



Salem

21 DAY

daniel fast

FAST
GUIDE

THERE IS
POWER
IN PERSISTENT
PRAYER

-MICAH *7:7*

Meaning & Purpose

Fasting is the deliberate abstinence from some form of physical gratification for a designated period of time in order to achieve a greater spiritual goal. The idea is to devote time we would ordinarily spend on activities to prayer and anticipation of a breakthrough. When God's people fast, we are renouncing the natural to invoke the supernatural.

For the Christian fasting is an appropriate biblical response to emotional, relational, mental, and spiritual challenges. This pandemic has heightened our visibility of these issues which transcend socio-economic, ethnic, and geographic status. If we have ever needed the power of God before, it is clear that we desperately need Him now. Mental health instability, flagrant violence, and marginalization of poor people compound our problem, and push toward spiritual solutions.

SalemChicago, our fast is 21 days of fasting. We exhort you with words from the Rev. Dr. Ralph Douglas West. He writes, "Fasting is not to be reduced to religious perfunctory action or ceremonial observation. It's those moments when we empty ourselves of life and have it replaced by the very presence of an eternal God." Our fast is not simply pushing back from the plate according to dietary restrictions. We are devoting ourselves in the spiritual discipline of biblical devotion, prayer, and prioritizing God.

How To Prepare

Spiritual Preparation

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to search your heart.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).


Physical Preparation

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.
- Limit your activity.
- Exercise only moderately.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.



Fasting GUIDE

What To Eat & Avoid

FASTING GUIDE

FOODS TO AVOID

All meat, animal, fish and seafood products including beef, lamb, pork, poultry, fish and shellfish.

All dairy products including milk, cheese, cream, butter, and eggs.

All sweeteners including sugar, raw sugar, date sugar, corn syrups, fructose, molasses, and stevia but honey and cane juice are allowed

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

All leavening agents including yeast, baking soda and baking powder.

All refined and processed foods products including artificial flavorings, food additives, chemicals, white flour, chips (except corn tortillas) and foods that contain artificial preservatives.

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

Some Beverages including soda, energy drinks, and alcohol but 100% juice, carbonated water, unsweetened non-dairy milk, tea, and coffee are allowed.



FASTING GUIDE

FOODS TO ENJOY

ALL WHOLE GRAINS

WHOLE WHEAT
BROWN RICE
MILLET
QUINOA
OATS
BARLEY
GRITS
WHOLE WHEAT PASTA
CORN TORTILLAS
RICE CAKES
POPCORN

ALL NUTS & SEEDS

SUNFLOWER SEEDS
CASHEWS
PEANUTS
SESAME
NUT BUTTERS

ALL LEGUMES

DRIED BEANS
PINTO BEANS
SPLIT PEAS
LENTILS
BLACK EYED PEAS
KIDNEY BEANS
BLACK BEANS
CANNELLINI BEANS

OTHER

TOFU
SOY PRODUCTS
VINEGAR
SEASONINGS
SALT
HERBS
SPICES
RICE

ALL QUALITY OILS

OLIVE
CANOLA
GRAPESEED
PEANUT
SESAME
GHEE

SWEETENERS

HONEY
CANE JUICE

BEVERAGES

100% JUICE
COFFEE
TEA
CARBONATED WATER
UNSWEETENED NON-DAIRY
MILK



ALL FRUITS

APPLES
APRICOTS
AVOCADOS
BANANAS
BLACKBERRIES
BLUEBERRIES
CANTALOUPE
CHERRIES
COCONUTS
CRANBERRIES
DATES
FIGS
GRAPEFRUIT
GRAPES

GUAVA
HONEYDEW
KIWI
LEMONS
MANGOES
MELONS
NECTARINES
ORANGES
PAPYAS
PEACHES
PEARS
PINEAPPLES
PLUMS
RASINS

RASBERRIES
STRAWBERRIES
TANGERINES
WATERMELON
ALL VEGETABLES
ARTICHOKES
ASPARAGUS
BEETS
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER

CELERY
COLLARD GREENS
CORN
CUCUMBERS
EGGPLANT
GREEN BEANS
KALE
LEEKs
LETTUCE
MUSHROOMS
OKRA
ONIONS
PARSLEY
PEPPERS
POTATOES
RADISHES
RUTABAGAS
SCALLIONS
SPINACH
SPROUTS
SQUASH
SWEET POTATOES
TOMATOES
TURNIPS
YAMS
ZUCCHINI

WAYS TO INVOLVE YOUR CHILDREN

We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet might prove to be an easy place to start. For example, fasting from specific items such as sweets, red meats, fried foods is a great way for children to participate in a safe and healthy way.

The main thing is for them to recognize the value behind setting aside special times to disconnect from some of the treats they enjoy on a regular basis and learn how to connect to God in a closer way.



WHAT TO CUT OUT FOR THE KIDS

- Desserts
- Sodas and Special Drinks
(Gatorade, Lemonade, etc.)
- Candy and Treats
- Fast food
- Sugary cereal
- Using Food as Behavior
Rewards

(You may need to box these things up during the fast and hide them in the attic or a closet, because if your kids see them...they will ask you about them...all day long).

