

## Your 5 Day Daniel Fast

*'And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.'* Matthew 6: 16-18

Jesus reminds us that *when* we fast, we must do so in order that it will be seen principally by our Father in heaven. And note that He does not say *if* we fast but *when* we fast.

For those who are new to fasting or those who may struggle to maintain complete abstinence because of medical conditions, a Daniel Fast is the perfect opportunity to make a commitment to set yourself apart from the world and to focus your heart on God. As with any new change in diet, if you have any medical concerns, please do consult a medical professional before commencing the fast. For those more experienced with fasting, or if you are healthy and fancy a real challenge, try repeating this plan for a full 10 day fast, just as Daniel did. When we fast in this way – limiting ourselves to only certain food types – we are choosing to say that we draw our strength and identity from God, the Creator, rather than from natural things, the 'created'. It helps focus our whole being on His life in us.

### The Basics:

1. Follow the accompanying meal plan and spiritual guide. The following page contains a morning prayer to pray each day before breakfast and an evening prayer to pray each day before bed. You will also see that the meal plan contains a mid-morning scripture and a mid-afternoon scripture to meditate on in order to recentre your heart on the Lord at regular intervals throughout the day. The final page contains a space where you can journal what you heard the Lord speaking to you through these short verses.
2. Aim to drink 2-3 litres of water per day, but avoid other soft drinks.
3. Drink one cup of hot water with a slice of lemon first thing in the morning, and herbal teas as desired.
4. Consume **NO** alcohol, gluten, caffeine, refined sugars, meat or dairy.
5. Ensure you have 7-8 hours' sleep per night which will assist your body in replenishing energy and focus (it's only for 5 days!).

## Daily Prayers

### MORNING PRAYER:

Heavenly Father, I come before You this morning in awe of who You are. I give You honor and praise because of Your infinitely loving nature. I am overwhelmed that You would send Your only Son to die for me, such is the power of Your almighty love. I give You thanks for gifting this day to me and for waking me up this morning. I lift up all those who didn't get to see today and ask that they, too, might be covered with the blood of Jesus. I also give You thanks today for [*insert particular gratitude*]. Lord, You tell us that if we are truly Your disciples, we must deny self, pick up our cross daily and follow You. Father, I proclaim this day that I *am* Your disciple. I ask for Your help throughout today as I seek to deny myself and carry my cross for You. I pray all this in Jesus' mighty name. Amen.

### EVENING PRAYER:

Father, thank You for holding me in Your arms today. I needed You, and You were there for me. Thank You for every bit of love, mercy, and grace that was shown to me though I did not deserve it. Thank You for Your unwavering faithfulness in my successes and in my suffering. To you alone be the glory. Lord I am sorry for all words, actions and thoughts today that did not honour You. I humbly ask for Your forgiveness. Dispel the darkness of my heart O Lord, that by Your brightness I may be a reflection of your eternal light to the world, that all I meet might come to know that You are the one true God, living and reigning for ever and ever. Amen.

## The Meal Plan

	Breakfast	Scripture	Lunch	Scripture	Dinner
<b>Day 1</b>	'Overnight Oats' (simply add non-dairy milk or water to oats and refrigerate overnight) topped with berries	<i>1 Chronicles 16:11</i>	Salad: Spinach, grated carrot, tomatoes, peppers and butterbeans, with cooked quinoa or rice. Add lemon juice & 1/2tsp olive or seed oil if desired. Sprinkle with mixed seeds	<i>1 John 5:14</i>	Easy Peasy Jalfrezi
<b>Day 2</b>	Grilled tomatoes, two flat mushrooms, wilted spinach and half an avocado	<i>Ephesians 6:18</i>	Extra portion of Jalfrezi from last night's dinner served with fresh tomatoes and a green salad	<i>Job 22:27</i>	Lentil & Carrot Bolognese
<b>Day 3</b>	Apple Pie 'Porridge'	<i>2 Chronicles 6:21</i>	Leftover Lentil & Carrot Bolognese served with green salad and rice	<i>Mark 11:24</i>	One Pot Mediterranean Quinoa Bowl
<b>Day 4</b>	Oatmeal or porridge topped with berries	<i>Romans 8:26</i>	Leftover One Pot Mediterranean Quinoa bowl	<i>Philippians 4:6</i>	Daniel's 'Butter-Chicken'!
<b>Day 5</b>	Bowl of mixed berries, mixed seeds and almonds	<i>1 Timothy 2:1-2</i>	Leftover 'Butter-Chicken' from last night's dinner (served hot or cold) with a large green salad	<i>James 5:13</i>	White Bean & Rocket Salad

## Recipes:

Most recipes serve 2 people unless otherwise stated. Where recipes make for 4, it is intended that the 2 extra portions are served for lunches the next day as per the meal plan. If you need to amend these quantities, please do so accordingly.

If you feel that some of the ingredients listed are over your personal shopping budget (organic etc) don't panic! Instead, just work with the best quality ingredients that you are able to get. The main focus should be on using ingredients in their most natural state without added extras, and there are usually cheaper brands or varieties that will be absolutely fine to substitute.

### Apple Pie 'Porridge'

- 120ml unsweetened almond milk (rude health or innocent are good brands with no additives)
- 2 tbsp chia seeds
- 2 tsp almond or peanut butter (look out for 100% nuts, no added oil)
- 2 dates, roughly chopped
- ½ tsp mixed spice
- ½ tsp cinnamon
- 1 green apple, cored, peeled and roughly chopped
- small handful of chopped pecan nuts

Blend all ingredients (except pecans) in a blender or food processor until thick and smooth. Add a little more milk if the mixture is too thick.

