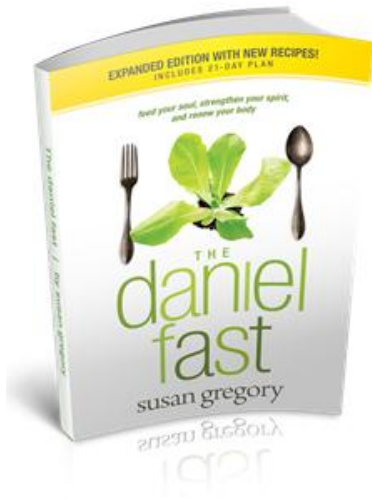


The Daniel Fast Starter Kit

By Susan Gregory,
Author



The pages in this report provides some information about the Daniel Fast. To have all you need for the fast, pick up a copy of *The Daniel Fast: feed your soul, strengthen your spirit and renew your body* (Tyndale House Publishers) The book is available in paperback, Kindle, audio and for other digital readers. Check our [website](#), [Amazon](#) or visit your favorite online or local bookseller.

Also available in Spanish.

Welcome!

You are about to enter a powerful and life-changing experience as you begin your time of extended prayer and fasting.

In 2007 the Lord spoke to my spirit and give me what I thought was a one-time assignment. He said, “Write about the Daniel Fast.” I am honored and humbled for this call as I’ve been able to assist hundreds of thousands of men and women for all over the world as they seek information about this method of fasting.



Susan Gregory
Author, *The Daniel Fast*

The teaching started as a simple blog and that turned into a ministry to the Body of Christ as well as the best-selling book about the Daniel Fast published by Tyndale House Publishers, one the of most successful Christian publishing houses in the United States and the world.

I’ve had the great pleasure of personally interacting with men and women who are seeking God and growing in the love and knowledge of Jesus Christ. The blog now has nearly 8 million visits and our growing community of brothers and sisters in Christ continues to expand.

*Wisdom is the principal thing;
Therefore get wisdom.
And in all your getting, get
understanding.* Proverbs 4:7

My greatest reward is knowing that I have been able serve God by serving His people . . . and I’ve been able to help churches, Bible study groups, men, women and young people experience God in a way that brings them joy, comfort, security and direction.

My prayer for you is that you will grow in Christ as you experience this powerful spiritual discipline and that you experience God’s great love for you in a deep and convincing way.

Be blessed on your fast,

Susan

Susan Gregory
Author, Christian Life Coach and Teacher

If you have more questions about the Daniel Fast, please direct them to our blog.
The Daniel Fast Blog: <http://DanielFast.wordpress.com>

What is the Daniel Fast?

The Daniel Fast is a method of fasting. It's a *partial fast*, meaning that some foods are eaten and others are restricted.

The Daniel Fast is based on the fasting experiences of the Old Testament Prophet Daniel when he and his companions were captured in Israel by the Babylonians under the rule of King Nebuchadnezzar. These young and very intelligent men were to be groomed to take some of the administrative positions of the growing Babylonian empire. So while they were captives, they were still treated very well.

*I encourage you to read
the Book of Daniel to
gain a glimpse of this
devoted servant of God.*

Daniel was a man of deep faith and devoted to the God of Abraham, Isaac and Jacob. When served the food and wine of the king, Daniel didn't want to defile his body and so requested a different meal:

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink." Daniel 1:12 KJV

Pulse is food grown from seed, so the Daniel Fast is a plant-based way of eating and consists of fruits, vegetables, whole grains, legumes, nuts, seeds, health oils, herbs and spices. You will also see from the verse that the only beverage on the Daniel Fast is water.

Many years later, Daniel was mourning over Israel and its long captivity. From this experience we gain another set of guidelines for the Daniel Fast:

"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:3 KJV

From this passage, and using various translations, the standards of sweeteners (including artificial varieties), leavening agents, deep fried foods, solid fats and sweet desserts are not allowed on the Daniel Fast. It is also from this verse that we the 21-day period is set, however many people use the Daniel Fast for as few as seven days and for as many as 50 days.

Please refer to the [Daniel Fast book](#) for more detailed information about the Daniel Fast.

Tens of Thousands Using the Daniel Fast

When I first started using the Daniel Fast for my own spiritual growth, I knew of no others using this method of fasting. I had read about the fast in a book about Christian Fasting and so I used it for 21 days. Later I found many people using the fast at the beginning of the New Year, and so I started consecrating the first part of the New Year with a period of prayer and fasting using the Daniel Fast as my preferred method of fasting.