WAYS TO INVOLVE YOUR CHILDREN IN

FASTING?



STEP 1

Talk to them appropriately about what God is teaching you, convicting you of, or growing in you during the fast.

STEP 2

Read Bible stories (that are connected to the passages you are reading in your Bible and share thoughts together.

STEP 3

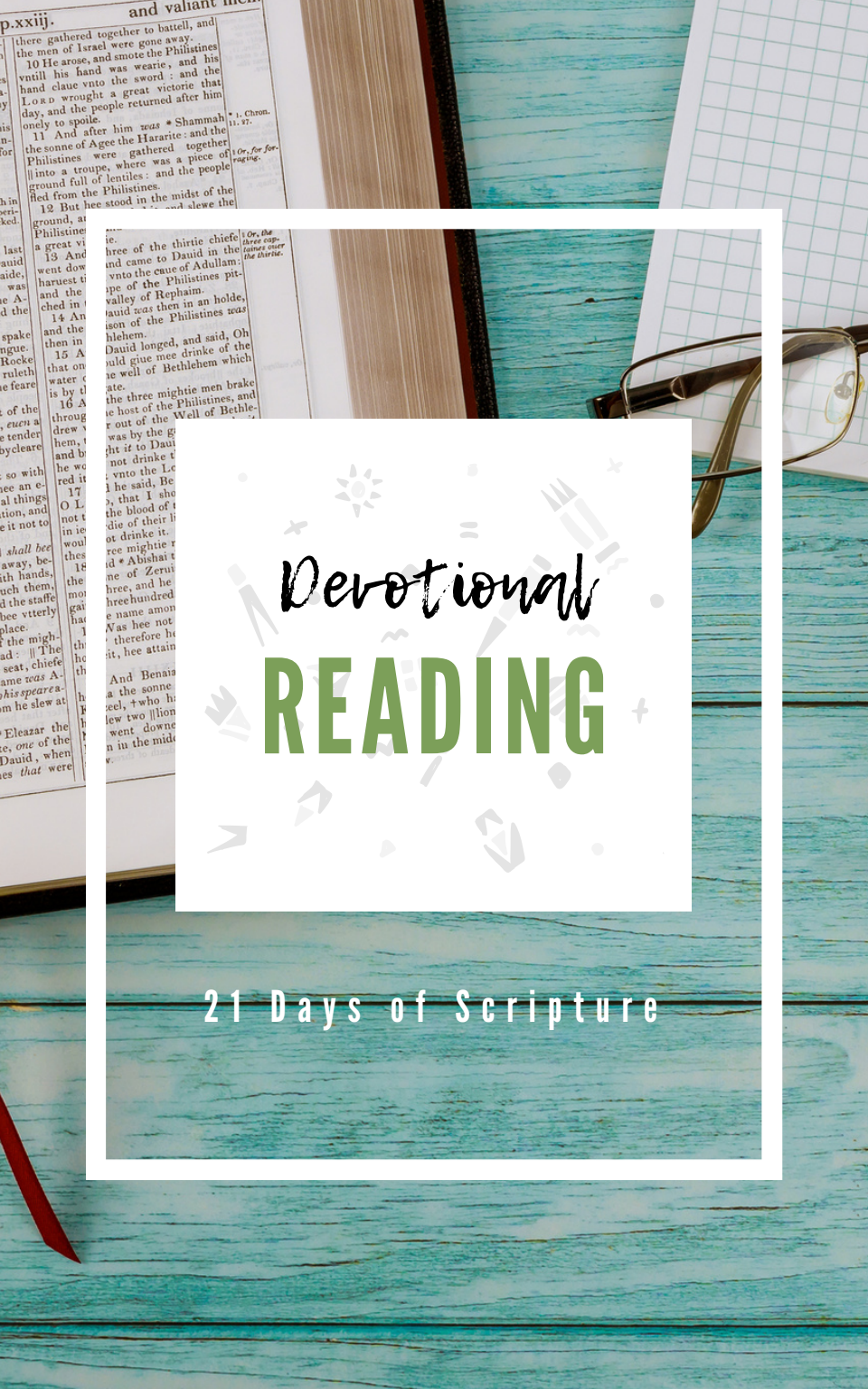
Encourage and help them to memorize small amounts of scripture and recite them together during meal times.

STEP 4

Explain what you are doing and why. Then ask them to pray with and for you.

