

Mt Hebron Missionary Baptist Church

2020 Daniel Fast



21 DAYS of PRAYER & FASTING

5AM January 12 – 5AM February 2

Join us each morning at 5AM for Prayer Via Conference call

Dial in Number: 469.213.2201 | Extension: 2121 | Password: 21#



I am so glad you have decided to participate in an extended time of prayer, fasting and personal devotion. Fasting has the potential for significant impact in your life; the Holy Spirit can transform your life personally and God can speak to you in new and dynamic ways. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting. My hope is that this time of prayer and fasting will refresh you personally as well as our church corporately as we seek God's blessing and direction.

Daily devotions, scripture reading and suggested prayers are included in this booklet as a practical guideline to help you navigate through your personal twenty-one-day journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

Finally, it is my prayer that you experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days. May you be closer to God than ever before as you seek Him first!

Pastor Leach

Getting Started:

As you prepare for the next twenty-one days, it can be tempting to start thinking of a laundry list of prayers you'd love to see answered. Instead, think of the top two or three things most pressing on your heart and focus on those with God. Write them down below, and be open to hearing what God wants to show you in these areas. Breakthroughs, miracles, and answered prayers will be by-products of drawing closer to Jesus.

When praying, make your primary goal to know Jesus more. Pray prayers of total surrender; aim to glorify God with your life. Focus first on Him, His goodness and His greatness, and see everything else through that filter.

And most simply, make time to pray daily. Don't overcomplicate this! Just talk to God. Have a place and time where you can seek Him every day. *If you don't plan to pray, you won't.* *If you find it challenging to disconnect from the busyness of your day, try listening to worship music.

During this fast, I am praying and believing God for: _____

FASTING GUIDE: The Daniel Fast;

Though there are many types of Fasts the Daniel fast is a great model to follow and is very effective for spiritual focus, physical discipline, and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel fast there is room for broad interpretation.

In the book of Daniel there are two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, though the passage does not give a specific list of foods, it does state he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast. In addition to food fasting can also include social media, sports, entertainment and shopping among other things. It should be something you are accustomed to so that it is a challenge to give it up. Giving it up for a period of time enables you to focus more on God. When you usually watch television, open your Bible to read and pray instead.

However, it is important to mention that there is nothing inherently more spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do. These are simply guidelines and suggestions on different things you can do. Please do not let what you eat or do not eat become the focus of your fast. Keep the main thing the main thing, which is *drawing closer to God*. Remember, this is a time to disconnect from your regular patterns and habits in order to connect more closely to God.

** Here are a few tips to keep in mind before getting started:*

Start Where You Are: We are all at different places in our walk with God so, whether you've fasted before or this is your first time, start where you are. Your personal fast should present a challenge, but it's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

Begin and Break the Fast Well: It's important to prepare your body for the fast. We will begin the transition into your fast on week (1):

WEEK 1

Exclude meat and limit beverages to water and non-caffeinated herbal teas.

*As you prepare for the next week, make your meal somewhat lighter for a few days leading up to week two.

WEEK 2

Acceptable foods include: All fresh fruits & vegetables; All Legumes (beans, peas, lentils, nuts); Whole grains, Nuts & Seeds; Tofu; Herbs & spices.

Foods to Avoid: All meats & animal products; All Dairy products; All fried foods (*Sautee* is acceptable); All solid fats & fast foods.

WEEK 3

Acceptable foods include: All fresh fruits & vegetables; All Legumes (beans, peas, lentils, nuts); Whole grains, Nuts & Seeds; Tofu; Herbs & spices. *Drink only water & non-caffeinated herbal teas

Foods to Avoid: All meats & animal products; All Dairy products; All fried foods (*Sautee* is acceptable); All solid fats & fast foods; Wine & alcoholic beverages; All sweeteners (*incl honey & agave nectar*); All leavened bread.

Tips:

- If experiencing weakness or headaches during your fast, drink at least 8 glasses of water each day. Often, we do not understand how much our body needs water, especially when fasting. Be careful not to drink too much water, however. Too much liquid can be as bad as not enough.
- If for any reason you eat something you shouldn't have during the fast, it is better to ask for forgiveness and continue, than it is to stop the fast.
- Lots of prayer...we need God's strength and guidance.
- Keep your diet simple. Avoid highly processed foods in favor of simply prepared or raw foods.
- Set a goal for how long you will do the fast though you may want to continue the Daniel Fast than first intended.
- You may want to supplement your diet with a multi-vitamin.

Warnings:

- During the time of fasting, you will face temptations; resist them in the name of Jesus.
- When you have finished the fast, eat light meals and slowly build back up to your normal diet. *Be careful how you break the fast; your body is so cleansed and detoxified, you could get sick if you do NOT reintroduce foods gradually.* However, it is highly recommended that you continue the healthy diet.

***Each day during your fast, we encourage you to keep a daily journal. Write any revelations that God gives you about yourself and about life in general.**

- 1) *Avoid Distractions* --- This is a time to strengthen your relationship with God so avoid secular TV and Radio – Listen to Christian Programming
- 2) *Focus on your Faith* – Worship God through sacrifice and love Him more than His gifts.
- 3) *Take a brisk 10-30 minute walk each day.* If possible walk with others, it will increase the enjoyment, improve fellowship and add accountability to your fitness element.
- 4) *Prepare time* (at least 3 times a day) to pray
- 5) *Reserve time for God* during the day by studying the Bible.

Personal Devotion: Reading your Bible is about connecting to God in a powerful way. It is not about duty but about relationship. His Word is living and active! As you read you are draw closer to God and position yourself to hear from Him.

***Here are (3) quick things that can help get the most out of your devotional time with God.**

1. Read Consistently: read a little every day don't try to knock out hours of Bible reading or devotions at one time; digest the Word in absorbable chunks. Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. If you miss a day, pick up at the next reading, but stay with it and don't give up.

2. Read Prayerfully: Talk to God as you're reading. Don't rush through. If you come across something you don't understand, pause for a moment and ask God about it. Reading prayerfully is making time to talk to God and giving Him time to talk to you. Meditating on God's Word is just as important as reading it. **3. Read Expectantly:** Foster an attitude of expectancy. Believe that God is going to speak to you through His Word and be prepared to do something with what He shows you. A simple way to journal is to use the **SOAP** method (by Wayne Cordiero):

Remember, the goal of fasting is not just to do without food. The goal is to draw nearer to God.

S for Scripture.

Read prayerfully. Take notice of which scripture(s) catches your attention and mark it in your Bible. When you're done, reread the verse(s) you marked and look for one that particularly speaks to you. Write it in your journal.

O for Observation.

Focusing on that scripture, tune in and listen to what God is saying to you through His Word. What is it about this scripture that specifically stands out? What does God want to reveal to you or teach you? Ask the Holy Spirit to be your guide and show you what God is saying.

A for Application.

Think of how this verse(s) applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Use your journal to write how this scripture applies to you today.

P for Prayer.

Wrap up your SOAP time in prayer. Talk to God about what you've just read. This can be as simple as thanking Him for revealing a truth from the scripture, or it may be asking Him for greater insight or wisdom as to how it applies to your life. Remember, prayer is all about relationship. It's a two-way conversation, so be sure to listen to what God has to say

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby. *Adapted with permission from Your Personal Guide to Fasting and Prayer, by Dr. Bill Bright, Campus Crusade for Christ International and Awakening Guide 2012, by Celebration Church. & fhmin.org/awakening

Day One (01.12.20): Acknowledging God the Creator of Heaven and Earth

Devotion: Have you ever wondered who or what created the heavens or even little things like flies and ants? If so, what caused you to think that there is someone besides God who can bring things like that into existence? Colossians 1:16 says, “for by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.” When we acknowledge the Creator of heaven and earth it leaves no room or doubt in our minds that our Heavenly Father is the creator of the Universe. Take a look around outside today, and behold the beauty of the sky and the things around you; and look at how detailed our Father God is. Don’t you think that if we serve a God who is that detailed in the smallest things of His creation like a fly or a tiny ant then think of how detailed the plan must be He has for your life? Take some time today to thank God for what He has done for us in all creation. God loves it when we brag on Him and about Him. Watch how He will begin to fill your heart with joy!

Prayer: Father God, who is like You? There is none in heaven or on earth like our Mighty and Awesome God. O Lord, You have created all things and by You all things exist. Heaven is Your throne and the earth is Your footstool. God we your children can not build anything large enough to contain You and Your glory, the heaven and heaven of heavens can’t contain You, yet You have chosen to have Your Holy Spirit live inside of us. Thank You Father for all the things You have done for us. Thank You for the wonderful creation of life we partake in each day God. Lord, we acknowledge that You are God of every living thing. We say that You are God of all flesh, the Creator, the Great I Am, The Ancient of Day, and we bless Your Holy and righteous ways. Thank You Father for Your Creation.

Scriptures to Meditate on: 1Kings 8:22-23,27; Psalm 103:1; Psalm 148, Isaiah 66:1; 2Timothy 1:14

Day Two (01.13.20): One Nation Truly Under God

Devotion: Today in our society we have become passive about how and what people do, especially our own children. We now look at the wrong people do and call it right, and the good that people do, and call it bad. The word of God tell us in Psalms 33:12, “that blessed is the nation whose God is the Lord”. If we continue to go silent and watch as our families, children, homes, schools, and yes Government become a bunch of modern day pagan worshipers how can we be called one nation under God. I challenge you to stand for what is right even when you are the only one standing, remember with God there is more with you than there is against you (see 2Kings 6:17). God is watching (see Pro.15:3) us to see what we will do in these times when He has given us a voice to make a difference. You might think that you are just one person and how can one person make a difference, well all God need is just one person; ask Daniel, Jeremiah, and Moses. One person’s actions could help God save a whole nation from destruction. Will you be that one?