I started writing about the Daniel Fast in 2007 and soon realized people from all over the world wanted to experience fasting. The Daniel Fast, being a partial fast, allows many people to participate in the discipline.

Over the years, more and more people are using the Daniel Fast, most at the beginning of the year. A growing number of Christians use the fast for their Lenten devotion and of course many individuals use the Daniel Fast when they sense God's call for them to fast for a specific purpose.

The Daniel Fast website and blog have received almost 8 million visits and the best-selling Daniel Fast book is considered the "go to book" to prepare men, women and young people for the fast.

Here's some encouragement. Four years ago this coming January I started the Daniel Fast with my church. I [focused] in prayer for healing for obesity. I was so tired of fighting this battle all my life. Through the fast the Lord lead me to eating healthy the rest of my life and here I am 4 years later. I have lost 147 pounds and feel wonderful. Praise the Lord for my breakthrough. I have been healed!

Cindy C.

A Life-changing Experience

Entering a consecrated period of extended prayer and fasting is a life-changing experience as you focus more of your time and thoughts on God and His ways.

Think of the Daniel Fast as a journey. If you were embarking on a long back-packing hike, you would be sure to prepare for your experience. And the more you engage in all the hike has to offer, the more you will gain from the event. The same is true for your fast, which is a spiritual journey. The more you prepare and engage in the experience, the more you will gain by this powerful discipline.

Closer Walk with God: During your fast you will want to focus more of your attention on God and your life with Him. The greatest blessing people share with me is their improved relationship with the Lord. You will want to plan one or more times each day to meet with your Father for prayer and communion with Him.

Focused Prayer: During your fast, you will have a more focused time of prayer. This is at the heart of your fast where you will concentrate on one or two specific areas for prayer, study and contemplation.

Improved Health: The Daniel Fast is a very healthy way of eating. You may experience some uncomfortable feelings on the first few days of your fast as your body goes through a detox. This can be avoided by proper preparation undertaken prior to your fasting start date. Many people experience significant improvements to their health including lower cholesterol, reduction in pain, balanced blood sugar levels, weight loss and much more. You will also notice a surge in energy and a sense of greater well-being.

A New Start: God's mercy is everlasting and opening your heart to Him and seeking His wisdom and direction can result in massive changes in your life. Many people use the Daniel Fast at the New Year as they purpose to draw closer to God and experience growth and change.

I did my first fast last year and credit all the blessings from 2012 to the fast and the focus it gave me to seek God throughout the year. It's a great way to begin 2013...I HIGHLY encourage it.

Shannon K.

The Daniel Fast Food List

Remember, the Daniel Fast is a method of spiritual fasting. While we change the way we eat, having food at the center of the fast is missing the point. This is a fast. We want to be wise, prudent and simple in our eating habits. And while doing, we stick to the guidelines developed from the Scriptures.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. Look at the list of ingredients on the label. The contents should be **free of all sweeteners and free of all man-made chemicals**. Keep this in mind as you review this list of acceptable foods listed in the contents.

This label is for *Newman's Own Oil and Vinegar Salad Dressing*. It's one of the few bottled dressings that includes only acceptable ingredients.

You want to study the list of ingredients to make sure they all comply with the allowable foods for the Daniel Fast.



Many foods will list “sugar” in the Nutritional Facts, however practically all foods include sugar and this is naturally derived from the ingredients and therefore acceptable for the Daniel Fast.

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.

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, zucchini, veggie burgers are an option if you are not allergic to soy.

All 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.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

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, cannellini beans, white beans.

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.

Foods to avoid on the Daniel Fast

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

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

All sweeteners including but not limited to sugar, 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 foods 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, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

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

Remember, READ THE LABELS so you know the *ingredients* included in any prepared food.

Meal Planning for the Daniel Fast

Food manufacturers are now providing more prepared foods that are free of sugar, processed ingredients and man-made chemicals. However, you will find you need to prepare most of your meals at home if you want a reasonable variety of meal choices.

Invest a little time one day a week and plan your menus and your shopping list.