STEP 5

Of course, you should always check with your child's pediatrician before fasting.



p.xxiiij.
there gathered together to battell, and
the men of Israel were gone away.
10 He arose, and smote the Philistines
vntill his hand was wearie; and his
hand claue vnto the sword: and the
Lord wrought a great victorie that
day, and the people returned after him
onely to spoile.
11 And after him was * Shammah
the sonne of Agee the Hararite: and the
Philistines were gathered together
into a troupe, where was a piece of
ground full of lentiles: and the people
fled from the Philistines.
12 But hee stood in the midst of the
ground, and slew the
Philistines
a great vi
13 And
went dow
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Devotional READING

21 Days of Scripture

WEEK 1
SCRIPTURE READING

WEEKLY SCRIPTURE READING

January 6

AM: Psalms 6 - Prayer for Mercy in Time of Trouble
PM: Proverbs 6 - Parental Counsel

January 7

AM: Psalms 7 - The LORD Implored to Defend the Psalmist
against the Wicked
PM: Proverbs 7 - The Lures of the Prostitute

January 8

AM: Psalms 8 - The LORD'S Glory and Mankind's Dignity
PM: Proverbs 8 - The Commendation of Wisdom

January 9

AM: Psalms 9 - Thanksgiving for God's Justice
PM: Proverbs 9 - Wisdom's Invitation

January 10

AM: Psalms 10 - A Prayer for the Overthrow of the Wicked PM:
Proverbs 10 - Contrast of the Righteous and the Wicked

January 11

AM: Psalms 11 - The LORD, a Refuge and Defense
PM: Proverbs 11 - Contrast of the Upright and the Wicked

January 12

AM: Psalms 12 - God, a Helper against the Treacherous PM:
Proverbs 12 - Contrast of the Upright and the Wicked

January 13

AM: Psalms 13 - Prayer for Help in Trouble
PM: Proverbs 13 - Contrast of the Upright and the Wicked

WEEK 3
SCRIPTURE READING

WEEKLY SCRIPTURE READING

January 14

AM: Psalms 14 - Foolishness and Wickedness of People
PM: Proverbs 14 - Contrast of the Upright and the Wicked

January 15

AM: Psalms 15 - Description of a Citizen of Zion.
PM: Proverbs 15 - Contrast of the Upright and the Wicked

January 16

AM: Psalms 16 - The LORD, the Psalmist's Portion in Life
and Salvation in Death
PM: Proverbs 16 - Contrast of the Upright and the Wicked

January 17

AM: Psalms 17 - Prayer for Protection against Oppressors
PM: Proverbs 17 - Contrast of the Upright and the Wicked

January 18

AM: Psalms 18 - The LORD Praised for Rescuing David.
PM: Proverbs 18 - Contrast of the Upright and the Wicked

January 19

AM: Psalms 19 - The Works and the Word of God.
PM: Proverbs 19 - On Life and Conduct

January 20

AM: Psalms 20 - Prayer for Victory over Enemies
PM: Proverbs 20 - On Life and Conduct

WEEK 3
SCRIPTURE READING

WEEKLY SCRIPTURE READING

January 21

AM: Psalms 21 - Praise for Salvation.
PM: Proverbs 21 - On Life and Conduct

January 22

AM: Psalms 22 - A Cry of Anguish and a Song of Praise
PM: Proverbs 22 - On Life and Conduct

January 23

AM: Psalms 23 - The LORD, the Psalmist's Shepherd
PM: Proverbs 23 - On Life and Conduct

January 24

AM: Psalms 24 - The King of Glory Entering Zion.
PM: Proverbs 24 - Precepts and Warnings

January 25

AM: Psalms 25 - Prayer for Protection, Guidance, and
Pardon
PM: Proverbs 25 - Similitudes and Instructions

January 26

AM: Psalms 26 - Protestation of Integrity and Prayer for
Protection.
PM: Proverbs 26 - Similitudes and Instructions

January 27

AM: Psalms 27 - A Psalm of Fearless Trust in God.
PM: Proverbs 27 - Warnings and Instructions



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Restaurants & RECIPES

Breakfast, Lunch,
Dinner & Dessert

Restaurants

Many restaurants you love carry vegan or vegetarian options. Remember to check with your server to be sure. Below are a list of restaurants that specialize in vegan/vegetarian options

Bloom Plant Based Kitchen

1559 N. Milwaukee Ave.
Chicago IL 60622

The Chicago Diner

2333 N. Milwaukee Ave.
Chicago, IL 60647

Arya Bhavan

2508 West Devon Avenue
Chicago, IL 60659

Kale My Name

3300 W Montrose Ave
Chicago IL 60618

Urban Thai Cuisine

1601 W. Montrose Ave.
Chicago, IL 60613

Beatrix

834 W. Fulton Market
Chicago, IL 60607

Cant Believe It's Not Meat

24 Orland Square Dr
Orland Park, IL 60462

Demera Ethiopian Kitchen

4801 N. Broadway Street
Chicago, IL 60640

Fruve

1374 E 53rd St.
Chicago, IL 60615

Soul Veg

201-209 E. 75th St.,
Chicago IL 60619

True Food Kitchen

1 W. Erie Street,
Chicago, IL 60654

Handlebar

2311 W North ave
Chicago IL 60647

Alice & Friends' Vegan Kitchen

5812 N Broadway
Chicago, IL 60660

Raw

51 W Huron St.
Chicago, IL 60654

Conscious Plates

820 E 63rd St,
Chicago, IL 60637

The Black Vegan

2300 S Kedzie Ave.
Chicago, IL 60623

Vegan Now To Go

1536 E 75th St.
Chicago, IL 60619

Planta Queen

413 N Clark St,
Chicago, IL 60654

Vaca's Creamery

1436 W Blackhawk St,
Chicago, IL 60642



BREAKFAST



VANILLA ALMOND PROTEIN SMOOTHIE

1½ banana,
Handful of spinach,
1 ½ cup unsweetened vanilla almond milk,
1 serving
vanilla protein powder

