

## **Daniel Fast Overview**

The Daniel Fast is a spiritual discipline designed to better connect us with God. As staff, leaders and people of CityChurch, we'll take 19 days to deepen our relationship with God and center ourselves around what God is going to do in our church and in our lives. We are praying that 2014 will be a life changing year for you, your family and CityChurch.

### **Who:**

The staff of CityChurch and anyone interested in going through the fast.

### **When:**

Monday, January 6th, 7 p.m.: Begin the Daniel Fast.

Saturday, January 25th, at 7 p.m.: Break the Fast!

### **What:**

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits, vegetables and other plant products that are pure and simple. We have included a list of foods to eat and foods to avoid. \*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

### **How:**

There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the Bible as to exactly what Daniel did during his fast. However, to keep it simple, we have included in this packet what the staff of CityChurch will be doing during the fast and some of the resources we will be using. This fast will require preparation as most meals will be made from scratch. We will have some recipes available online.

### **Resources:**

[www.pinterest.com/citychurchob](http://www.pinterest.com/citychurchob)

[www.christ-web.com/missions/farho/daniel-fast](http://www.christ-web.com/missions/farho/daniel-fast)

[www.danielfast.wordpress.com](http://www.danielfast.wordpress.com)

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

### **Foods to include in your diet during the Daniel Fast**

**All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon. **Any canned items should not be in a syrup containing corn syrup, cane sugar or other sugar additives or sugar substitutes.**

**All vegetables.** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, and zucchini. **Any canned items should not be in a syrup containing corn syrup, cane sugar or other sugar additives or sugar substitutes.**

**All unleavened whole grains,** including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn. **This means any whole grain product not containing yeast or sugar.**

**All nuts and seeds,** including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter (all natural ones without sugar additives).

**All legumes.** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannelloni beans, white beans. **Any canned items should not be in a syrup containing corn syrup, cane sugar or other sugar additives or sugar substitutes.**

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

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

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices (with NO preservatives).

## **Foods to avoid on the Daniel Fast**

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

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

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

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

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

**All deep fried foods** including but not limited to potato chips, french fries, and corn chips.

**All solid fats** including shortening, margarine, and lard.

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

**Other:** Mayonnaise, baked goods, cream, caffeine, processed foods and refined foods.

## **Common FAQ's**

### **What about prepared foods?**

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware of just what is in there.

### **What about pasta?**

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

### **I know it says raw, unsalted nuts, but what about roasted nuts?**

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

### **How do I get enough protein in my diet while on the fast?**

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

### **What kind of peanut butter is allowed?**

A natural peanut butter with no additives (can be found at Kroger & Whole Foods). Watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

### **What about popcorn?**

Corn is listed on the vegetables to eat list. You can use a pot on the stove. Here is a recipe.

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using pot holders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

### **How can I identify whole grain foods?**

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

### **What about salad dressing?**

Olive oil and lemon or lime are an option.

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

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

**Where can I go out to eat?**

Just about anywhere as long as you order cautiously, ask lots of questions to the wait staff, and know ahead of time that you may be limited to a salad with olive oil and a baked potato with no extras.

**How much can I eat?**

As long as they are the appropriate foods, we recommend eating until satisfied with no limits.

## **Sample Recipes**

Breakfast.....	11
Lunch, Dinner and Sides.....	13
Snacks.....	21
Salads and Dressings.....	22

## **Breakfast Recipes**

### **Easy High-protein Breakfast Stir-fry**

1 tablespoon olive oil  
1 medium onion, sliced  
1/2 green pepper, chopped  
1 cup firm tofu, diced in bite-sized pieces  
Fresh Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft. Makes two servings.

### **Muesli**

1/2 cup muesli (Bob's Red Mill Old Country Style)  
1/2 cup water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

### **Apple Blueberry Oatmeal Cereal**

2 sweet apples  
3/4 cup rolled oats  
1 cup blueberries  
1/2 cup almonds  
1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

## **Lunch, Dinner and Sides**

### **Quick Tomato Sauce**

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

2 tablespoons olive oil  
1 medium yellow onion (chopped)  
2 cans diced tomatoes (14.5 oz) (or fresh)  
Salt to taste  
1/4 cup cilantro, finely chopped

Sauté onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

### **Spicy Green Beans**

2 tablespoons vegetable oil  
1 pound green beans, trimmed  
1/4 teaspoon salt  
3 cloves garlic, minced  
1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

### **Herb-Roasted Idaho Potato Fries**

Makes 4 servings

1 pound small baking potatoes  
2 tsp extra-virgin olive oil  
1/2 tsp dried thyme  
1/2 tsp dried rosemary  
1/4 tsp salt

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet. In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.