1. Make a copy of the *Daniel Fast Weekly Meal Planning Sheet* located at the end of this eBook. Print out a few pages to keep on hand.
2. Review the foods you have on hand, first checking your perishables and then cupboard and pantry items.
3. Review your schedule for the week to make allowances for time away from home, meals out or other engagements that will impact the meals you will prepare during the week.
4. Consider foods that may be on sale by checking the weekly shopper and coupons you may have on hand.
5. Choose recipes from the collection here or those you like. Adjust recipes to make sure they comply with the Daniel Fast and will be enjoyed by you and your family members.
6. Fill in the *Daniel Fast Weekly Meal Planning Sheet* and make your grocery list at the same time. Try to plan times when you can cook once and eat twice or prepare lunch meals while cooking breakfast or dinner.
7. Print the recipe sheets you will use for the week and place them in a folder or notebook for easy access during the week.
8. Now work your plan! Go to the grocery store for your weekly shopping trip; post your *Daniel Fast Weekly Meal Planning Sheet* in the kitchen where you can access it easily. Each evening or morning (whichever works best for you) review the recipes you will use so you can plan for thawing time and preparation.
9. Use the time you prepare the meals to listen to teaching CDs, visit with family members, memorize Scripture, pray, listen to music or whatever you like to make the time enjoyable and pleasant.
10. At the end of the week review how your meal plan worked for you and your family and make adjustments. Give thanks for the order in your life, for the improving health of you and your family, and for the money you've saved by planning meals. Then repeat the process!

Your Daniel Fast Weekly Meal Planning Sheet

Monday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Saturday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Tuesday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Sunday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Wednesday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Shopping List

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Thursday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Friday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Notes/Reminders: _____

Sample Daniel Fast Recipes

You'll want to collect recipes to use on your Daniel Fast. I suggest gathering three for breakfast, three for lunch, three snacks and three dinner menus. Here are a few recipes to get you started. You can also find more recipes at <http://Daniel-Fast.com/store.html>

Breakfast:

Potato and Green Onion Frittata

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish.

Preheat the oven to 350°F.

- ¼ cup olive oil
- 1 onion, finely chopped
- 4-5 green onions, chopped with the green and white parts separated
- 4 cloves garlic, minced
- 2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)
- 2 teaspoons salt, divided
- ½ teaspoon pepper, divided
- 2 pounds firm tofu
- 2-3 tablespoons soy sauce, to taste

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

Lunch:

Hearty Layered Salad

- 6 cups mixed salad greens
- 1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
- 1 cup sliced fresh mushrooms
- 1 cup cherry tomatoes, halved
- 1 small cucumber, thinly sliced
- 1 cup thinly sliced red onion, separated into rings
- 1 green pepper, diced
- ½ cup chopped walnuts, toasted

Dressing:

- 1 large ripe avocado, peeled and sliced
- 1 cup silken tofu
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper

In a large glass bowl, layer the first eight ingredients. In a blender, combine the dressing ingredients; cover and process until smooth. Serve with the salad.

Snack:

Fresh Tomato Salsa

Serve this salsa with veggie burgers or corn chips.

Ingredients:

5	scallions, coarsely chopped	½	teaspoon salt
6	large plum tomatoes, peeled, seeded, chopped	¼	teaspoon cumin
		¼	oregano
1	tablespoon olive oil	1	pinch cayenne pepper

1. Mix scallions and tomatoes together with olive oil in medium bowl.
2. Mix seasoning together in small bowl and then mix with scallions and onions.
3. Chill for up to three hours before serving.

Yield: 1 ½ cups

Homemade Corn Chips

Families from the Southwest especially miss corn chips during the Daniel Fast. Most found in the grocery stores are deep fried, making them off limits during the Daniel Fast. But here's a recipe for homemade corn chips that you can make and then bake!

Ingredients:

1	cup cornmeal	¾	cup boiling water (plus enough to make dough proper consistency)
1	tablespoon oil		
½	teaspoon salt		

1. Mix all ingredients in a large mixing bowl.
2. Scoop 1 heaping measuring teaspoonful of mixture and place on a well greased baking sheet. (Use plenty of oil, or they will stick)
3. Moisten fingers, pat out very thin or use the bottom of a glass (flour or moisten to keep from sticking).
4. Bake in 400 degree oven about 10 minutes.

Yield: About 1 pound of chips.

Dinner:

Greek Stuffed Green Peppers

Stuffed peppers can be prepared in various ways and serve as an excellent main course during the Daniel Fast. Full of flavor, nutrition and substance, consider preparing them several times during your fasting period.