Prayer: Father, first forgive me for silently standing by while watching people make bad decisions and not sharing the Gospel of Jesus Christ with them. Help me to not be afraid to share Your goodness to the world around me. Father I have a desire to see my home, city, state, and country be changed by You. We want You Lord Jesus to rule in our nation. We want what You want for our Nation so that we can continue to be blessed by You to be a blessing to other Countries. Help us dear Lord to be a Nation who calls You our God.

Scriptures to Meditate on: Psalm33:12-15, Psalm 52:4, Job 24:1-25

Day Three (01.14.20): Guidance for the President of the USA

Devotion: The President and VP has been chosen by majority vote. It is our job as believers to keep them lifted up in prayer, whether you like the choice or not we are told in scripture to pray for them. God is the one who lifts some up and sits some down. We must understand that God has the last word and whatever decisions these two new

people make our God is STILL in control of them also. The bible tells us that He is the God of all flesh. So let us make a decision to pray for guidance for our new leaders of these United States of America. Let us purpose in our hearts that we will ask the Father to lead and guide every plan, purpose, thought, and decision they make. Remember these Leaders have a huge load to carry with the state of our economy, health care, and our soldiers in harms, and other war torn countries. Let us also remember that they need people they can trust to help them in their decision making. Like all of us one of the most important things we can ask God for and that is guidance. Can you imagine what the White House would be like if you knew that the President asked our Lord and Savior each day for guidance in their actions, motives and plans, WOW! Well we know that we can ask for them and that is just as good.

Prayer: Lord God we pray the President / VP will trust in You, Lord, with all their hearts; and that they will not lean on their own understanding. We pray that in all their ways they will acknowledge You, and You will make their paths straight. For You, Father, lead the humble in justice, and teach the humble Your way. A man's way is not in himself; nor is it in a man who walks to direct his steps. The steps of (the president and VP President) are ordered by You. Father, and You delight in their way. Make them to know Your ways, Father; teach them Your paths. Lead them in Your truths and teach them, for You are the God of their salvation; for You they wait all the day. Thank You Father for surrounding our new leaders with people who will serve them with pure motives and help them make the best decisions for our Country. Thank You Lord for leading them and guiding them with Your right eye.

Scriptures to Meditate on: Psalm1:1-3, Romans 13:1-7, 1Timothy 2:1-4

Day Four (01.15.20): The Elephant in the Church

Devotion: Have you ever heard the saying “Elephant in the Room”? I’m sure you have. Around the office, with friends, or even at the dinner table, it’s an old English idiom that many of us use to describe an obvious truth that is either being ignored, or at times, rarely being addressed. We all have seen elephants at the zoo or maybe on TV. , and we know how impossible it is for an elephant to be ignored. They are the largest land animals in the world, weighing anywhere between 9000-12,000 pounds. So you would think that if you and I were in a room with an elephant, we would probably know it! While doing some soul searching this week, I began to ask myself this question; as Christians, what are the elephants you and I have in the room today? What are the biggest elephants we have in the church today? I’m sure, depending on whom you ask, the answers to that question would differ greatly, money, divorce, racism, homosexuality, politics, and sexism. The list is endless. There is however one “elephant” in particular that we as Christians rarely seem to uncover enough. Despite its size and ability to frighten all in its path, this elephant has been chained to the rooms (and hearts) of every believer by God Himself. It simply cannot be avoided. That elephant is ACCOUNTABILITY. Romans 12:16 says, “Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.” If we are really honest with one another we can all say at one point or another that we have a hard time asking for help. Whether it was from a family member, friend, or even fellow believer, for some reason we equate a need for help as a sign of weakness. Nothing like figuring things out on your own, or so we think until our “elephants of accountability” grow bigger than the rooms we hide them in. As Christians, there is nothing more important than seeking out and embracing the accountability of the friends and loved ones God has placed around us. More often than not, many of us can fall victim to a dangerous belief system that our relationship with Christ (and no one else) is all that we need to be successful in our daily walk with Him. Without accountability, the voice of God can sound a lot like your own. I encourage you today to become a person of accountability.

Prayer: Dear Lord, I humble myself before You and ask You to forgive me of thinking that I am wise in my own opinion. I ask You Father to help me see when I need to be held accountable for wrong actions or thoughts. Father take away the shame and help me to see that my need for help is not a sign of weakness. Father I want to please You

in all that I do and say, I want to be a true Ambassador for Christ sharing Your Gospel without any issues that will hold me back from being who You want me to be. Amen

Scriptures to Meditate on: Romans 12:16, Matthew 12:33-37

Day Five (01.16.20): God wants to use you!

Devotion: It absolutely thrills me when I think that the God of Heaven can actually use me! We all should be very grateful to know that we can be an instrument to accomplish His will here on earth. Faithful Christians are the tools God uses to do great things that have eternal value. He uses His followers as witnesses to the entire earth to tell everyone about Him and His love. When you stop to think about it, you and I can truly alter the course of history and the world. Unfortunately, some people are not being used by God because they are either unwilling or unfaithful. It is said that Leon Trotsky, who was a key part of the Communist revolution in Russia, actually attended a Sunday school class one day during a visit to America. But the teacher of the class was absent that morning, and did not bother to get a substitute. So no one taught the Bible that morning, and as far as anyone knows, Trotsky never attended church again. What if someone had been faithful enough to show up that morning? It may have helped to alter history! All that God asks of us is to make ourselves available to Him. Tell the Lord today that you want to faithfully serve Him, who knows what wonderful things might happen when you are faithful to the Lord.

Prayer: Dear Lord, forgive me for not being available for Your use in the Kingdom. Lord I want to be used by You to bring about change in my community. I yield myself to You Lord, to do whatever You want me to do. In Jesus name, Amen.

Scripture to Meditate on: 2Timothy 2:20-21

Day Six (01.17.20): What is Freedom?

Devotion: The concept of freedom is one that most Americans would claim to comprehend. But after generations of living free, do we really understand what would be lost if just a piece of our freedom were taken away? Remember the days just after September 11, 2001? The airlines were shut down, and air travel suffered for months. Professional football games were postponed. Large events were canceled. The security measures implemented since then have cost billions of dollars and demanded countless hours. Imagine what life would be like if we suffered a barrage of suicide bombers, truck bombs and armed assaults similar to what happens in places like Iraq and Israel. An old saying warns that you don't know what you have until it is gone. Truly, we take so much for granted in this country that it is easy to lose sight of how much is at stake. We must not allow terrorists to shut us down and isolate us from the rest of the world. Our soldiers are risking (and some losing) their lives to protect our freedom. The rest of us must do our part to secure the future for our children and grandchildren, not only for the sake of our loved ones, but also for the sake of freedom. This is where our prayers for freedom and protection, not just for America, but for all those other countries like Darfur, and Israel etc. that suffer through terror every day, become very important. We must pray for the protection of this Country. God is waiting to hear from us about everything that concerns us. Not just about achieving the house with the two car garage and the six figure a year job, but also about our safety and if we don't pray to the King of the Universe, Jesus Christ to protect us then we are in trouble. Prayer Thank You, Lord for the freedom we enjoy in this country. You have blessed us beyond what we deserve. Thank you for the gifts of transportation, recreation, financial security and so much more. We are guilty of taking Your blessings for granted. Remind us continually of how You protect us and cause us to prosper. Help us not to squander the freedom You have bestowed upon us. Help us to protect it as the treasure that it is.

Scriptures to Meditate on: Psalm 91 and Psalm 100

Day Seven (01.18.20): The Difference between Covering and Covering Up

Devotion: If you hang around church folk very long, you will hear them speak about “covering”. I remember when I first heard this phrase; I assumed they were talking about covering up. But there is a huge difference between covering and covering up. There is only one time in the New Testament that the word “cover” is used in that context, and that is in 1Peter 4:8, “Above all, love each other deeply, because love covers a multitude of sins.” Sometimes this passage is misinterpreted to mean that our love for each other blots out our sin. Make no mistake, the only love that can cancel out sin is the love of Jesus manifested in His death on the cross. What Peter is talking about here is the unconditional love and acceptance that should be present in the Body of Christ creating an environment where we feel safe and secure to confess our sins to one another and repent. Sadly, in some church fellowships that love and acceptance is not present. This results in an environment where we dare not confess our faults to each other for fear we will become exposed and put through a gossip mill. There is no doubt in my mind that the epidemic we are currently seeing in moral failure, divorces, and scandals among church leaders and pastors has its roots in the lack of “covering love” present in the church. In most cases, these Leaders and Pastors may have been too proud or too isolated to seek out accountability partners. For every high profile leader who falls, there are scores of Deacons, Elders, Teachers, and others in the church who suffer the same fate out of the spotlight. This is why the divorce rate is higher in the church than outside the church! You don’t dare come to church and admit you and your spouse are struggling and need prayer, help and support, so you suffer in silence while your marriage and family crumbles around you. This lack of “covering love” in the church is the spirit of the Pharisees, not that of Jesus! When Jesus encountered those struggling with sin He responded with compassion and understanding, saying “I don’t condemn you.” He did this, even though He is the only person who has the right to condemn sinners. You and I don’t have the right. We are like the Pharisees with rocks in their hands waiting to throw them at the sinful woman; when Jesus reminded them of their own sin, one by one they dropped their stones and walked away, knowing they were every bit as guilty as she was. Covering up your sin will only result in repeating the same behavior. So through prayer find someone in your fellowship who you can be transparent with, and ask them to help you be accountable.