### **Minestrone Soup**

8 cups vegetable stock  
 1 ½ cups of garbanzo beans  
 2 cups red kidney beans  
 ½ cups carrots  
 3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)  
 ½ cup fresh parsley  
 Sea salt  
 1 cup cabbage  
 ¼ tsp. oregano  
 ¾ tsp. basil  
 ¼ tsp. thyme  
 ½ cup celery  
 ½ cup onion  
 1 clove garlic  
 1 pkg. spinach noodles cooked

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

### **White Beans and Sautéed Vegetables**

2 cans white beans, drained  
 2 tablespoons olive oil  
 ½ cup yellow onion, chopped  
 2 cloves garlic, minced  
 ½ cup celery, finely diced  
 ½ cup carrot, finely diced  
 ¼ cup virgin olive oil (to drizzle after beans are dished up)  
 Salt and pepper to taste

Drain the white beans and set aside. Heat olive oil and then add all the prepared vegetables to the pan and sauté until just done. Add beans and heat thoroughly. Dish up on serving plates, drizzle with extra virgin olive oil. Salt to taste.

Yield: 4 servings

Tip: It is best to cook with regular old pure olive oil - save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away. So use the less expensive pure olive oil for sautéing and frying.

### **Stir Fry Vegetables**

1 red onion, sliced  
 3 stalks celery, thinly sliced  
 ½ cup broccoli, chopped  
 1 bell pepper, sliced  
 1 tsp. sea salt  
 3 carrots, peeled and sliced  
 ½ cup cauliflower, chopped  
 1 cup zucchini, thinly sliced  
 1 cup yellow squash, thinly sliced  
 1 Tbsp. Oriental seasoning

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

### **Spanish Rice**

1 cup brown rice  
 1 cup tomato juice  
 1/3 cup green pepper  
 1/3 cup celery  
 1 med. Tomato  
 2 tsp. chives  
 1 tsp. basil  
 1 cup vegetable stock  
 1 tsp. oregano  
 1/3 cup carrot  
 1/3 cup onion  
 2 small garlic cloves  
 1 tsp. sea salt

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15-20 min.

### **Rice-stuffed tomatoes**

6 large tomatoes  
 ½ cup raisins  
 2 Tbsp. chopped green pepper  
 2 Tbsp. green onions  
 2 cups cooked brown rice  
 2 Tbsp. parsley

Dressing:

¼ cup olive oil  
 1 Tbsp. ketchup (with no added sugar)

1 tsp. chili powder (optional)  
 2 Tbsp. lemon juice  
 ½ tsp. dry mustard, optional  
 1 tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato. Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain. In a bowl combine chopped tomato, rice, raisins, green pepper, onion, and parsley. Prepare dressing and stir into rice. Season to taste. Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350 for about 15-20 minutes until the tomatoes soften.

### **Stuffed Peppers**

2 Tbs. olive oil  
 2 stalks celery, minced (½ cup)  
 1 medium onion, minced  
 1 tsp. salt  
 1 clove garlic, minced (1 tsp.)  
 2 cups cooked brown rice  
 ½ cup yellow raisins  
 ½ cup vegetable broth  
 5 oz tofu, mashed  
 3 red bell peppers, laved lengthwise  
 2 Tbs. fresh flat leaf parsley

Preheat oven to 400 degrees. Heat oil in pan over medium heat. Add celery, onion, ½ tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing. Meanwhile, mash tofu, ½ tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers. Bake for 30 minutes or until peppers are soft and the stuffing is hot.

Yield: 6 servings

### **Lentil Soup**

2 tablespoons olive oil, plus extra for drizzling  
 1 medium onion, chopped  
 2 carrots, peeled and chopped  
 2 celery stalks, chopped  
 2 garlic cloves, chopped  
 Salt  
 1 (14 1/2-ounce) can diced tomatoes  
 1 pound lentils (approximately 1 1/4 cups)  
 2/3 cup pearl barley  
 11 cups vegetable broth (can substitute water)  
 4 to 6 fresh thyme sprigs

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and sauté until all the vegetables are tender, about 5 to 8 minutes. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes. Season with salt to taste. Ladle the soup into bowls, drizzle with olive oil and serve.