BRAIN BOOSTER SMOOTHIE

1 cup water,
½ avocado,
½ banana,
½ blueberries,
4-5 walnuts,
1 scoop vanilla protein

GOOD MORNING BERRY SHAKE

⅓ can unsweetened coconut milk,
¾cup water,
1 scoop protein powder,
1 cup mixed berries,
½tsp. Cinnamon



3-INGREDIENT PANCAKES

1 banana
1 cup instant oats
3/4 cup plant milk of your choice

Grind the instant oats in a blender.
Add the rest of the ingredients and blend until smooth.
Place ¼ cup of the batter in a non-stick skillet (or a lightly greased skillet) and cook for about two minutes for each side.
Serve with your favorite toppings.

SIMPLE BERRY COMPOTE (GREAT FOR PANCAKES)

3 cups fresh or frozen fruit
3 Tbsp orange juice

OPTIONAL ADD-INS

1/4 tsp ground cinnamon
1/4 tsp fresh or ground ginger
1 tsp date sugar
1 tsp chia seeds (add after removing from heat)



Place fruit and juice in a small saucepan and bring to medium heat.
Once bubbling, reduce heat slightly and use a wooden spoon to muddle and mash the fruit.
Continue cooking over medium-low heat for 10-12 minutes, occasionally mashing fruit to combine. Turn off heat and add optional add-ins at this point (cinnamon, ginger, date sugar, chia seeds).
Remove from heat and transfer to a clean jar or container to cool thoroughly. Store in the fridge up to 1 week or freeze in ice cube molds up to 1 month. Reheat to serve with oats, pancakes, waffles, french toast, and more!



SWEET POTATO HASH

Makes 2 servings

The Ingredients

1 medium sweet potato (diced into small cubes)
½ bell pepper
¼ red onion,
¼ head of kale or spinach,
2 clove garlic,
2 tbsp olive oil,
½ avocado,
1tsp paprika,
salt pepper to taste

The Instructions

in a skillet set to med heat

Add oil, sweet potato and cook for 3-5 minutes.

Add chopped bell pepper, garlic and onion and cook for 5-7 minutes.

Add kale and spices and cook until the greens have wilted and the veggies are tender.

Separate into 2 servings and top with sliced avocado



LUNCH

Simple Salad

2-3 CUPS CHOPPED ROMAINE LETTUCE,
½ TOMATO (CHOPPED)
½ CUCUMBER (SLICED)
¼ SLICED RED ONION,
¼ CUP PREFERRED OLIVES,
2TBSP GREEK DRESSING
1TBSP OLIVE OIL,
1TSP OREGANO,
1TPS BASIL,
1TSP ONION POWDER, BLACK PEPPER, SALT
AND LEMON. WHISK WELL)
4-6OZ PROTEIN OF CHOICE
(SUGGESTED: CHICKPEAS OR TOFU)

combine all ingredients with dressing and toss well. Top with protein of your choice, enjoy!



Lettuce Wraps

2 large leaves of butter head lettuce or kale,
Sliced veggies of choice (peppers, cucumber, avocado,
broccoli, carrots, tomato, etc. (no corn)

Take all your slices veggies and place them in the center of your leaves with a large scoop of hummus (store bought is okay just read the label)

drizzle with lemon juice and olive oil then wrap it up!

White bean and zucchini soup with lemon & garlic

1 can white beans
1 large zucchini, (diced)
½ white onion, (diced)
3 cloves garlic (smashed whole)
handful parsley, (finely chopped)
handful of spinach
2 tbsp olive oil,
1 quart veggie broth or water,
salt, pepper and crushed red pepper to taste,
1 whole lemon (juiced)

In a med size pot heat half of the olive oil, add crushed garlic and cook until garlic is lite golden, add zucchini, onion and spices.

Add broth or water and white beans.

Cook for 15-20 minutes then add spinach and chopped parsley and drizzle with olive oil fresh parsley and a squeeze of lemon juice.



Portobella Fajitas



Ingredients

- 1 tablespoon olive oil or 1/4 cup water (for water saute)
- 2 portobello mushrooms
- 1/2 large onion, sliced
- 3 bell peppers (any combo of red, orange, yellow or green), sliced
- 3/4 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon mineral salt, or to taste

To Serve

- 2 avocados
- 1 jalapeno, minced
- cilantro sprigs
- 2 limes
- 6 corn or flour tortillas

Instructions

In a large skillet, heat oil or water over medium heat, add the onions, peppers, cumin, smoked paprika, garlic powder and salt, toss to combine.

Add in the mushrooms and saute, gently stirring the mushrooms carefully, until peppers and portobellos are soft, about 10 – 15 minutes.

Smash or slice the avocado. I smashed mine and added the juice of 1 lime and about 2 tablespoons of diced jalapeno and generous pinch of salt.

Layer each tortilla with the mushroom-pepper mix, top with avocado and cilantro. Add a squeeze of lime over top. A little hot sauce would be great too!

