



# Daniel Fast 2024

An encouraging note from Pastor Lindsey to help prepare your heart and pantry for the upcoming Daniel Fast. Here she provides an easy to follow grocery list with some of her favorite go to snacks and meals to help take the guesswork out of your Daniel Fast experience.

Move your heart closer and closer to God, and he will come even closer to you.

James 4:8 TPT

Hello friend,

For more than 10 years, I have started each new year with a 3 week Daniel Fast. For 21 days I remove the pleasures and comfort of today's easy access foods, and make a plan and commitment to eat only fruits, vegetables, and whole grains much like the prophet Daniel in the Old Testament. Fasting combined with prayer has been a game changer in my walk with God. I've grown to hear God's voice, broken poor habits, received healing from wounds, allowed God to be my source of comfort, and so much more.

In providing a grocery list I'm hoping to ease your mind as you prepare to fast. You will not starve. In fact, your body will be refreshed and recharged as it is cleansed of many not beneficial additives and ingredients that come in processed foods. It's amazing how healing nutritious foods are to our bodies. Be prepared though for the infamous sugar withdrawal headache. This is not your body rejecting whole foods. This is the result of our bodies going through withdrawals of sweeteners like sugar. It won't last long and you very well may no longer crave the sweet drinks and treats after these 21 days. Coming from an avid diet Coke drinker, even that tastes too sweet to me after a Daniel Fast.

I am believing with you for a special experience between you and God during this time of prayer and fasting. James 4:8 in the Passion Translation reads, ***"Move your heart closer and closer to God, and he will come even closer to you."*** I'm praying for you, fasting with you, and cheering you on!

Love,  
**Pastor Lindsey**

## Pastor Lindsey's Daniel Fast Grocery List

Favorite snack: thinly sliced apple on top of plain rice cake with no sugar added peanut butter. Not sweet enough? Sub apples for chopped dates.



Whether you shop at Walmart Grocery, Smith's, Albertsons or Whole Foods, you can find quality produce and foods for your Daniel Fast on a friendly budget.

I love cooking with fresh herbs. Fresh basil in a chickpea cold pasta is DELICIOUS. Get creative with cilantro, thyme, rosemary (yum on roasted potatoes), parsley and more!

### Produce

Apples, Oranges, Blueberries, Strawberries  
Bananas  
Grapes \*\*I love to freeze these for a refreshing snack  
Tomatoes  
Cucumbers  
Mushrooms  
Avocado  
Cilantro, Basil, Rosemary  
White & Red Onions  
Sweet Potatoes  
Russet or Fingerling Potatoes  
Bell Peppers  
Baby carrots  
Garlic  
50/50 Spinach & Spring Mix blend

### Canned/Boxed Items

Amy's Organic Lentil Vegetable soup  
Amy's Organic Black Bean Vegetable soup  
Amy's Organic Chunky Vegetable soup  
Black & Pinto Beans  
Fire Roasted Tomatoes  
Diced Green Chilies  
Vegetarian refried beans  
Barilla Chickpea Pasta  
No sugar added pasta sauce \*\*my fav is Tomato Basil  
No sugar added peanut butter  
Brown Rice or Quinoa  
Olive Oil  
Olives  
No sugar added salad dressing  
Corn or almond flour tortillas  
Corn tortilla chips  
Simply salted popcorn \*\*no butter added  
Plain rice cakes

### Frozen Items

Sweet corn  
Broccoli  
Cauliflower rice  
Stir fry vegetables \*\*no sauce included

### Refrigerated Items

Unsweetened almond or cashew milk  
Tofu  
Fresh salsa  
Guacamole  
Hummus

# Pastor Lindsey's Daniel Fast Meal Plan

"If You Fail to Plan, You Are Planning to Fail" – Benjamin Franklin

A weekly meal plan removes the guesswork of what I will be eating during the week. This will help you avoid the emotional response of "grab anything" just to satisfy hunger or a craving.

## Tips & Tricks:

Make recipes large enough for multiple meals.

Repeat meals often. The goal during the Daniel Fast is to sustain yourself with healthy and whole food choices. Don't be afraid to repeat meals. Keep it simple. The food should not be the spotlight. Time with God is the main event.

## Monday

*Breakfast:* Plant-based protein shake: 2 scoops Orgain protein powder, unsweetened cashew milk, ripe banana, and ice.

*Lunch:* Amy's organic lentil vegetable soup and small green salad topped with cherry tomatoes, red onion, sliced cucumbers and carrots with no sugar added dressing.

*Snack:* Baby carrots with hummus

*Dinner:* Vegetable fajitas (bell peppers, mushrooms, onions, green chilies) with vegetarian refried beans topped with guacamole and fresh salsa. Served with small salad.

*Snack:* Fresh fruit

## Tuesday

*Breakfast:* Protein Shake

*Lunch:* Left over vegetable fajitas with corn chips and salsa

*Snack:* Rice cake with peanut butter and apples

*Dinner:* Chickpea cold pasta: cooked & cooled chickpea pasta tossed with bell peppers, red onion, tomatoes, cucumbers, olives, fresh basil, and no added sugar dressing. Salt & pepper to taste. Serve with small salad.

*Snack:* Frozen grapes

## Wednesday

*Breakfast:* Protein shake

*Lunch:* Amy's organic lentil black bean soup with carrots and hummus

*Snack:* Various fruits & nuts

*Dinner:* Pinto bean soup. Pinto beans with sautéed onion, garlic, salt, pepper and oregano served over cauliflower or brown rice topped with fresh avocado, white onion, and cilantro

*Snack:* Chopped dates and peanut butter on rice cake

## Thursday

*Breakfast:* Protein shake

*Lunch:* Leftover chickpea cold pasta and various fruits

*Snack:* Sliced avocado and tomatoes on top of rice cake

*Dinner:* Tofu scramble with garlic rosemary roasted potatoes

*Snack:* Popcorn

## Friday

*Breakfast:* Protein shake

*Lunch:* Leftover vegetable soup with small salad

*Snack:* Corn tortilla chips and guacamole

*Dinner:* Large green salad and baked sweet potato fries

*Snack:* Baked banana, oat, and peanut butter cookies