7 day “Daniel Fast” meal plan:

For recipes marked * means recipes below
For recipes marked ++, go to http://www.caringcarrot.com/category/daniel-fast/lunch-dinner/

Sun – Bean and Rice Casserole *
Mon – Stir Fry Veggies and Brown Rice *
Tues – Zesty Pasta salad ++
Wed – Red Bean Soup and flat bread (pita or something with no yeast) *
Thurs – Pesto Pasta (whole grain pasta w/a natural pesto sauce and fresh cut up tomatos)
Fri – Tacos ++
Sat – Veggie Wraps *

Breakfast and Lunch Ideas:
Guacamole Salad ++
Hummus with veggies and crackers
Melon Smoothie *

Recipes:

**Tasty Veggie Wraps**

**Ingredients**
1 package of Broccoli/Carrot Slaw Mix (shredded broccoli, carrots, and purple cabbage)
1 TBSP of olive oil
1 tsp of soy sauce (Many avoid soy sauce because it is fermented and may contain MSG. Substitute salt to taste)
1/4 tsp ea. of Thyme, Rosemary, and Garlic Powder
4 Whole Grain Wheat wraps

**Instructions**
1) Place oil in warm skillet
2) Add shredded mixture and sauté
3) Add seasonings
4) Add soy sauce or salted water to coat
5) Cook vegetables until they are your desired texture
6) Remove vegetables and place on a reserved plate.
7) Add more oil to skillet if necessary to brown both sides of your whole wheat wraps if desired
8) Place vegetables in each warmed wrap. Eat and Enjoy!!

Cantaloupe Tonight Melon Smoothie

• 1/2 medium-size cantaloupe, seeded and cut from the rind.
• 1/2 cup orange juice
• 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)
• our addition: 2 cups of ice cubes - makes it like a frozen ice drink.

Mix all in a blender, and serve. Serves 2

Bean and Rice Casserole

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:
1 medium onion, chopped
2 cup uncooked brown rice
1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
1 can black beans (15 1/4 - 19 oz), drained and rinsed
1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
1 can stewed tomatoes (14 1/2 - 16 oz), drained
1 can chopped mild chilies (4 oz), drained
10 ounces frozen green peas, thawed by placing under running water
1 cup frozen corn, thawed by placing under running water
Preparation:
1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.
Yield: four servings

**Stir Fry Vegetables with Brown Rice**
You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don’t skimp on the vegetables as that’s what makes this recipe unique and satisfying.

**Ingredients:**
1  tablespoon sesame oil
3  green onions, finely chopped
3 tablespoons fresh ginger, minced
4 cups fresh broccoli, chopped
½ pound fresh green beans, chopped
2 carrots, peeled and sliced on diagonal
2 cloves garlic, minced
4 cups greens, chopped (kale, bok choy, spinach, collards, etc)
1 can sliced water chestnuts, drained
3 cups cooked brown rice
2 tablespoons soy sauce
1 ½ cups peas (if frozen run under water to thaw)
½ cup toasted sliced almonds

Preparation:
1. Heat a deep skillet or wok over medium heat for about 1 minute.
   Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Yield: four servings

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

**Red Bean Soup**
Beans are so rich in vitamins and protein. Plus they are excellent for our digestive
systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

Ingredients:
1 tablespoon olive oil
1 ½ cups chopped yellow onions
¼ cup chopped green bell peppers
1 tablespoon minced garlic
4 bay leaves
2 cups dried red kidney beans, soaked overnight
1 tablespoon Special Seasoning, (recipe follows on next page)
2 quarts vegetable stock
1 teaspoon salt
3 tablespoons chopped parsley
1 cup diced carrots
1 ½ cups cooked long-grain brown rice, warm
6 tablespoons chopped green onions

Preparation:
1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 ½ hours, until beans are tender, stirring occasionally.
4. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red
beans. Add the reserved beans, and stir well.

6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.
Yield: six servings

Special Seasoning
This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

Ingredients:
2 ¼ tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme

Preparation:
1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.
Yield: about 2/3 cup
Tip: Play around with this recipe and make it your very own family spice!