VEGAN SWEET POTATO CHICKPEA CURRY

- 3 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons minced fresh ginger root
- 1 (15 ounce) can chickpeas, drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (14 ounce) can coconut milk
- 1 sweet potato, cubed
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon salt
- ¼ teaspoon red chile flakes
- 1 cup baby spinach

(Heat oil in a skillet over medium heat. Cook onion, garlic, and ginger in hot oil until softened, about 5 minutes. Add chickpeas, tomatoes, coconut milk, and sweet potato. Bring to a boil, reduce heat to low, and simmer until tender, about 15 minutes.

Season with garam masala, cumin, turmeric, salt, and chile flakes. Add spinach right before serving.



Zucchini with Chickpea and Mushroom Stuffing

- 4 zucchini, halved
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- ½ (8 ounce) package button mushrooms, sliced
- 1 teaspoon ground coriander
- 1 ½ teaspoons ground cumin, or to taste
- 1 (15.5 ounce) can chickpeas, rinsed and drained
- ½ lemon, juiced
- 2 tablespoons chopped fresh parsley
- sea salt to taste
- ground black pepper to taste

Preheat oven to 350 degrees F (175 degrees C). Grease a shallow baking dish.

Scoop out the flesh of the zucchini; chop the flesh and set aside. Place the shells in the prepared dish.

Heat oil in a large skillet over medium heat. Saute onions for 5 minutes, then add garlic and saute 2 minutes more. Stir in chopped zucchini and mushrooms; saute 5 minutes. Stir in coriander, cumin, chickpeas, lemon juice, parsley, salt and pepper. Spoon mixture into zucchini shells.

Bake in preheated oven for 30 to 40 minutes, or until zucchini are tender.



VEGAN BLACK BEAN QUESADILLAS

Ingredients

- 1 (15 ounce) can great Northern beans, drained and rinsed
- 1 cup diced tomatoes, divided
- 1 clove garlic
- ⅓ cup nutritional yeast
- 1 teaspoon ground cumin
- ¼ teaspoon chili powder
- salt to taste
- 1 pinch cayenne pepper, or to taste
- ½ cup black beans, drained and rinsed
- 1 tablespoon olive oil, or as needed
- 8 whole grain tortillas
- cooking spray

Directions

Blend great Northern beans, ¾ cup tomatoes, and garlic in a food processor until smooth. Add nutritional yeast, cumin, chili powder, salt, and cayenne pepper and blend until combined.

Transfer bean mixture to a large bowl. Stir in black beans and remaining ¼ cup tomatoes.

Heat olive oil in a large skillet over medium-high heat. Place a tortilla in hot oil. Spread about ¼ cup filling over tortilla. Place another tortilla on top of filling; cook until filling is warmed, about 10 minutes.

Spray the top tortilla with cooking spray and flip quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.

LENTIL CHILI

1 cup red lentils,
1 can garbanzo beans,
1 green pepper (chopped)
½ jalapeño (sliced)
½ white onion (chopped)
2-3 Roma tomatoes (chopped)
1 can tomato purée,
2tbsp chili powder,
2 tbsp olive oil
salt n pepper to taste

In a large pot add oil and chopped vegetables (except for the tomatoes)

Cook for 5-7 mins then add spices, lentils and tomatoes. cook for an additional 5-7 minutes

Then mix in garbanzo beans and tomato purée.

Cook for 30-40 minutes on med/low and finish with a handful of cilantro, avocado and non-dairy sour cream (optional)



DINNER



Tempeh Gyros

1 cup vegetable broth
2 tablespoons soy sauce
2 tablespoons lemon juice
2 teaspoons dried oregano
2 teaspoons ground thyme
1 ½ teaspoons minced garlic
1 (8 ounce) package tempeh
4 (6 inch) whole-wheat pitas

Tzatziki:
2 small cucumbers, peeled and grated
1 (12.3 ounce) package silken tofu
1 tablespoon (packed) fresh dill
1 teaspoon minced fresh garlic
salt and ground black pepper to taste
2 tomatoes, sliced
½ red onion, thinly sliced

Combine vegetable broth, soy sauce, lemon juice, oregano, thyme, 1 1/2 teaspoons garlic, Himalayan salt, and dash of pepper in a large bowl.

Bring a saucepan of water to a boil. Cut tempeh in half and add to the boiling water. Boil for 10 minutes to remove any bitter taste. Transfer tempeh to a cutting board and allow to cool slightly.

Cut tempeh into 1/4-inch slices and place them in the vegetable broth marinade. Cover with plastic wrap and marinate in the refrigerator 8 hours to overnight, stirring occasionally to be sure tempeh is covered with marinade.

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.

Transfer marinated tempeh slices to the prepared baking sheet.

Bake in the preheated oven, turning halfway through, until golden brown and beginning to crisp at the edges, 30 to 35 minutes.

Place pitas in the hot oven until warmed through, 3 to 5 minutes.

Squeeze excess water from cucumbers using a paper towel. Place tofu, cucumbers, dill, 1 teaspoon garlic, salt, and pepper in a food processor. Blend until tzatziki is well mixed. Adjust seasonings if desired.

