTIMATE NUT AND SEED CRACKERS. SERVE WITH RAW VEGETABLES (CARROTS, CELERY, ZUCCHINI SLICES, ETC.). ENJOY WITH BAKED TORTILLA CHIPS.

PEANUT BUTTER CHIA OVERNIGHT OATS

INGREDIENTS

- 3/4 CUP ROLLED OATS
- 2 TABLESPOON CHIA SEEDS
- 1/2 TEASPOON CINNAMON
- PINCH OF SEA SALT
- 1 CUP UNSWEETENED VANILLA ALMOND MILK (OR ANY PLANT MILK)*
- 1/2 CUP FILTERED WATER
- 1 TEASPOON VANILLA EXTRACT (OPTIONAL)
- 1 RIPE BANANA, MASHED (BUT LEAVE A FEW BANANA COINS FOR TOPPING!)
- 2 TABLESPOON PB FIT POWDER + 1 1/2 TABLESPOONS WATER (OR ANY NUT BUTTER, TO TASTE)
- 1-2 TABLESPOONS MAPLE SYRUP OR AGAVE, IF USING

INSTRUCTIONS

1. ADD OATS, CHIA SEEDS, CINNAMON AND SEA SALT TO A MASON JAR AND MIX WELL. ADD IN ALMOND MILK, WATER, VANILLA AND MASHED BANANA. STIR UNTIL COMBINED.
2. IN A SMALL BOWL, MIX PB POWDER WITH WATER, UNTIL CREAMY. YOU CAN DOUBLE THE INGREDIENTS FOR EXTRA PEANUT BUTTER-Y FLAVOR! STIR "PEANUT BUTTER" MIXTURE INTO MASON JAR. YOU CAN ADD TOPPINGS NOW OR IN THE MORNING!
3. REFRIGERATE OVERNIGHT OR AT LEAST 4 HOURS. DIG IN WITH A SPOON AND ENJOY!

VEGAN QUINOA BREAKFAST BOWL

INGREDIENTS

- 1 CUP QUINOA, DRY
- 2 CUPS WATER
- ½ TSP GROUND CINNAMON
- PINCH OF GROUND CARDAMOM (OPTIONAL)
- 2 PITTED DATES, MINCED
- ⅔ CUP BLUEBERRIES
- 2 SMALL PEACHES, PITTED AND CHOPPED
- 1 BANANA (PREFERABLY RIPE)
- 1 TBSP UNSWEETENED SHREDDED COCONUT
- ¼ CUP PECANS
- ½ CUP UNSWEETENED PLANT-BASED MILK (OPTIONAL)

INSTRUCTIONS

1. START BY COOKING THE QUINOA. ADD WATER AND DRY QUINOA TO A MEDIUM POT UNCOVERED AND BRING TO A BOIL. REDUCE HEAT TO LOW, COVER WITH A LID, AND SIMMER FOR 8 TO 10 MINUTES. TURN OFF THE HEAT, KEEP COVERED, AND LET IT SIT FOR AT LEAST 5 MINUTES. IT'LL FINISH ABSORBING THE REST OF THE WATER AND BE TENDER BUT NOT MUSHY.
2. WHILE QUINOA IS COOKING, CHOP PEACHES INTO BITE-SIZE CHUNKS, AND MINCE THE DATES. SLICE OR CHOP THE BANANA. SET ASIDE.
3. WHEN QUINOA IS READY, STIR IN THE CINNAMON AND CARDAMOM (IF USING).
4. ASSEMBLE THE BOWL WITH QUINOA ON THE BOTTOM AND TOP WITH FRUIT, PECANS, AND UNSWEETENED SHREDDED COCONUT.
5. IF USING, ADD A SPLASH OF YOUR FAVORITE UNSWEETENED PLANT-BASED MILK AND ENJOY!

SWEET POTATO BREAKFAST HASH

INGREDIENTS

- 1 LB SWEET POTATOES 3 MEDIUM-SIZED, ANY VARIETY
- 1.5 BELL PEPPERS OR VEGGIES OF YOUR CHOICE
- 1 ONION
- 1 CUP BROCCOLI
- 1 CUP SPINACH OR KALE;
- 1/4 CUP BEANS OR CHICKPEAS
- 3 TBSP OLIVE OIL OR ANOTHER NEUTRAL COOKING OIL
- 1 TSP SALT
- 1/4 CUP FRESH PARSLEY OR CILANTRO, DILL, ETC.;
- 1/2 TSP CHILI FLAKES (OPTIONAL)
- 3-4 EGGS (OPTIONAL - IF INCLUDING IN YOUR DANIEL FAST)