Prayer: Dear Lord, thank You for putting me in a body of believers that I can be accountable to and who won’t gossip about my sins or shortcomings, but will pray with me and for me. Help us Father, Your children to truly edify and pray for each other the way You intend for us to. In Jesus name, I pray Amen.

Scriptures to Meditate on: Hebrew 10:24-25, 1Thessalonians 4:11

Day Eight (01.19.20): Salvation for the Lost

Devotion: Do you know of someone who does not know Jesus Christ as their personal Lord and Savior? Chances are you do, it may be a co-worker, a friend, a neighbor, and even your own mother or father. The fact is almost every born again believer knows at least one person who is not saved. Why then do you think that God has placed you in their life? Is it to witness to them or to let your light shine before them so that they will desire to know your God? Today take time out to pray for someone specifically you know who is not saved. Ask God to show and tell you exactly how to witness to this person or people He has for you to share your faith with. God desires for everyone to be saved not just a select few but EVERYONE!

Prayer: Heavenly Father, I come to You now in the name of my Lord and Savior Jesus Christ. Heavenly Father I pray for (_____), and the lost of the world this day and that every man, woman, and child from here to the farthest corners of the earth be saved. As I intercede, I use my faith, believing that thousands this day have the opportunity to make Jesus Christ their Lord and Savior. I ask the Lord of the harvest to thrust the perfect laborers across these lives this day to share the good news of the Gospel in a special way so that they will listen and understand it, that it will touch their hearts. In the name of Jesus I pray with thanksgiving, Amen.

Scripture to Meditate on: Isaiah 52:10

Day Nine (01.20.20): Your Destiny

Devotion: This life is but a grain of sand on eternity's beach. Your ultimate destiny is more magnificent than you can possibly imagine. However, God wants to give you a taste of it right here in this life. He has a plan for you to accomplish. He has set you on a prearranged path with an intended destination. Has God told you to do something that looks totally impossible to your natural eyes and understanding? Do you here God calling you to go to the left instead of the right? Are you saying to God how, who, what, when or I can't do that? Step onto that path that God is calling you to, and stay on it. Every step on this path is covered in God's wisdom. Follow the flow of the favor He gives you. Listen and watch as He guides you past every obstacle and distraction. Know that your Heavenly Father is always guiding you with His right hand. Your destiny of greatness is inevitable. You have your Father's word on it.

Prayer: Dear Lord, in my heart I have determined the direction that I will take, making plans and setting all of my goals in accordance with the will of God. When my dream is made plain and I am focused on my destiny, You Lord direct my every step to fulfill it. Help me Father to accomplish every plan and purpose You have already set for my life, even when I don't understand it or can't comprehend Your predestined plans for my destiny. In Jesus name, Amen

Scriptures to Meditate on: Proverbs 19:21; 20:24, John 5:20, Romans 12:2

Day Ten (01.21.20): Promotion

Devotion: No one in the Body of Christ is bound to a dead-end job. We serve a God of increase and prosperity. He will promote you to positions you never thought you could do and then give you the ability to do them better than anyone ever has. Never forget that your Father prospers everything you set your hands to do. So set your hand to the plow and don't let up. Maintain a good attitude. Don't be a complainer. Complainers are always last in the promotion line. See your present job as a proving ground. Do it as unto the Lord and to the very best of your ability. And don't be selfish. If the opportunity arises, teach others to do your job as well as you can. You will reap the benefit of sowing into someone else's life and ensure that you have a replacement when you get the promotion you've been expecting. Remember promotion does not come from the east or the west, but promotion is from God!

Prayer: Dear Lord, thank You for raising me from the dust (the place where I am easily driven by the wind). Thank You, Lord for delivering me from the dunghill (the place of deep and filthy poverty). You Lord have set me with kings and nobles. You Father have made me righteous in the earth. You have guarded my ways and given me strength to do Your will. Lord Your word says that You are the one who promotes and I believe Your word for my life. I thank You Father that You have come to give me life and an abundant life. Amen.

Scriptures to Meditate on: Deuteronomy 8:6-18, Psalm 75:6, 7

Day Eleven (01.22.20): Waiting on God

Devotion: As children of God we often find it hard to wait on God to answer our prayers. For some reason we think God needs our help in answering our prayers so we might tend to do things our own way instead of waiting on God. God's word tells us that His ways are not our ways and His thoughts are not our thoughts, so why is it hard for us to wait on God? Maybe it is because of our impatience, immaturity, or lack of trust that will cause us to jump ahead of God instead of waiting and listening for His voice. Do we really trust God to answer us when we call on Him? Well He did say that He will answer us when we call and sometimes it may not be the way we were thinking He should answer. Are you willing to wait on the Lord to answer all your prayers, even if it takes longer than expected?

Prayer: Father show me Your ways, Lord God, and teach me Your paths. Lead me in Your truth and teach me. You are the God of my salvation. I wait before You with expectant hope all the day long. Let integrity and uprightness preserve me as I wait on You. Father God, help me to remember to wait on You at all times and to be of good

courage, for I know that as I do these things, You will strengthen my heart. Thank You, Father, for this precious promise from Your word. In Jesus name Amen.

Scriptures to Meditate on: Psalm 25:1-5, 21; Psalm 27:14

Day Twelve (01.23.20): Life Balance

Devotion: When more time is spent at work than at home, there's a greater possibility of missing out on a rewarding personal life. However, when there is significant stress in the personal life, increased focus on the work life may sometimes serve as a coping mechanism. We should seek to bring glory to God in what we do and in how we spend our time. Neglecting ourselves or to avoid something at home isn't really God-honoring behavior. 1 Corinthians 6:19 says, "Do you not know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God?" The impact of overwork on the body is physically destructive and harmful. It can lead to hypertension, depression, fatigue, and exhaustion. To keep work and personal priorities in check, seek Godly advice from other believers and pray for God's guidance as you seek to honor Him with your time. Then, keep a log of how you spend your time. Remember God has given you a life to enjoy and not to overwork yourself until the point of sickness or maybe even death.

Prayer: Father, please show me any areas where I need to reorder my priorities. Guide me to solutions that will help me live my life in ways that pleases You. Jesus, I desire for my steps to be ordered in Your Word. I want to be faithful to the time You have given me on this earth. I want to please You Lord in all that I do. Help me Holy Spirit not to neglect my body, where You dwell, help me to not neglect my family by being too busy for them. Forgive me Lord for using my time unwisely. Thank You Lord for being faithful to me when I am unfaithful to the time You have given me. In Jesus name I pray, Amen.

Scripture to Meditate on: Ecclesiastes 3:13

Day Thirteen (01.24.20): God Works through Families

Devotion: Whether we know it or not our families are a classroom for God's character traits, including forgiveness, mercy, justice, grace, trust, loyalty, and love. God put us in families to teach us how to be more like Him. As we care for our aging parents, we learn to serve as He served us in the person of Jesus Christ. As we raise our children, we learn to love as He loves us as His own children. As we carry out our marriage vows, we learn to sacrifice self as He sacrificed Himself for our sins. As we stand by our brothers and sisters in trials, we learn to care for their needs as our Father cares for us. Through the family, God also teaches us about His covenant. God works through families. Over and over in scripture we see His hand touching generations to bring His plan to fulfillment; Noah, Abraham, Isaac, Jacob, and even through the genealogy of Jesus Christ. God also uses the family to teach us about community. In walking through life with our families, we share the good and the bad. We care for one another, pray for one another, and learn the value of standing together in tough times as well as rejoicing in good times.

Romans 3:23 says "All have sinned and fall short of the glory of God". So inevitably we will wound one another or let one another down in some way. But in our family, we can hold each other accountable and walk through forgiveness and repentance. No matter our family situation, God can use it to teach us more about who He is and to help us rely on Him.

Prayer: Dear God, thank You for what You have taught and are teaching me through my family. Help me to continue to grow in love, joy, peace, forgiveness, self-control, kindness, and goodness. Help me and my family to glorify You in all that we do. Use us to teach another family about Your true love so that they may want You as their Lord and Savior. Help us Lord to love what You love and do what You would do. Amen.

Scriptures to Meditate on: Genesis 17:7, Romans 3:23, Galatians 5:16

Day Fourteen (01.25.20): Restore Relationships

Devotion: Today as you continue in this fast and prayer ask the Holy Spirit to help you restore any of your relationships that you know ended in an abrupt way. You may not be angry or hold any ill feeling towards the person but maybe you feel as if they are upset with you. Sometimes the enemy blinds us into thinking that someone is angry at us or you have done something wrong to them. Walk in boldness today and with help of the Holy Spirit go to that person and say “can we talk”. Don’t be tricked by your own thoughts, it may not be what you think. How many people do you know are not communicating with distant loved ones just because they think that the other person is mad at them when in fact it’s not that way at all? Maybe they are waiting on you to make the first move.

Prayer: Father, today I ask you to help me take all of my thoughts captive to the obedience of Jesus Christ. Help me Lord to see all people the way you see them. Help me Lord to be a person of reconciliation, restoring all that may have been lost in the relationships with others you have place in my life. I ask You Father to restore a good relationship between me and all of my family, friends, co-workers, and others.