Assemble a gyro by placing 1/4 of tempeh slices, tomatoes, and red onions on top of a pita. Cover with tzatziki. Repeat with remaining tempeh, tomatoes, onion, and pita

ABUNDANT BOWL

For Lentils:

1/2 of a chopped shallot
1/2 chopped red bell pepper
4 chopped cloves of garlic
1 chopped scallion
1 tsp chopped ginger
1 tsp Salt
1 tsp Pepper
1 tsp Garlic Powder
1 tsp Onion Powder
1 tsp Dried Thyme
2 tsp Allspice
1/2 tsp Cinnamon
1/2 tsp Cayenne
1/2 cup tomato sauce
1 can lentils
1 bs browning (can use soy sauce or coconut aminos)

For Quinoa:

Cook quinoa based on preferred method
Quinoa
Coconut milk
Bay leaf
Seasoning cube
Water

For mushrooms:

2 portobello caps sliced
Oil to coat
1 & 1/2 tsp salt and pepper
2 tbs smoked paprika
1 & 1/2 tsp garlic and onion powder
1 tsp dried basil

Steamed brocolini and zucchini seasoned with salt and pepper to taste

INSTRUCTIONS:

Chop aromatics and saute until soft. Add in lentils, tomato sauce, spices and browning. Cover and let simmer for 5-8 mins. Meanwhile cook quinoa based on desired method with all ingredients included. For mushrooms, toss in a bowl with oil and spices to coat then air fry at 375°F for 15 mins. Finally steam off the veg, season as desired, assemble bowl and enjoy.



Black Bean Chili

Prep Time: 5 minutes

Pressure Cook: 5 minutes

Total Time: 25 minutes

Servings: 6 people

Calories: 206 cal



ingredients

30 oz Black Beans (2 cans) rinsed and drained

14 oz Diced Tomatoes (1 can) or crushed

4 oz Fire Roasted Mild Diced Green Chiles (1 can)

2 tbsp Taco Seasoning or less for mild (see notes for substitute)

1 cup frozen corn

1 medium onion chopped

1 cup green pepper chopped

2 teaspoon unsweetened Cocoa Powder optional, but highly recommended

1 tablespoon olive oil

1 cup water or stock : For thicker chili for Nachos, reduce liquid to 1/2 cup

instructions

Heat deep saucepan or stock-pot at medium-high.

Add olive oil, onions, green pepper and sauté for 1 minute.

Then, add seasoning mix and stir for 30 seconds, this wakes up the spices.

Add all remaining ingredients and stir. • Bring the chili to a light simmer.

Then, cover the pan with a lid, reduce the flame to medium and simmer for 12-15 minutes.

Remove the lid, check for seasoning.

Cool for 5 minutes.

Garnish with your favorite chili toppings like cilantro, avocados or tortilla chips.

Pro-tip for a Thicker Chili • After opening the lid, take a potato masher and mash the beans lightly in the pot randomly, about 4 to 5 times. That thickens the chili and gives it a creamier texture. You can also simmer it on 'saute' mode for a few minutes till it reaches your desired consistency.

Notes • I use Trader Joe's Taco Seasoning mix. It is a bit on the spicier side. If you want to make it mild, you can substitute with: 2 tbsp chili powder, 1 t sp paprika, 1/2 tsp salt, 1 tsp cumin, 1 tsp coriander powder, 1.5 tbsp red wine vinegar, 1 tsp brown sugar.



Vegan Shepherds Pie

Ingredients

Mashed potato layer:

- 5 russet potatoes, peeled and cut into 1-inch cubes
- ½ cup vegan mayonnaise
- ½ cup soy milk
- ¼ cup olive oil
- 3 tablespoons vegan cream cheese substitute
- 2 teaspoons salt

Bottom layer:

- 1 tablespoon vegetable oil
- 1 large yellow onion, chopped
- 2 carrots, chopped
- 3 stalks celery, chopped
- ½ cup frozen peas
- 1 tomato, chopped
- 1 teaspoon Italian seasoning
- 1 clove garlic, minced, or more to taste
- 1 pinch ground black pepper to taste
- 1 (14 ounce) package vegetarian ground beef substitute
- ½ cup shredded Cheddar-style soy cheese

Instruction

Place potatoes in a pot, cover with cold water, and bring to a boil over medium-high heat. Turn heat to medium-low, and boil potatoes until tender, about 25 minutes; drain.

Stir vegan mayonnaise, soy milk, olive oil, vegan cream cheese, and salt into the potatoes. Mash until smooth and fluffy. Set potatoes aside.

Preheat oven to 400 degrees F and spray a 2-quart baking dish with cooking spray.

Heat vegetable oil in a large skillet over medium heat, and cook and stir the onion, carrots, celery, frozen peas, and tomato until softened, about 10 minutes. Stir in the Italian seasoning, garlic, and pepper.

Reduce heat to medium-low, and crumble the vegetarian ground beef substitute into the skillet with the vegetables. Cook and stir, breaking up the meat substitute, until the mixture is hot, about 5 minutes.

Spread the vegetarian meat substitute mixture into the bottom of the baking dish, and top with the mashed potatoes, smoothing them into an even layer. Sprinkle the potatoes with the shredded soy cheese.