Heat thoroughly in a saucepan over a medium heat, ensuring not to boil.

Remove from the heat. Sprinkle the pecans on top and grate over some left-over apple from the core if desired.

### Easy Peasy Jalfrezi

- 2 large aubergines chopped into 1 cm chunks and browned in a little coconut oil
- 1 medium onion, chopped

- 1 red and yellow pepper, chopped
- 2 crushed garlic cloves
- 1 tsp grated ginger
- 1 tsp chili powder
- ½ tsp cayenne pepper (if you like spice)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 400g can chopped tomatoes
- Large handful of chopped coriander

Fry all dry ingredients (bar the fresh coriander) in a little avocado oil or coconut oil until the onions and aubergine are soft.

Add the tomatoes and simmer for 30 minutes. Add water if looking too dry.

Add fresh coriander 5 minutes from the end.

Serve with rice.

## **Carrot & Lentil Bolognese**

- 1 small onion, diced
- 2 cloves garlic, minced or finely sliced
- 650g organic carrots, grated (skins on) – if not organic, peeled then grated
- 250g chestnut mushrooms, chopped
- 1 stick celery, finely sliced
- 1 red pepper, diced
- 1 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp dried rosemary
- 400g can chopped tomatoes
- 1 tsp tomato purée

- 1 cup dried red split lentils, thoroughly rinsed

In a large skillet pan, gently fry up the onion in a little avocado oil or coconut oil for 5 minutes before adding in the carrots, garlic, mushrooms, celery & pepper. Cook for a further 5- 6 minutes, stirring occasionally.

Add the tomatoes, tomato purée, lentils and herbs, and 150ml water.

Simmer for 20 minutes until the lentils are cooked through and the sauce has thickened. Add a little more water if the mixture gets too dry.

Serve with quinoa, rice or even over a baked sweet potato (remember, no butter!).

### **One Pot Mediterranean Quinoa Bowl**

- 2 garlic cloves minced
- 1 small shallot finely diced
- 1 tsp chilli flakes
- ½ tsp dried thyme
- ½ tsp dried dill
- 4 servings quinoa (usually around 240g dried – 60g per portion)
- ½ cup of sliced green olives
- ½ cup chopped sun dried tomatoes
- 250ml vegetable broth
- 250ml water
- 2 large handfuls spinach chopped
- 400g can black beans
- Salt + pepper to taste

Heat a little avocado oil or coconut oil in a saucepan over medium heat. Add garlic, shallots and pepper flakes and sauté until fragrant (about 2 minutes). Add thyme and dill and cook for another 30 seconds or so.

Then add quinoa, olives and sun-dried tomatoes to the mix. Stir continuously for 30 seconds.

Add all liquids, bring to a boil, then cover and reduce to simmer for 20 - 25 minutes until the liquid has been absorbed.

Remove lid and stir in spinach and butterbeans. Let sit for a few minutes to allow spinach time to wilt.

Season with salt and pepper and serve immediately.

**Daniel's 'Butter Chicken'** (spoiler alert: This contains no butter OR chicken... but tastes just like the classic favourite!)

- 1 medium onion, diced
- 160 ml full fat coconut milk
- 1 tbsp garam masala
- 1 tsp cumin seeds
- ½ tsp cinnamon
- 1 tsp coriander
- ¼ tsp crushed red pepper flakes
- 1 tsp salt
- black pepper to taste optional
- 3 cloves garlic, minced
- 400g can chopped tomatoes
- 400g can chickpeas, drained & rinsed
- 5 medium red potatoes (this variety holds their shape best) peeled and chopped into 2 inch cubes
- 1 tbsp grated fresh ginger

In a large pot over medium-high heat, add the onion, all spices and salt to a little avocado oil or coconut oil.

Sauté, stirring occasionally, for 6-7 minutes. Add a splash of coconut milk if needed, if mixture is sticking. After this time, add the garlic, and stir through for a minute.

Add tomatoes, chickpeas, and potatoes. Turn heat to high and bring mixture to a boil. Once it reaches a boil, reduce heat to low, cover, and let simmer covered for 20 minutes.

Add ginger and remaining coconut milk and stir through before serving.

## White Bean & Rocket Salad

For the dressing:

- 2 large handfuls fresh rocket, rinsed and spin-dried
- 4 tbsp flaked almonds
- 10 cashews (soaked in warm water for an hour to soften then rinsed)
- 2 tbsp lemon juice
- 2 cloves of garlic, minced
- ¼ tsp salt
- ¼ tsp black pepper
- 80ml extra virgin olive oil

For the Salad:

- 3 handfuls rocket, rinsed and spin-dried
- 2 handfuls watercress, rinsed and spin-dried
- 1 small red onion, finely chopped
- 4 portions cooked quinoa or rice (either hot or cooled) – usually 60g dried quinoa/ rice per person)
- 400g can Cannellini white beans

Add all 'dressing' ingredients into a food processor or Nutribullet and blend until fine, adding in the olive oil last of all (over-mixing olive oil will leave a metallic taste)

Assemble the salad and drizzle over the dressing

This meal planner and recipes have been created and produced by Oh Your Glow for Hope 15:13  
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## Scripture Journal

Make note of anything God speaks to you, or you need to say to God whilst meditating on the daily scriptures:

	<b>What God said to me</b>	<b>What I said to God</b>
<b>1 Chronicles 16:11</b>		
<b>1 John 5:14</b>		
<b>Ephesians 6:18</b>		
<b>Job 22:27</b>		
<b>2 Chronicles 6:21</b>		

<b>Mark 11:24</b>		
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