Scriptures to Meditate on Proverbs 19:11, Ephesians 4:30-32, Romans 12:10

Day Fifteen (01.26.20): Enlightenment

Devotion: Do you have a desire to be more in tune to the word of God? Do you want a bigger understanding of the things of God? Today lets us challenged one another to really seek and ask for the wisdom of God and divine revelation of our Holy Father and His Word. Remember you must do your part in reading and studying the word of God it does not come to those who are slothful, unwilling to study, or does not spend time with God. Give the Lord something to work with; you must put forth some effort.

Prayer: Lord of Glory, I pray that You give me Your spirit of wisdom and revelation, with the eyes of my heart being enlightened, knowing what is the hope of Your calling, what is the wealth of the glory of Your inheritance in me and what is the super-a-bounding greatness of Your inherent power to me as one who believes, measured by the operative energy of Your might (see Eph.1:17-19). Father I pray that You make known to me the mystery of Your will according to Your good pleasure which You have purposed in Yourself (see Eph. 1:9).

Scriptures to Meditate on: Daniel 2:21, James 1:5

Day Sixteen (01.27.20): God’s Provision and Protection

Devotion: When we seek God and are thankful for all He has given us, we will not lack anything we need. And when we give to those less fortunate than ourselves, He will bless us (Ps.41:1- 2). But if we close our eyes to the needs of those around us, God will do the same with our needs. When we put all that we have, especially our finances in His hands and do with it what He is telling us to do He promises to bless us. Remember if you give nothing you get nothing, and if you give little you get little, “you reap what you sow”. Now for protection, we should never take for granted the protection of the Lord in our

lives. We should not enter a plane, train, or automobile without praising God as our Protector. We should not enter a day without asking Him for His protection and then thanking Him for it in advance. How many times have we been protected and spared from harm and disaster that we are not even aware of? God’s word tells us that we are in His hands and no man can pluck us out.

Prayer: Lord, I worship You as my Almighty God. You are my King and Lord over all my life. I surrender everything I have to You because I recognize that every good thing I have has been given by You as a sign of Your goodness, mercy, and love (James 1:17). Thank You that You are my Provider and You provide everything I need. Lord I praise You as my Protector. Thank You for hiding me under the shadow of Your wings”. You have delivered my soul from death. Have You not kept my feet from falling, that I may walk before God in the light of the living? Thank You, Lord for providing and protecting me, my family, and all that I have in Jesus name, Amen.

Scriptures to Meditate on: Psalm 28:7, 34:10, Matthew 6:25-34, Psalm 91

***Note of encouragement: You are on the last week of your prayer and fasting, great job, you have hung in there. This last week will focus on more praying and reading the scriptures, instead of devotions. We will focus more on praying specific prayers from specific scriptures for specific topics, such as; unity, sanctification, guidance, and thankfulness.*

Day Seventeen (01.28.20): A prayer for Spiritual Strength

Praying (Ephesians 3:14-21) Father, In the name of Jesus, I praise and thank You that You saved me for a purpose, and that You have a plan for my life that exceeds my most imaginative hopes and dreams. For that reason, Father, I bow my knee to You, the God of heaven and earth from whom Your whole family receives our name. I pray that by Your glorious riches You would strengthen me on the inside through the power of Your Holy Spirit and that Christ would truly live in my heart and live through me by my faith in You. Help me to understand with all of the saints the breadth, length, depth, and height of Your love which surpass all knowledge. Fill me with all of Your fullness, Your wisdom, strength, and power, so that I would live constantly to Your glory! Now unto You, Father, who is able to do exceedingly far above all that I ask or can imagine, be the glory in the church through Christ Jesus throughout all the ages and forever. Amen!

Destroying Generational Curses: Heavenly Father, I (we) come to You now in the Name of my (our) Lord and Savior Christ Jesus. Lord Jesus Christ, I (we) believe that You are the Son of God; that You died on the cross for my (our) sins; that God raised You from the dead and You ascended to heaven. Heavenly Father, I (we) repent of any sins in my (our) life (lives) and my (our) ancestors' lives, going back 25 generations, that have resulted in a curse or curses. I (we) repent of all and any sins of: not keeping Your commandments: having other gods before You; making or buying images, bowing down to or serving images; for taking the Lord my (our) God's Name in vain; for not observing and keeping holy the Sabbath day; not honoring my (our) father and/or mother; murder; adultery; stealing; bearing false witness; coveting a neighbor's spouse, house, land, servants, donkey, or anything that is my neighbor's; not loving You with all my heart, with all my soul, and with all my mind; not loving my neighbor as myself, or not loving myself (see sin list). I (we) ask Your forgiveness and cleansing through the Blood of the Lord Jesus Christ according to 1 John 1:9 and John 14:14. Heavenly Father, I (we) repented of all of my (our) sins and I (we) thank You for forgiving me (us). In the Name of the Lord Jesus Christ, I (we) now ask You to destroy all curses, generational curses that have been placed on me (us), my (our) spouse, and my (our) children, including ten generations.

Day Eighteen (01.29.20): A prayer for Guidance

Praying Philippians 1:9-11 for your wife, husband, child, and yourself (insert the name of the person/people for whom you are praying) Father, in the name of Jesus, I pray that Your love that was shed abroad in _____'s heart by the Holy Spirit would abound and grow more and more, strengthening _____'s knowledge of You and of the things You have called _____ to do, in the discernment and spiritual insight of the Holy Spirit. I pray that _____ can prove Your excellence by always knowing the right things to do and doing them with excellence and that _____ will remain sincere, genuine, and real in all his/her/my encounters with others and free from blame or even the appearance of evil until the day of Jesus Christ's return. Allow this to lead to _____ overflowing in the fruits of your righteousness, which I have because of Jesus Christ, that all of this would make _____ a constant glory and praise to You under all circumstances and in all things. In Jesus name, Amen

Day Nineteen (01.30.20): A prayer for Unity

Praying Romans 15:5-6 for your Loved Ones, Your Church, Your Organization or Business, or Your City. Heavenly Father, I know that it is by Your Spirit that we have the power to forgive, and that it is through the fruit of

Your Spirit that we can overcome the challenges of life and become encouragers to others around us. I thank You that You have called us as Christians to be unifiers, reconcilers, and peacemakers on this earth as a display of Your love and grace in our everyday lives. I also thank You for giving us an example of true unity in Your relationship with Your Son, Jesus, as He walked upon this earth and that we can be one as You and He were one because of His prayers for us in John 17. For this reason, Father, I pray for unity for _____. I pray that You would not only use _____ to be a unifier, reconciler, and peacemaker but that the Holy Spirit would also be present with _____ every day to help _____ overcome with Your joy and encourage others as _____ follows Jesus. I pray that in unity with one heart and one mouth _____ may glorify You, the Father of our Lord and Savior Jesus Christ. Amen.

Day Twenty (01.31.20): A prayer for total Sanctification

Praying 1 Thessalonians 5:23 for yourself Father, in the name of Jesus, I praise and thank You for being the God of Peace. I pray that You would sanctify me completely from my inner spirit to my outer actions, making my life stand out to others as an example of Your grace, mercy, love and righteousness. Father, help me to walk worthy of my heavenly citizenship even as Jesus has made me worthy through His sacrifice on the Cross. I pray that my entire Spirit, soul and body would be sanctified and complete for the purpose to which You have called me. That I would live blamelessly, above reproach, and without any appearance of evil, fit for Your use in all things and ready to spread Your kingdom upon the earth until the return of Your Son, my Lord and Savior Jesus Christ. Now unto You, who called me, be the glory forever and ever, even as You will be faithful to walk out and make certain Your sanctification and will are fulfilled in my life. Amen.

Day Twenty –One (02.01.20): A prayer of Praise and Thanksgiving

Father, You alone have the power to establish all of us according to the Good News of Christ. You have chosen to reveal through the Church the mystery of Your manifold wisdom, a secret You kept from the beginning of creation until the day You raised Jesus from the dead. You now are making that wisdom manifest to the entire universe through those of us who obey You. To You, the only wise God, be glory through Jesus Christ forever more. You, Father, who through grace of our Lord and Savior Jesus Christ, have enriched us in all utterance and knowledge and examples and testimonies to the greatness of Jesus. Therefore, we will come behind in no gift. You have enabled us to be steadfast and blameless until the day Jesus returns for us. You are faithful who has called us into the fellowship of Your Son Jesus Christ our Lord. You always cause us to triumph in Your Son and You raise the aroma of salvation in every place we preach of You and bring people to know You. You have enabled each of us to be ministers and ambassadors of Your grace regardless of our past and abilities. To You the only wise God, the King eternal, immortal, un-seeable by human eyes, who dwells in the light which no one can approach, who is the blessed and only true and Living God, the King of kings, and the Lord of lords, be the glory through Christ Jesus, the Church, and my life forever and ever. Amen!

You did it! Give God the glory for the Victory. And purpose in your heart to go forward and not backwards.

RECIPES

MAIN DISHES

Bean Enchiladas Serves 4

- 1 medium green bell pepper, seeded and chopped
- ½ cup sliced onion
- 1 8-ounce can tomato sauce, divided, no-salt-added
- 2 cups cooked or canned no-salt-added pinto or black beans, drained and rinsed
- 1 cup frozen corn, thawed, or fresh corn off the cob
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon onion powder (not onion salt)
- 1/8 teaspoon cayenne pepper (optional)
- 6-8 corn tortillas

Saute the bell pepper and onion in 2 tablespoons of the tomato sauce until tender. Stir in the remaining tomato sauce, beans, corn, cilantro, chili powder, cumin, onion powder, and cayenne (if using); simmer 5 minutes. Spoon about ¼ cup of the bean mixture on each tortilla and roll up. Serve as is or bake for 15 minutes in a 375-degree oven.