Yield: Six Servings

### **Vegetarian Chili**

2 medium-sized green peppers, chopped  
 1 medium-sized yellow onion, chopped  
 1 zucchini, sliced  
 1 yellow squash, sliced  
 2 tablespoons olive oil  
 2 tablespoons chili powder  
 ¾ teaspoon salt  
 ¼ teaspoon ground red peppers  
 2 cups corn kernels (fresh or frozen)  
 2 16 oz. cans tomatoes (juice and all)  
 2 16 oz. cans pinto beans (juice and all)  
 2 16 oz. cans black beans (juice and all)  
 1 4 oz. can mild green chilies  
 1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: 6 generous servings

### **Barley and Black Bean Salad**

This is a very easy and quick recipe. Beans and barley make a complete protein, so this is an excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

1 cup barley, cooked according to package directions  
 1 (15 ounce) can black beans, rinsed  
 1/2 cup corn (thawed if frozen)  
 1/3 cup chopped fresh cilantro  
 2 tablespoons lime juice  
 1 tablespoon extra-virgin olive oil  
 Salt to taste

Combine cooked barley, beans, corn, cilantro, lime juice, oil, and salt in a medium bowl. Serve on bed of chopped or torn lettuce.

Yield: 4 servings

### **Whole Wheat Tortillas**

You can buy 100% whole wheat tortillas, but these are easy to make. Use these tortillas for a veggie wrap or for chips with salsa.

2 cups whole wheat flour

½ teaspoon salt

2 tablespoons olive oil

½ cup warm water

Mix flour and salt in bowl. Add olive oil and stir until well combined. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl.

Knead dough on floured board for about 3 minutes (20 folds). Allow dough to rest for 15 minutes. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball.

With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward). Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.

Yield: Makes 12 tortillas

### **Celery and Peanut Butter Snacks**

Stuff celery with peanut butter and add nuts or raisins.

### **Harira**

2 Tbs oil

1 cup chopped onion

1/2 cup chopped celery

2 cups warm water

Pinch of saffron threads

1/2 tsp salt, divided

1/4 tsp peeled fresh ginger, minced

1/4 tsp ground red pepper

1/4 tsp ground cinnamon

2 garlic clove, minced

2 cups organic mushroom broth

1 1/2 cups chopped and seeded plum tomatoes

1/2 cup dried small red lentils

2 15 oz. cans no-salt-added chickpeas, drained

3 Tbs chopped fresh cilantro

3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender. Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt.

Yield: 4 servings

### **Greek Vegetable Stew**

2 tablespoons oil  
 2 onions, chopped  
 1 pound green string beans, broken in half  
 1 package frozen or fresh spinach  
 4 cups water  
 6 zucchini, chunked  
 4 yellow squash, chunked  
 2 cups celery leaves  
 4 tomatoes, quartered  
 1 teaspoon salt  
 8 slices lemon  
 1 tablespoon dried oregano  
 3 tablespoons fresh basil  
 2 cloves chopped garlic  
 2 tablespoons lemon juice

Lightly brown onions in a hot skillet in 2 tablespoons oil. Add oregano & garlic. Cook 1 minute. Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl.

Yield: Eight servings

### **Rice, Black beans and corn**

1 can Organic Black beans drained  
 1 can of Organic corn drained  
 organic long grain rice  
 organic corn tortilla  
 homemade salsa  
 avocado

Combine 1 can Organic Black beans drained and 1 can of Organic corn drained. Heat and place on top of organic long grain rice (cooked). Top with homemade salsa (which is 2 tomatoes diced, 1 onions diced, cilantro, squirt of lime, clove of garlic minced, tad bit of salt, 1 Jalapeno minced, 1/2 of an avocado diced.) Serve with organic corn tortilla (you can heat them and make them crunchy). Serve with sliced avocados.

### **Black Bean & Brown Rice Stuffed Peppers**

1 qt 100% Vegetable or Tomato Juice  
 2 cups cooked black beans  
 1 cup cooked brown rice  
 2 med green onions (chopped)  
 ¼ cup fresh cilantro (chopped)  
 2 tbsp extra virgin olive oil  
 2 tbsp lime juice  
 1 clove garlic (finely chopped)  
 2-3 large bell peppers (cut in half lengthwise and  
 deseeded)

Combine all ingredients except juice and bell peppers in bowl and mix well. Place peppers in glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in oven on 350 degrees for 45-60 minutes.