INSTRUCTIONS

STEP 1: PREPARE THE VEGETABLES

1. PEEL THE POTATOES AND CHOP INTO SMALL CUBES AROUND 1/2-3/4 INCH IN SIZE. THIS SMALL SIZE WILL HELP THEM COOK FASTER.
2. FINELY CHOP THE RED ONION AND PEPPERS

STEP 2: COOK THE VEGETABLES

1. ADD THE OIL TO A LARGE SKILLET AND HEAT OVER MEDIUM HEAT. ADD THE POTATOES, MIXING WELL, AND COVER TO STEAM FOR AROUND 8-10 MINUTES, UNTIL THEY'RE BEGINNING TO SOFTEN.
2. IF YOU WANT CRISPY POTATOES, REMOVE THE LID AND FURTHER COOK THE POTATOES FOR LONGER UNTIL CRISP.
3. ADD THE ONION AND PEPPERS, STIR, AND COOK FOR 3-4 MINUTES. THEN ADD THE BROCCOLI AND SPINACH AND COOK FOR ANOTHER 2-3 MINUTES.
4. IF YOU'RE USING OTHER VEGETABLES, MAKE SURE TO COOK THEM SIMILARLY – ADD INGREDIENTS BASED ON HOW LONG THEY'LL TAKE TO SOFTEN, AND ADDING LEAFY GREENS LIKE SPINACH OR KALE LAST, AS THEY WILT QUICKLY.

STEP 3: ADD THE EGGS AND BEANS

1. ADD IN THE BEANS
2. IF ADDING EGGS: I CREATED SLIGHT 'NESTS' AND CRACKED THE EGGS INTO THEM. COOK UNTIL THEY ARE DONE TO YOUR PREFERRED LEVEL. COVER WITH A PAN TO HELP STEAM THEM FOR FASTER COOKING. ALTERNATIVELY, YOU CAN COOK THE EGGS SEPARATELY (FRIED, SCRAMBLED, POACHED, ETC.) AND SERVE OVER THE TOP OF THE SWEET POTATO BREAKFAST HASH WHEN PLATING.

SERVE THE VEGETARIAN SWEET POTATO HASH TOPPED WITH CHILI, SALT, PEPPER, AND FRESH HERBS.

SMOOTHIES

STRAWBERRY FIELDS SMOOTHIE

- 1 CUP UNSWEETENED ALMOND MILK, COCONUT MILK, RICE MILK, OR SOY MILK
- 1 CUP SLICED FRESH OR FROZEN BANANA, PEELED (ABOUT 1 MEDIUM BANANA)
- 1 CUP SLICED FRESH OR FROZEN STRAWBERRIES
- 1 CUP FRESH MIXED GREENS, SPINACH, KALE LEAVES, CHARD, ETC.
- 2 TABLESPOONS FLAXSEED MEAL, OPTIONAL

PEACHY KEEN SMOOTHIE

- 1 CUP UNSWEETENED NON-DAIRY MILK (ALMOND, COCONUT, RICE, SOY OR WATER)
- 1 CUP SLICED FRESH OR FROZEN BANANA, PEELED (ABOUT 1 MEDIUM BANANA)
- 1 CUP SLICED FRESH OR FROZEN PEACHES
- 1 CUP FRESH SPINACH OR KALE LEAVES
- 2 TABLESPOONS FINELY CHOPPED WALNUTS (ABOUT ½ OUNCE)
- 1 TABLESPOON FLAXSEED MEAL, OPTIONAL

COCONUT BLISS SMOOTHIE

- ½ CUP UNSWEETENED COCONUT MILK
- 1 CUP SLICED FRESH OR FROZEN BANANA (ABOUT 1 MEDIUM BANANA)
- 1 CUP FRESH OR FROZEN BLUEBERRIES
- 1 CUP FROZEN OR FRESH MANGO CHUNKS
- 1 CUP FRESH OR FROZEN SLICED STRAWBERRIES

BLUEBERRY MANGO SMOOTHIE

- 1 CUP UNSWEETENED ALMOND MILK (OR ANY UNSWEETENED NON-DAIRY MILK)
- 1 CUP FRESH OR FROZEN MANGO CHUNKS
- 1 FRESH OR FROZEN BANANA, PEELED, SLICED
- 1/2 CUP FRESH OR FROZEN BLUEBERRIES
- 1 TABLESPOON FLAXSEED MEAL, OPTIONAL
- 1 TABLESPOON UNSWEETENED COCONUT FLAKES



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