Stuffed Cabbage

Ingredients

- ¼ cup high heat oil (I use brown rice bran oil or macadamia oil)
- 1 large onion, chopped
- 1 can of brown lentils, drained and washed well
- 1 cup of cooked white rice
- 8 full cabbage leaves or 14 -16 half leaves
- 1 can of tomatoes
- 1 tbsp tomato paste
- Salt
- Pepper

Instructions

1. Heat half the oil and add half the chopped onion in medium sauce pan. Sauté until translucent.
2. Add in the brown lentils and cook for one minute.
3. Add in the cooked rice and seasoning to taste cooking for 5 minutes.
4. Set this mixture aside.
5. Bring water to the boil in large saucepan: boil cabbage leaves 1-2 min each. Remove from water and set aside.



6. In the same saucepan (without the water), add remainder of oil & onion, sauté for 2 minutes.
7. Add canned tomatoes and tomato paste cooking for 5 minutes on a gentle simmer.
8. Add in ½ cup of water and season to taste.
9. While sauce is cooking, layout cabbage leaves, Place a portion of the mixture in the center of each. Fold the bottom half of cabbage over the filling, then fold in sides and roll up tightly. Transfer cabbage rolls seam side down on a plate.
10. Once cabbage has been stuffed/rolled and sauce has cooked for 10 minutes, place cabbage rolls in sauce and cook for 10 minutes.
11. Serve warm on its own, with mashed potato

Rice Noodles al Pomodoro with Chili Oil

Kosher salt
 12 oz. wide rice noodles
 ¼ cup extra-virgin olive oil
 6 garlic cloves, thinly sliced
 1 Fresno chile or red jalapeño, thinly sliced
 2 large sprigs basil, plus torn leaves for serving
 3 pints cherry tomatoes, halved if large
 Chili oil and toasted sesame seeds (for serving)



RECIPE PREPARATION

*Bring a large saucepan of salted water to a boil. Remove from heat; add noodles. Let sit, stirring occasionally, until al dente, about 4 minutes (time may vary by brand). Drain and rinse under cold running water.

*Meanwhile, heat olive oil in a large skillet over medium. Cook garlic, stirring often, until softened and golden, about 3 minutes. Add chile and basil sprigs; cook, stirring, just until softened, about 1 minute. Add tomatoes and ¼ cup water and cook, stirring occasionally, until most of the tomatoes have burst and are jammy, 8–10 minutes. Season with salt.

*Add noodles to sauce and toss to coat. Season with more salt if needed. Divide among bowls; drizzle with chili oil and top with sesame seeds and torn basil.

Roasted Vegetable Soup

Ingredients

- 3 Parsnips - chopped bite sized
- 3 Large Carrots - chopped bite sized
- 2 Red or Yellow Peppers - chopped
- 3 Celery stalks - chopped
- 2 Sweet Potatoes - chopped bite sized
- 1 Russet Potato - chopped bite sized
- 1 cup Grape Tomatoes
- 1/2 Large White Onion - chopped
- 3 Garlic cloves - minced



- handful of fresh parsley - chopped optional
- salt & pepper
- Olive Oil about 3 TBS
- 6 Cups Vegetable broth

Instructions

- *Heat oven to 400 degrees. On foil lined baking sheet - toss all vegetables with olive oil and salt & pepper.
- *Roast about an hour (until veggies are softened) Remove from oven and let cool.
- *Transfer 1/2 of the vegetables to a soup pot - add about 2 cups of broth to vegetables and using a hand mixer on slow speed - whip the vegetables for about 1 minute - add the rest of the broth and vegetables - simmer on low heat to warm through.
- *Add the parsley - and cook another 5 minutes. Serve immediately.

VEGAN CAULIFLOWER PIZZA BITES

- 2 Cups Grated Cauliflower (washed, dried, grated grate until rice-like or thinner (Approx one head of cauliflower)
- 1 Tsp Oregano
- 2 Tsp Parsley
- 1/4 Tsp Garlic Powder
- 2 Tbsp Coconut Oil
- 1-2 Tbsp Frank's Hot Sauce
- 1 Flax Egg (1 Tbsp Ground Flax and 3 Tbsp Warm Water)
- 1/2 Cup Firm Tofu
- 1/2 Cup Chickpeas (Cooked and Drained)

Directions:

- Pre-heat your oven to 450 F.
- Spray mini muffin tin with a healthy cooking oil.
- Make flax egg: Place ground flax & 3 tbsp of water in small bowl – set aside/ let thicken.
- In a hot frying pan Sautée “cauliflower rice” until cauliflower is slightly translucent (about 6-8 minutes). Place in a bowl and let cool.
- Place all other ingredients into your food processor and blend until smooth.
- In a bowl combine both the “cauliflower rice” and blended ingredients. Mix completely.
- Evenly spoon mixture into muffin tin molds. Press pizza dough down evenly and firmly (*The pressing down firmly is very important to make sure these stick together).
- Place in your oven and bake for 30-35 minutes.
- Remove the pizza bites from the oven and let set until cool (let set in their pan for 5 – 10 minutes before removing – If you take them out while they are too hot they will break).
- Once cool remove from muffin tin (either by tipping them out OR by running a thin knife down along the side and popping them out).
- Use organic, natural pizza or pasta sauce for dipping (or make your own sauce)



WHITE BEAN AND ROASTED MUSHROOM SOUP

- 1 pound mushrooms, halved or quartered
- 2 large sweet onions, quartered
- 3 garlic cloves, slightly crushed
- 1-2 tablespoons olive oil
- 1 1/2 teaspoon salt, divided
- 1 1/2 teaspoon pepper, divided
- 8-10 fresh sage leaves*
- 8-10 stems + 1 tablespoon leaves fresh thyme*, divided
- 48 ounces chicken broth (vegetable broth can be substituted for a vegetarian version)
- 45 ounces canned white beans, not drained (I prefer cannellini beans)
- Additional salt and pepper for seasoning

DIRECTIONS:

1. Preheat oven to 450-degrees F.
2. Arrange mushrooms, garlic & onion separately in single layer on large baking sheet. Drizzle with olive oil, & sprinkle with 1 teaspoon salt, & 1 teaspoon pepper. Toss to coat, keeping mushrooms separate from garlic and onions. Add sage leaves & stems of thyme. Roast at 450-for 10 minutes, toss & roast for additional 15 minutes.
3. While vegetables are roasting, add broth, beans, 1/2 teaspoon salt, 1/2 teaspoon pepper, & 1 tablespoon fresh thyme leaves to a large stock pot over medium heat & simmer.
4. When vegetables are done roasting, let cool slightly. Retrieve 2 cups of the white beans, and 1 cup of broth from the stock pot, add to a blender along with the roasted onions, garlic and herbs. Cover and blend until smooth.
5. Add pureed bean mixture back to stock pot, whisking in until smooth. Add roasted mushrooms to soup. Salt and pepper to taste.
6. Keep warm over low heat until ready to serve.

**Dried herbs may be substituted for fresh. The rule of thumb is one part dried, to three parts fresh.*

ONE PAN MEXICAN QUINOA

INGREDIENTS:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup Ea: quinoa, corn kernels, Vegetable Broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves



DIRECTIONS:

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro. Serve immediately.

VEGGIE MEATLOAF

Ingredients

1/2 teaspoon olive oil, plus more for brushing on top
1 small red pepper, small diced
1/2 yellow onion, small diced
3 cups cooked brown lentils
3 cups cooked chickpeas
1 flax egg (1 tablespoon ground flax mixed with 2 1/2 tablespoons water, let sit for 2-3 minutes)
1 large clove garlic, minced
2 tablespoons ketchup
2 teaspoons balsamic vinegar
1 tablespoon chopped parsley
1 tablespoon breadcrumbs
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon smoked paprika
3/4 teaspoon salt
1/4 teaspoon black pepper
Topping:
1/4 cup ketchup (vegan or sugar free)
2 teaspoons balsamic vinegar

INSTRUCTIONS

*Pre-heat oven to 400 degrees F. Heat a large skillet on medium heat: add olive oil, red peppers, onion and a pinch of salt. Cook until softened, about 5 minutes.
*Add pepper mixture to food processor along with lentils & chickpeas. Blend until most of mixture is completely broken up but still chunky.
*Add mixture to a large bowl and add all of the remaining ingredients. Mix until completely combined, you may want to use your hands to ensure it's mixed well.
*Line a baking sheet with a non-stick mat or parchment paper and add the meatloaf mixture (shape into loaf)
*Add the topping ingredients to a small bowl and mix until combined. Brush the meatloaf with a small amount of olive oil and then spoon topping over. Use the back of the spoon to spread out the ketchup to make sure it's covering the entire top of the meatloaf.
Bake meatloaf until firm, 20-25 minutes. Let cool for a few minutes and then cut into slices and serve. Top with chopped parsley for a garnish, if desired.



SPAGHETTI SQUASH

Ingredients:

- 1 small spaghetti squash (about 3-4 pounds)
- 2 tablespoons butter (use olive oil for fast)
- 2 cloves garlic, finely minced
- 1 Can Roasted diced tomatoes (or Rotel for zest)
- 1/4 cup finely minced parsley (or basil)
- 1/2 teaspoon salt (or to taste)
- 1/4 cup shredded Feta cheese (omit for fast)



DIRECTIONS:

1. Preheat oven to 375F. Pierce squash a few times with sharp knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes.
2. Cut squash in half, lengthwise. Use a fork to remove and discard seeds. Use fork to scrape the squash to get long strands. If the squash seems difficult to scrape, return the squash to bake for an additional 10 minutes.
3. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese additional salt may be needed) The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.