### **Curry brown rice**

Cooked brown rice  
 1-2 tsp curry powder  
 1/2 c frozen sweet peas  
 1/2 c corn  
 1/4 c onions  
 1/4 c tomato  
 1/2 tsp dried thyme leaves  
 1 tbsp virgin olive oil

1. Make the desired amount of brown rice.
2. Dice the onion and tomato.
3. Heat pan with olive oil. Mix in tomato, onions, thyme, corn, sweet peas and curry.
4. Stir until onion and tomato is cooked. Add water sparingly to keep it from sticking to the pan.
5. Add already cooked brown rice.
6. If desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out.

### **Leek and Potato soup**

1 tsp crushed fennel seeds  
 2 cloves garlic  
 2 tbsp olive oil  
 4 pints vegetable stock  
 2 lbs leeks (trimmed, cleaned, sliced)  
 2 lbs potatoes (cleaned, cut into cubes)

Heat olive oil on a medium heat in a large pan. Add garlic - heat for a few mins until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes and mix well with other ingredients. Cover and cook for 5 mins. Stir quickly. Cover and cook for

further 5 mins. Add stock. Bring to boil, then cover, turn heat down and simmer for 40 mins.

**Rice and Chick Peas**

1 cup rice  
1 can chick peas drained and rinsed  
1 cup water  
1 tsp salt  
1 TBSP raisins

Cook rice in a rice cooker. Put rest of ingredients in crock pot and cook four hours at medium



## Snacks

### Popcorn

1/4 cup unpopped popping corn  
1 brown lunch bag

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

### Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind.  
1/2 cup orange juice (juiced from fresh oranges)  
Juice of 2 limes (taste before you add all the juice at once)  
1 medium-size, banana, peeled and cut into chunks  
Fresh mint leaves for garnish (optional)  
2 cups of ice cubes - makes it like a frozen ice drink (optional)

Mix all in a blender, and serve.  
Serves 2

You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

- guacamole with chips (I think Lays has a baked tortilla chip that we ate all the time)
- salsa and chips (we made our own salsa I think and found some that were approved at Whole Foods)
- apple slices with natural peanut butter (great snacks on the go and very filling)
- mixed nuts
- hummus

## Salads/Dressings

### Salad

3 cups bite-size pieces fresh spinach  
 1/2 cup sliced strawberries  
 1/2 cup cubed cantaloupe  
 Optional 1/2 cup sliced oranges  
 2 medium green onions, sliced

In a tightly covered container, shake all dressing ingredients. In large bowl, toss all salad ingredients with dressing.

### Strawberry-Melon Spinach Salad Dressing:

1 tablespoon orange juice  
 1 1/2 teaspoon olive oil

### Avocado Tomato Dressing

2 ripe avocados, peeled and pitted  
 1 med. ripe tomato  
 1 tsp. herb seasoning  
 1/4 cup fresh lemon juice  
 Sea salt to taste

Place all ingredients in blender and blend until smooth.

### Creamy Green Dressing

1/2 med. ripe avocado, peeled and pitted  
 3/4 cup distilled water  
 3 tablespoons fresh lemon juice  
 1/4 cup almonds, soaked overnight and drained  
 1/4 tsp. garlic powder  
 1 1/4 tsp. onion powder or flakes  
 Sea salt

Blend all ingredients until smooth.

### Pesto Dressing

4 small garlic cloves, peeled  
 2 2/3 cup tightly packed fresh basil leaves  
 1/3 cup pine nuts  
 1/3 cup cold-pressed extra virgin olive oil  
 Sea salt

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add oil through the feed tube. Continue to process until smooth.

**Herb Vinaigrette**

1/3 cup fresh lemon juice  
 1/2 tsp. dried basil (if using fresh, use twice as much)  
 1 tsp. dried oregano  
 1/4 tsp sea salt  
 1/2 tsp dry mustard (optional)  
 1/2 cup fresh Italian parsley, minced  
 1 cup olive oil  
 1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

**Diced Fruit Salad**

1 kiwi  
 1 pint strawberries  
 1 mango  
 2 bananas  
 1/2 pint blueberries

Slice and mix.

**Southwestern Corn and Black Bean Salad**

The beans, corn and nuts in this salad combine to create 19 grams of protein per serving.

1 1/2 cups corn kernels (fresh or frozen)  
 1/3 cup pine nuts  
 1/4 cup lime juice  
 2 tablespoons extra-virgin olive oil  
 1/4 cup chopped fresh cilantro  
 2 (14.5 ounce) cans black beans, rinsed  
 2 cups shredded red cabbage  
 1 large tomato, diced  
 1/2 cup minced red onion  
 Salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime juice, oil, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve. Yield: 4 servings