Ingredients:

- 3 large green peppers
- 3 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 medium tomato, peeled, seeded and chopped
- 1 cup brown rice
- 2 ½ cups vegetable broth
- ¾ cups pine nuts
- 1/3 cups currents (can substitute raisins)
- Salt and pepper to taste
- 3 tablespoons fresh dill, chopped
- 3 tablespoons fresh parsley, chopped
- 1 tablespoon fresh mint, chopped
- Extra olive virgin oil, to sprinkle
- Sprigs of dill for garnish

1. Halve the pepper (lengthwise), seed and score. Set aside.
2. Heat oil in large skillet over medium heat; add onion and garlic and sauté for 2 minutes. Add the rice and cook for 2 more minutes.
3. Add the tomato, stock, pine nuts, currents and seasoning. Bring to boil, cover and simmer for 15 minutes. Stir in the fresh herbs.
4. While the rice is cooking, blanch the green peppers halves in boiling water for about 3 minutes. Remove from water and drain upside down. When the rice mixture is cooked, scoop the rice filling into all six green pepper halves.
5. Preheat oven to 375°. Place stuffed green pepper halves in lightly oiled baking dish. Drizzle a small amount of olive oil over each pepper. Bake for 25-30 minutes. Serve hot!

Yield: Six servings

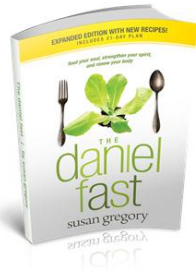
Five Steps to Your Successful Fast

1. **Pray** – before you fast, seek the Lord through prayer and ask Him to show you the purpose for your fast. Dedicate this time to Him and invite Him to lead and direct you during your fast.
2. **Plan** – you will want to select your start date, establish the purpose for your fast and clear your calendar of as many obligations as possible.
3. **Prepare** – taper off caffeine, sugar and processed foods to avoid withdrawals when you begin your fast. Gather study materials, create a daily schedule, collect recipes and plan one week's menus before you begin your fast.
4. **Participate** – this is where it all begins . . . you participate in the fast. Examine yourself as you fast and use this valuable experience as a time of learning and growth.
5. **Praise and Process** – You will gain valuable lessons on the fast that you will want to carry forward into your everyday life. Thank God for the good things you've received during your fast and evaluate your experience so you can grow from this amazing experience.

Set Yourself up for Success

I hear from tens of thousands of men and women from all over the world. The saddest messages come from those who start the Daniel Fast, but find the experience too challenging and they quit. They feel guilty and broken and feel like they have failed. The number one reason for their fall is that they didn't prepare for the fast . . . which is a life-lesson in itself!

Set yourself up for success and prepare for the Daniel Fast. I strongly encourage you to get a copy of the [Daniel Fast book](#) and to also visit our blog, website and Facebook page. You will



soon see that you are in the company of thousands who also are seeking a deeper relationship with God through the discipline of prayer and fasting.

The book will tell you all you need to know about preparing your body and experiencing a success Daniel Fast. Here is the table of contents:

Before You Begin

Introduction

PART 1

Chapter 1: Who Is the Daniel Fast Blogger?

Chapter 2: Dusting Off an Ancient Spiritual Discipline

Chapter 3: Daniel—Determined to Live for God in Enemy Territory

Chapter 4: The Daniel Fast for Body, Soul, and Spirit

Chapter 5: Five Steps for a Successful Daniel Fast

PART 2

The Daniel Fast Food List

Daniel Fast Recipes (more than enough for a 21-day Daniel Fast)

Daniel Fast Menus

Twenty-One-Day Daniel Fast Devotional

Frequently Asked Questions

Acknowledgments

Notes

About the Author

More Resources for Your Spiritual Success

We have a large and growing online community of Christian men and women who love God and want to grow in their relationship with Christ. We are dedicated to come alongside members of the body of Christ to support and encourage them by providing Christ-centered programs to educate, encourage and foster a deeper relationship with their Lord.

Choose Life Now is an online membership program to help men and women develop a lifestyle of health by gaining greater understanding of who they are in Christ and learning about taking responsibility for the body entrusted to them by God.

Daniel Fast for Financial Breakthrough is an online self-paced teaching program to help participants integrate their faith with their personal finances. Biblical principles and money management tools are taught as each student submits themselves to God and seeks His intervention into their money matters.

Sagepreneurs is an online membership program for men, women and couples who are 50-years old or older and who are not financially prepared for retirement. The coaching program helps members develop home businesses using their God-given talents and gifts so they can create a sustainable income that meets their needs now as well as allows them to save for their future.

Books and Study Courses are also provided and we notify our community about them through our online newsletter.

For more information visit our website at <http://Daniel-Fast.com>