CHIPOTLE BLACK BEAN BURGERS

- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup mashed cooked sweet potatoes (about 1 large sweet potato, peeled)
- 1/4 cup oat flour or brown rice flour
- 1/2 tablespoon dried parsley
- 1/4 teaspoon chipotle Chile pepper seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper



Preheat oven to broil setting. With a potato masher or fork, mash black beans in a large bowl, leaving about 1/4 of the beans whole. Mix in sweet potatoes, oat flour, parsley, chipotle chile pepper seasoning, garlic powder, salt, and pepper. Scoop out 1/3 cup of bean mixture, and place on an 11 x 17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers.

Broil 4 inches from heat about 7-8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes, and serve.

Yield: 6 servings (serving size: 1 burger)

VEGAN PULLED PORK (6 SERVINGS)

- 2 tablespoons olive oil
- 1 medium onion, sliced
- 3 cloves garlic, minced
- 3 cups , Jack Fruit (fresh or canned)
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon cumin



1 teaspoon chili powder
1 teaspoon paprika
½ teaspoon cayenne pepper
1 teaspoon vegan Worcestershire
1 teaspoon liquid smoke
2 cups vegetable stock
½ cup vegan barbecue sauce

Preheat your oven to 350°F (180°C). Oil a large knife and cut the jackfruit in half.

NOTE: If using fresh jackfruit, line your work surface with plastic wrap; Carefully remove Jackfruit core by cutting into it at an angle.

Pull out each fruit and remove the seeds & outer coating. Rinse the fruit thoroughly then dry.

NOTE: You can save the seeds to roast.

Heat oil over medium heat in a large pan or Dutch oven.

Add the onions and garlic, and cook until translucent.

Add jackfruit, spices, Worcestershire, and liquid smoke. Stir to coat evenly.

Add vegetable stock & bring to simmer. Reduce heat, cover & simmer 45 minutes, until liquid is mostly absorbed & fruit has broken down. Spread jackfruit on a prepared baking sheet.

Bake for 75 minutes, until the liquid has baked out and jackfruit has a deeper brown color.

Pour the vegan barbecue sauce over the jackfruit.

Mix and return to oven for 15 minutes.

*Use vegan buns or alternative bread substitute that is free of eggs/yeast/sugar

VEGETABLES

ROASTED POTATO VEGETABLE SALAD

2 lbs baby red potatoes, halved
1 corn on the cob, husk on
1 red bell pepper, diced
1 orange bell pepper, diced
1 green bell pepper, diced
1/2 teaspoon cumin
1/4 teaspoon ancho chili pepper powder
1 tablespoon coarse salt
1 teaspoon pepper
1 tablespoon fresh dill, minced + extra roughly chopped to garnish
Green onion, thinly sliced to garnish
3 tablespoons olive oil

INSTRUCTIONS

Preheat oven to 400°F.

Toss potatoes, bell peppers, cumin, ancho chili pepper, salt, pepper, minced dill, and olive oil until coated on a roasting pan. Spread the vegetables out into a single layer, leaving an empty space for the corn on the cob.

Place the corn on the cob, husk still on, in the empty space.

Put the pan on a middle rack in the oven and bake for 30 minutes. Remove the corn on the cob and set aside.

Put the pan back in the oven and cook for another 30 minutes, or until potatoes are tender.

While vegetables continue to cook, remove the husk from the corn and slice off the kernels.



When the potatoes are tender enough to be pierced with a fork, remove the pan from the oven. Stir in the corn kernels and add the remaining fresh dill and green onion to garnish

ETHIOPIAN CABBAGE DISH

Ingredients

1/2 cup olive oil
4 carrots, thinly sliced
1 onion, thinly sliced
1 teaspoon sea salt
1/2 teaspoon ground black pepper
1/2 teaspoon ground cumin
1/4 teaspoon ground turmeric
1/2 head cabbage, shredded
5 potatoes, peeled and cut into 1-inch cubes

Directions

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.



TOFU & VEGETABLE SKEWERS (4 SKEWERS)

1/2 cup water
1/4 cup maple syrup (allowed first week of fast ONLY)
3 tablespoons soy sauce
2 tablespoons BBQ sauce
1 tablespoon oil
1 tablespoon garlic powder
1 tablespoon sriracha
1 teaspoon black pepper
15 oz firm tofu, or extra firm tofu
pepper
onion
zucchini



Instructions

- Soak wooden skewers in a shallow dish filled with water to prevent burning.
- Place tofu on a paper towel-lined plate. Top with another paper towel and another plate. Microwave for 3 minutes.
- Slice tofu into 9-12 cubes and set aside
- Combine water, maple syrup, soy sauce, BBQ sauce, oil, garlic powder, Sriracha & pepper stir.
- Place tofu in the marinade and refrigerate for at least 1 hour.
- Remove tofu from marinade. Heat marinade over a low heat and cook for about 10 minutes, until

it reduces and thickens.

- Assemble skewers, alternating between tofu and veggies.
- Heat a pan or grill and cook each skewer for 3-4 minutes per side

GARLIC ROASTED BRUSSELS SPROUTS

Ingredients

1 pounds Brussels sprouts
2 garlic cloves, minced
½ tsp cayenne pepper (optional)
4 tbsp olive oil
2 tsp lemon juice
salt to taste



Instructions

- Preheat oven to 400 F.
- Bring a large pot of lightly salted water to a boil, add the Brussels sprouts and cook for two minutes. Drain well and place the Brussels sprouts in a large bowl.
- Add the minced garlic, cayenne pepper and olive oil and gently toss to coat. Transfer the Brussels sprouts to a baking pan and sprinkle with salt. Bake for 15-20 minutes, shaking pan occasionally, until sprouts are quite brown and crisp on the outside and tender on the inside.
- Adjust the taste with more salt if necessary, drizzle with lemon juice, toss to combine and serve.

APPETIZERS

CRISPY BUFFALO CAULIFLOWER

SERVES 4 ACTIVE: 15 MIN TOTAL: 40 MIN

¾ cup almond flour

1 tbsp. garlic powder

1 head cauliflower (about 2 lb.), cored and cut into bite-size florets (about 5 cups)

1 tbsp. vegan butter or margarine

1 cup Frank's RedHot or other hot sauce



**Vegan ranch dressing, for dipping (Pg 28)*

1. Preheat the oven to 450°. Line a large rimmed baking sheet with parchment paper. In a large bowl, whisk the almond flour, garlic powder, and ¾ cup water. Add the cauliflower; season with salt and pepper. Toss until coated; spread out on the baking sheet. Bake, rotating the sheet once, until the cauliflower is crisp-tender, about 20 minutes. Return the cauliflower to the bowl.
2. Preheat the broiler. In a small saucepan, melt the butter; stir in the hot sauce. Pour over the cauliflower; toss until coated. Return the cauliflower to the baking sheet, spacing the florets apart. Broil until charred in spots, 15 to 20 minutes. Serve with the ranch dressing.

VEGAN BLACK BEAN QUESADILLAS

1 (15 ounce) can great Northern beans, drained and rinsed
3/4 cup diced tomatoes
1 clove garlic
1/3 cup nutritional yeast
1 teaspoon ground cumin
1/4 teaspoon chili powder
salt to taste
1 pinch cayenne pepper, or to taste
1/2 cup black beans, drained and rinsed
1/4 cup diced tomatoes
1 tablespoon olive oil, or as needed
8 whole grain tortillas
cooking spray

Directions

Blend great Northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again. Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture. Heat olive oil in a skillet over medium-high heat. Place a tortilla in the hot oil. Spread about 1/4 cup filling onto the 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.



Great Northern Bean Dip

1 (15.5-ounce) can great northern beans, rinsed and drained
2 tablespoons water
¼ cup roughly chopped green onions
1 clove garlic, minced
1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano
¼ teaspoon salt

Instructions

Place ingredients in a food processor or blender, and pureé until smooth.

Yield: 8 servings (serving size: 2 tablespoons)

Recipe Notes

- Use as a dip for fresh vegetables.



SOUPS

SMOKY BBQ CHILI WITH FLAT & CRISPY CORNBREAD

ingredients:

1 tsp extra virgin olive oil
1 sweet onion & 4 garlic cloves peeled and chopped
1 red pepper, chopped
1 jalapeno pepper, seeded and chopped (optional)
2.5 tbsp chili powder, or to taste
1 tsp ground cumin
1 tsp smoked paprika (optional)
1/4 tsp cayenne pepper (or crushed red pepper flakes)
1/2 cup dry/uncooked black eyed peas
3/4 cup dry/uncooked black beans
6 cups vegetable broth
1 (28-oz) can diced tomatoes, liquid drained
2 tbsp tomato paste, to thicken
1 tbsp chia seeds (or ground flax), to thicken
1 cup frozen corn
2 tbsp your fav BBQ sauce
1/2 tsp kosher salt, or to taste
couple handfuls of chopped spinach, or other greens like collard, kale, etc



1. Soak beans in water overnight or at least 3-4 hours to reduce cook time. Rinse /drain beans before using. In a large pot, add oil & sauté onion & garlic over medium-low heat until translucent (5-6 minutes)
2. Add pepper & optional jalapeno, sauté for another 3-5 minutes.
3. Stir in spices (chili powder, cumin, smoked paprika, cayenne), sauté on low apporx 2 minutes
- 4Add dry black beans and black eyed peas, broth, and drained diced tomatoes. Stir well. add tomato paste. Simmer on low with the lid ajar for 2.5 hours, check often more broth if needed.
5. About 15 minutes before it's done cooking, add chia seeds, corn, & chopped greens. (chia helps thicken chili) Also add BBQ sauce, starting with 1tbsp at a time, tasting as you go. Add salt & pepper to taste. Note: You can use canned beans, but you won't need as much broth. (add it slowly)

FLAT & CRISPY CORNBREAD

Ingredients

1/4 cup + 2 tbsp cornmeal
1/4 cup + 2 tbsp whole wheat pastry flour (or flour of choice)
generous 1/4 tsp kosher salt
2 tbsp organic cane sugar
3/4 cup water
1/2 tbsp coconut oil, melted (or oil of choice or earth balance)
1/2 tbsp coconut oil (for coating skillet)



Instructions

1. Preheat oven to medium, Place an 8-10-inch cast-iron skillet in the oven to pre-heat. In a microwave-safe bowl, whisk together the dry ingredients (cornmeal, flour, salt, sugar). whisk in water & melted 1/2 tbsp oil.
2. Microwave batter on high for 60 seconds (Batter will thicken & edges will be cooked) Whisk vigorously until all clumps are gone. Place back in microwave & heat on high for another 20 seconds. Remove and whisk until no clumps remain.