Bake in the preheated oven until the cheese is melted and slightly browned and the casserole is hot, about 20 minutes.



Brown Rice Stir Fry With Vegetables

½ cup uncooked brown rice
1 cup red cabbage, chopped
½ head of broccoli, chopped
½ red bell pepper, chopped
½ zucchini, chopped
2 tablespoon extra virgin olive oil
4 cloves of garlic, minced
1 handful fresh parsley, finely chopped
⅛ teaspoon cayenne powder
2 tablespoon tamari or soy sauce
Sesame seeds for garnish, optional



Cook the brown rice according to package directions.

Place some water in a wok or frying pan and bring it to a boil. Then add the veggies (they must be covered by the water) and cook for 1 to 2 minutes over high-heat. Drain the veggies and set aside.

Heat the oil in the wok and add the garlic, cayenne powder and parsley. Cook over high-heat for about 1 minute, stirring occasionally.

Add the vegetables, rice and tamari. Cook for about 1 to 2 minutes more.

Add some sesame seeds for garnish (optional).

Store the brown rice stir-fry in a sealed container in the fridge for up to 5 days.

Jackfruit Birria



1-14oz to 20oz can of young jackfruit in brine, drained and shredded
3 dried chiles (either guajillo or ancho, or a combo of the two), with stems and most of the seeds removed
½ white onion, chopped
4 cloves garlic, smashed but not chopped
1 carrot, quartered

2 bay leaves
1 tsp oregano
1 tsp chili powder
1 tsp cumin
2 cups low sodium veggie broth
salt (or coconut aminos) to taste

Drain young jackfruit and gently squeeze out excess moisture. Use your hands or a fork to shred the jackfruit.

Trim stems and remove seeds in dried guajillo chilies.

Quarter carrot and smash garlic cloves.

Put all ingredients into a medium pot. Make sure the dried chilies, garlic and carrot are submerged in the vegetable broth. Bring to a boil, and then reduce heat and simmer uncovered for 20 minutes.

Using tongs, pick out the dried chilies, garlic chunks, and carrot and add to a *blender. If necessary, add in a splash veggie broth. Blend until the mixture becomes a smooth paste. Add mixture back to the pot

SWEET POTATO CHICKPEA STEW

- 1 teaspoon cooking oil
- 1 medium or large onion
- 4 cloves garlic (can sub 1 tsp. garlic powder)
- 2 cans (15 oz. each) diced tomatoes, with juices
- 2 teaspoons curry powder
- 1 teaspoon chili powder
- 1/2 teaspoon cayenne pepper (optional for some heat)
- 1/2 teaspoon salt
- 2 cans (15 oz. each) chickpeas or garbanzo beans, drained and rinsed
- 2 cans (15 oz. each) chickpeas or garbanzo beans, drained and rinsed
- 1 large sweet potato, cubed
- 1 can light coconut milk* or half a can of full-fat coconut milk diluted with half a can of water
- 2 cups spinach, tightly packed
- Optional: 1 cup quinoa or brown rice, cooked according to package directions

In a medium or large pot, sauté onion and garlic in cooking oil for 4-5 minutes over medium heat.

Once onion is soft and translucent, add diced tomatoes and spices: curry powder, chili powder, cayenne pepper, and salt. Then, add chickpeas, sweet potato cubes, and coconut milk.

Cover pot and turn heat to high to bring liquid to a boil. Then, reduce heat to medium-low and lightly simmer uncovered for 35-40 minutes, or until sweet potatoes are soft.

While stew is cooking, prepare quinoa or rice, if using.

When sweet potatoes are soft, run a potato masher through the stew and mash just a bit to thicken it up. Add chopped spinach and wait a few minutes for spinach to wilt.





DESSERT



Almond and Strawberry Tahini Ice Cream

Ingredients

- 2 (14 ounce) cans full-fat coconut milk, chilled overnight
- 1 cup sliced strawberries, divided (Optional)
- ¼ cup tahini
- 5 pitted dates, soaked in hot water for 30 minutes and drained
- 1 teaspoon almond extract
- ¼ cup sliced almonds
- ¼ cup sliced fresh strawberries (Optional)
- 1 tablespoon sesame seeds (Optional)

Instruction

Freeze the base of your ice cream maker for at least 12 hours.

Combine coconut milk, 1/2 cup strawberries, tahini, dates, and almond extract in a high-speed blender. Blend until strawberries are broken down and mixture is combined, about 1 minute. Pour mixture into an ice cream maker and churn according to manufacturer's directions, 5 to 10 minutes.

As mixture starts to thicken, add remaining 1/2 strawberries and sliced almonds. Continue mixing until thickened, 10 to 20 minutes more.

Serve immediately as soft-serve ice cream garnished with additional strawberries and sesame seeds. Alternatively, place ice cream in the freezer for 1 to 2 hours to firm up.