3. Carefully remove the cast iron skillet from the oven. Add 1/2 tbsp of oil to coat pan.
4. Pour batter into skillet & quickly spread with the back of a large spoon. It's ok if it doesn't touch the edges perfectly. This will depend on the size of your skillet
5. Place skillet in the oven and broil over medium heat for 10 minutes (watch closely) When edges start to blacken (about 10 minutes) remove carefully and gently flip it over using spatula. Bake 2 minutes on the other side watching very closely.
6. Remove and let it sit in the skillet for 3-5 minutes. Yields 4-6 pieces.

HEALING BROTH

- 4 carrots, chopped or 1 sweet potato, cubed
- 2 stalks of celery, roughly chopped
- 2 onions, sliced
- 1 cup parsley, finely chopped
- 1 cup of shiitake mushrooms, fresh or dried (optional)
- 2 tomatoes, chopped (optional)
- 1 bulb of garlic (about 6-8 cloves), minced
- 1 inch of fresh ginger root & 1 inch of fresh turmeric root
- 8 cups of water
- Optional: Chili peppers or red pepper flakes



Preparation

Place all ingredients in pot & bring to a gentle boil. Lower heat & allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.

HEARTY VEGAN SLOW-COOKER CHILI

- 1 tablespoon olive oil
- 1 green, Red & 1 Red bell pepper, chopped
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 cup frozen corn kernels, thawed
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 6 tablespoons chili powder
- 1 tablespoon ea ground cumin, dried oregano, & parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1 (15 ounce) can black beans, garbanzo beans & Kidney beans, rinsed and drained
- 2 (6 ounce) cans tomato paste
- 1 (8 ounce) can tomato sauce, or more if needed
- 1 cup vegetable broth, or more if needed



Directions

Heat olive oil in large skillet on medium heat, cook green, red, & yellow bell peppers, onions, & garlic until the onions brown (8 to 10 min) Place mixture into a slow cooker. Add spinach, corn, zucchini, yellow squash, chili powder, cumin, oregano, parsley, salt, black pepper, tomatoes, black beans, garbanzo beans, kidney beans, & tomato paste until thoroughly mixed. Pour tomato sauce & vegetable broth over ingredients. Cook on low until vegetables are tender (4 to 5 hours) Check seasoning; if chili is too thick, add more tomato sauce & vegetable broth to desired thickness. Cook an additional 1 to 2 hours to blend flavors.

BLACK-EYED PEAS AND POTATO SOUP

1 tablespoon extra-virgin olive oil
1 cup chopped onion
1 cup sliced carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups Vegetable Broth or water
1 (15-ounce) can black-eyed peas, rinsed & drained
2 cups cubed potatoes
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
1/2 tablespoon dried chives
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1/8 teaspoon pepper



Heat olive oil in a large stock pot over medium heat. Add onions, carrots, and celery. Cook until vegetables are softened. Stir in garlic, and cook 1 minute. Add vegetable broth, black-eyed peas, potatoes, parsley, chives, cayenne pepper, salt, and pepper. Bring to a boil. Reduce heat, cover, and simmer 30 minutes.

Yield: 6 servings (serving size: about 1 cup)

TOMATO BASIL SOUP

1/2 tablespoon extra-virgin olive oil
1/2 cup chopped onions
3 (14.5-ounce) cans diced tomatoes
1/2 cup water
1 clove garlic, minced
1 1/2 teaspoon dried basil
1 teaspoon salt
1/8 teaspoon pepper



Directions

Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft and translucent. Add tomatoes, water, garlic, basil, salt, and pepper. Cook 20 minutes. Place mixture in a food processor or blender, and purée until desired consistency is reached. Return to skillet, cook 5-10 more minutes.

Yield: 4 servings (serving size: 1 1/4 cups)

WHITE BEAN CHILI

4 (1 lb) cans great Northern Beans, drained
3 cans vegetable broth
1 cup water
1 1/4 c. onion, chopped
1 yellow bell pepper
2 cloves garlic, minced
1/2 tsp. salt
1 (4oz) can chopped green chilies
1 1/2 tsp. cumin tsp. dried oregano
1/4 tsp. ground red pepper
1/4 tsp ground cloves



Place all ingredients in 5-quart heavy pot.2. Bring to a boil, reduce heat, and simmer at least 30

SALADS

Warm + Roasted Winter Salad Bowl

Ingredients:

- 1 cup uncooked rainbow or regular quinoa + 1.5 cups water
- 2 ½ Cups Yukon Gold potatoes, chopped into 1/2-inch chunks
- 3 cups fresh green beans, trimmed and chopped into 1-inch pieces
- 2 extra-large or 3 large garlic cloves (peel left on)
- 1 tablespoon extra virgin olive oil
- 1 cup stemmed and finely chopped kale
- 3 green onions, thinly sliced
- 3 tablespoons pepita seeds (handful of sesame seeds optional)
- Sliced avocado

FOR THE DRESSING:

- 1/4 cup red wine vinegar, 1/4 cup extra virgin olive oil, 2 teaspoons Dijon mustard
- 1/4 teaspoon pink Himalayan salt or fine grain sea salt, Freshly ground pepper, to taste

Directions:

Preheat oven to 400F and line one extra-large baking sheets with parchment paper.

*Place chopped potatoes, green beans, & garlic cloves (leave the peel on) onto baking sheet. Toss with oil & season with generous amount of salt & pepper. Spread into an even layer.

*Roast for 15 minutes, remove from oven, flip, & continue roasting about 10-20 minutes until potatoes & beans are tender & golden. Watch closely during the last 10 minutes to avoid burning.

*Meanwhile, cook the quinoa in medium pot along with 1.5 cups water. Bring to low boil, reduce heat to medium-low, cover and cook for 13-17 minutes until the water is absorbed and the quinoa is fluffy. Remove from heat, fluff with a fork, and leave lid on to keep warm.

*Whisk the dressing ingredients together in a small bowl. Set aside.

*Chop the kale and green onions.

*When the vegetables are finished roasting, remove garlic cloves and set aside. Spoon the potatoes and beans into a large serving bowl. Stir in the quinoa and the other chopped vegetables.

*Trim the end off each garlic clove and push the roasted garlic out. Finely chop or mash the garlic. Whisk the garlic into the dressing until combined. Pour all of the dressing onto the vegetables and toss to coat.

*Season with salt and pepper to taste and serve immediately. Leftovers can be reheated in a saucepan with some oil and the salad will keep in the fridge for a few days.



Apple Pear Cucumber Salad

Ingredients

1 For the Dressing

- 2 tablespoons ea: whole grain mustard, fresh dill chopped or dried, ACV
- 1/2 teaspoon brown sugar
- 4 tablespoons extra virgin olive oil

For the Salad

- 2 tart apples, crunchy (Gala, Pink Lady, Braeburn)
- 1 pear (Anjou, Bartlett, etc.) | 1 seedless cucumber (or seeded) | 1 small sweet onion

For the Dressing:

- Mix together the mustard, dill, vinegar, sugar and olive oil. Set aside.
 - For the Salad:
 - Core and slice apples and pears into thin slices, leaving skin on for color and flavor.
 - Slice cucumber into rounds (if cucumber has seeds, remove seeds and Slice onion any way you like.
- Add all to bowl with dressing and toss to coat.



Crispy Sesame Ginger Marinated Tofu

Ingredients

- 14 ounces organic extra firm tofu (Nasoya works great and low fat is also okay to use)
- 3 Tbl soy sauce
- 1 -2 scallion, sliced thin (white and green parts)
- 2 garlic cloves (smashed with back of knife or garlic press)
- 1 inch fresh ginger, sliced
- 1 tsp dried lemongrass or fresh lemongrass (optional but recommended)
- 1 teaspoon sesame oil
- salt and pepper, to taste

Directions

- Whisk all ingredients except for tofu in a 9x9 inch square baking dish.
 - Drain and slice tofu in half lengthwise to make two thinner slabs. Blot with a paper towel.
 - Preheat non-stick skillet over medium heat and spray with non-stick spray. Grill tofu slices about 4-5 minutes per side, flipping carefully until Brown to give it color and texture.
 - Place tofu slices in marinade, turn at least once. While the tofu is in the marinade, cut each slab 3 times lengthwise and widthwise with a sharp knife to make 16 squares per slab. Toss carefully.
- Marinate for 30 minutes (remove garlic & ginger slices before serving) warm, room temperature or chilled.