Banana Cookies

Ingredients

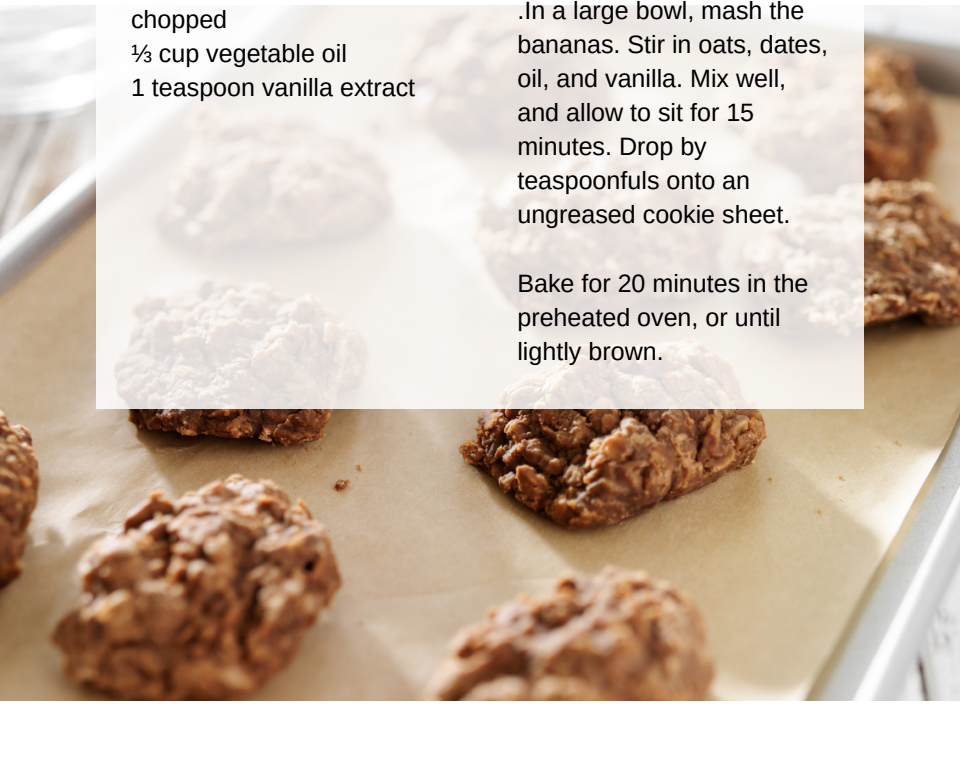
3 ripe bananas
2 cups rolled oats
1 cup dates, pitted and
chopped
 $\frac{1}{3}$ cup vegetable oil
1 teaspoon vanilla extract

Instruction

Preheat oven to 350
degrees F (175 degrees C)

.In a large bowl, mash the
bananas. Stir in oats, dates,
oil, and vanilla. Mix well,
and allow to sit for 15
minutes. Drop by
teaspoonfuls onto an
ungreased cookie sheet.

Bake for 20 minutes in the
preheated oven, or until
lightly brown.



Coconut Date Bars



- ⅓ cup slivered almonds
- ½ cup flaked coconut
- 10 pitted dates, or to taste
- ¼ cup cashews, or to taste
- 1 teaspoon coconut oil

Blend almonds and coconut in a food processor; add dates and pulse until combined. Add cashews and coconut oil; pulse until mixture is thick and sticks together. Transfer to a sheet of waxed paper; form into a square, folding sides of waxed paper over the top. Refrigerate until solid, at least 30 minutes.

Slice into desired size and enjoy!

Raw Apple Crumble

For the crumble topping:

2 ounces walnuts or pecans (about ½ cup)

1 ounce pitted dates (about 2 Medjool or 4 Deglet Noor), chopped

For the apple filling:

4 medium apples, peeled or unpeeled, cored and chopped (about 4 cups)

1 tablespoon lemon juice

For the applesauce:

2 medium apples, peeled or unpeeled, cored and chopped
2½ ounces pitted dates (4 to 5 Medjool or 8 to 10 Deglet Noor), chopped

¼ cup raisins

2 tablespoons lemon juice

¼ teaspoon cinnamon

¼ teaspoon ground nutmeg

To make the crumble topping, place the nuts and dates into a food processor, and process until the mixture resembles Grape Nuts cereal (don't overprocess; it should be loose). Transfer to a small bowl and set aside. (Keep the food processor handy for step 3.)

To make the apple filling, toss the chopped apples and lemon juice together in a medium bowl. Set aside.

To make the applesauce, place all of the ingredients (apples, dates, raisins, lemon juice, cinnamon, and nutmeg) into the food processor, and process to the consistency of applesauce, adding a little water as needed.

Stir the applesauce into the bowl of chopped apples and lemon juice. Serve on small dessert plates or bowls sprinkled with the crumble topping.



All Fruit Smoothie

- 1 cup pineapple juice
- 1 large banana, cut into chunks
- 1 cup frozen strawberries
- 1 cup frozen blueberries

Pour pineapple juice into a blender and add banana, strawberries, and blueberries. Cover and blend until smooth, about 1 minute. Pour into 2 glasses.

THE EFFECTIVE
PRAYER OF A
RIGHTEOUS
MAN CAN
ACCOMPLISH
MUCH.

-JAMES 5:16



Salem

21 DAY

daniel fast

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