DRESSINGS

LEMON POPPY SEED

½ Cup Olive Oil

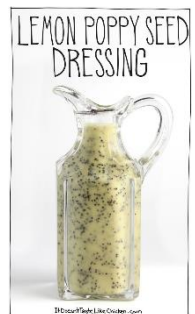
3 Tablespoons Lemon Juice

1 Tablespoon Dijon Mustard

1 Tablespoon Poppy Seeds

1 Tablespoon Maple Syrup (first week of fast ONLY)

* Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.



BALSAMIC VINAIGRETTE

½ Cup Olive Oil

¼ Cup Balsamic Vinegar

1 Tablespoon Dijon Mustard

1 Tablespoon Agave

¼ teaspoon Garlic Powder

¼ teaspoon Salt (Pepper to taste)

*Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.



CHIPOTLE LIME DRESSING

1 Chipotle Pepper in Adobo Sauce

3 Tablespoons Lime Juice

3 Tablespoons Vegan Mayonnaise (Such as Veganaise)

1 Tablespoon Agave

¼ teaspoon Smoked Paprika

¼ teaspoon Garlic Powder

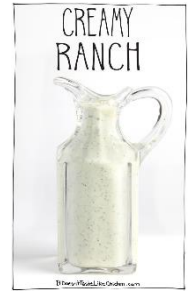
*Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.



CREAMY RANCH DRESSING

- ½ Cup Vegan Mayonnaise (such as Vegenaïse)
- ½ Cup Non-Dairy Sour Cream or Non-dairy Plain Yogurt
- ½ Cup Non-Dairy Milk (such as almond or soy milk)
- 2 Tablespoons Apple Cider Vinegar
- 2 teaspoons Dried Parsley
- 1 teaspoon Dried Chives
- ½ teaspoon Onion Powder
- ½ teaspoon Dried Dill
- ¼ teaspoon Garlic Powder
- ¼ teaspoon Salt

*Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.



CHERRY TOMATO DRESSING

- 1 Cup Cherry Tomatoes
- ¼ Cup Red Wine Vinegar
- ¼ Cup Olive Oil
- 1 Tablespoon Agave
- ½ teaspoon Smoked Paprika
- ½ teaspoon Onion Powder
- ¼ teaspoon Garlic Powder
- ¼ teaspoon Salt (pepper to taste)



BREAKFAST

BREAKFAST SCRAMBLE

Ingredients

- 1 box firm tofu
- 1 zucchini, diced small
- 1 tomato, diced
- ½ onion, diced
- 1 red bell pepper, diced
- 2 green onions, finely sliced
- 1 tablespoon fresh cilantro, minced
- 1 clove garlic, minced
- Salt and pepper to taste / Tomato paste if desired

Instructions

1. Spray pan with 100% olive oil spray
2. Add all ingredients and Sautee until vegetables are soft and ready to eat.
3. Salt and pepper to taste



POTATO AND GREEN ONION FRITTATA

Ingredients

- 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 tsp. salt, divided



1/2 tsp. pepper, divided
2 lb. firm tofu
2-3 Tbsp. soy sauce, to taste

Instructions

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

PINEAPPLE CITRUS MUFFINS

1 cup old-fashioned rolled oats
1 cup oat flour (see Recipe Notes)
1 cup unsweetened applesauce
½ cup diced pineapples
¼ cup chopped pecans or walnuts
¼ cup Date Honey
¼ cup flaxseed meal
2 teaspoons unsweetened coconut flakes
2 teaspoons grated orange zest
½ teaspoon ground ginger

Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil, and set aside.

Combine all ingredients in a large bowl, combine well. Fill muffin tin cups, about 1/3 full. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.

Yield: 8 servings (serving size: 1 muffin)



SMOOTHIES

MANGO SMOOTHIE

Ingredients

1 cup frozen mango
1 bananas (large)
1 tbsp chia seeds
1/2 cup orange juice
1/2 cup almond milk (or coconut milk)

*Place in blender and blend till frothy – ENJOY!

*Add everything in blender and blend until smooth, scrape sides as needed



APPLE PIE GREEN SMOOTHIE

Ingredients

1/2 cup water
1/2 cup unsweetened unpasteurized apple juice
1 tablespoon walnuts
1/2 teaspoon ground cinnamon
1/4 teaspoon vanilla extract or maple extract
pinch ground nutmeg



1/2 English cucumber
2 cups spinach
1 apple, chopped and frozen
1/4 avocado, chopped and frozen
4-6 ice cubes

INSTRUCTIONS

Place in blender in the order of the ingredients listed, then blend for 30 seconds or until smooth.

CHERRY LIMEADE SMOOTHIE

Ingredients

1 ripe nectarine or peach, sliced
1 heaping cup fresh or frozen cherries (add less ice if using frozen)
3/4 cup almond milk (or sub water or other non-dairy milk)
1-2 limes, juiced (depending on preferred tartness)
Handful of ice

OPTIONAL:

1 Tbsp chia seeds
1 handful of spinach



Instructions

Add all ingredients to a blender and blend until creamy and smooth. Taste and adjust flavors as needed, adding more cherries for sweetness and more lime for tart.

Yields 2 small smoothies or one large smoothie. Optional: Freeze leftovers into popsicles.

Spicy Mango Lime Smoothie

Ingredients:

1/2 freshly squeezed lime
1/2 banana
1/2 cup diced frozen mango
1/4 jalapeno, chopped
1 cup almond milk
1 tablespoon flaxseed
2 tablespoons hemp seeds

Directions:

Combine all ingredients in a blender and blend until smooth.



SNACKS

KALE CHIPS

Ingredients

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees

Line a non-insulated cookie sheet with parchment paper.

Remove the leaves from the thick stems and tear into bite size pieces. (wash & dry thoroughly)

Drizzle kale with olive oil, season & Bake until the edges brown (but not burnt) 10 to 15 minutes.



PLANTAIN CHIPS

2 green plantains
2 teaspoons extra-virgin coconut oil, melted
½ teaspoon salt
¼ teaspoon cinnamon

Yield: 4-5 servings (serving size: about 1/2 cup)

Preheat oven to 400 degrees. Line 11 x 17-inch baking sheet with parchment paper.

Trim ends of plantains. Score the plantains vertically in three places without cutting through to the fruit.

Remove the peel & discard, along with the trimmed ends. Cut plantains in ¼" slices (make about 3 cups).

In a large bowl, add plantain chips, coconut oil, salt, & cinnamon. Stir well to coat. Place plantain chips on the baking sheet in rows. Cook 15 minutes. Flip, then bake another 10-15 minutes. Serve immediately.

*Recipe Notes

Fully ripened plantains (peel is black) are too soft to make good chips.

Plantain chips do not get as crispy as potato chips.

Remove chips as they begin to brown

Store chips in refrigerator in a sealed container. Reheat in an oven at 400 degrees for about 5-7 minutes or until heated through.



RICE CAKE PEANUT BUTTER & RAISINS

Rice Cake
1 Tablespoon Peanut Butter
1 Tablespoon Raisins



DESSERTS

Pineapple Nice Cream

Ingredients

2 cups frozen banana slices
2 cups frozen pineapple
2 Tablespoons toasted coconut optional

Instructions

Place frozen bananas and pineapple in food processor & blend on high until creamy.

It will take a few minutes, so be patient! Top your nice cream with toasted coconut or any other toppings you desire



Walnut Baked Apple with Cinnamon Spice

Ingredients:

1/2 cup dried apricot, diced
3/4 cup walnuts, divided
1 teaspoon cinnamon
1 cup water
1/4 cup apple juice
2 teaspoons vanilla
4 apples, cored
tsp coconut butter, manna or oil

Directions

Slice off the top third of each apple. Core the apples, leaving the bottom peel intact.



Preheat oven to 350 degree F. In a small bowl, toss apricots and 1/2 cup walnuts in cinnamon. In a saucepan combine water, apple juice, and vanilla. Place apples in baking dish and fill with apricot and walnut mix. Drizzle with apple juice mixture. Dot each apple with 1 teaspoon coconut butter/manna or coconut oil. Bake 45 minutes to an hour, basting occasionally. Top with reserved walnuts and sprinkle with extra cinnamon to taste.

Itty Bitty Carrot Cake Cookies

Ingredients:

1/2 cup whole wheat pastry flour (I'm sure other flours would work!)

1/4 cup regular oats

1/4 cup unsweetened coconut

1/2 tsp baking powder

1/4 tsp kosher salt

1/4-1/3 cup chopped walnuts

1/2 cup shredded carrots, packed

1/4 cup raisins, soaked in water overnight

1/4 cup pure maple syrup, room temperature

1/4 cup coconut oil, warmed for about 25 seconds in microwave

1/2 tsp fresh ginger, grated

Pinch of ground cinnamon

1/2 tsp pure vanilla extract

Instructions

1. Preheat oven to 350F and line 1 baking sheet with parchment or a non-stick mat.
2. Whisk together the flour, cinnamon, baking powder, salt, and oats in a large bowl. Add in the nuts, coconut, raisins, and shredded carrots.
3. In a small bowl mix the maple syrup, softened coconut oil, vanilla, and freshly grated ginger. Add this to the flour mixture and stir until combined.
4. Drop about 1 heaping tablespoon of dough onto lined baking sheet, leaving about 2 inches between each cookie. Shape into a ball with hands. Bake for about 12 minutes and cool for 10 minutes on a baking rack



**The fast is an excellent way to become spiritually healthier.
We encourage you to take this opportunity to become
physically healthier as well.
Join us on Saturday mornings for
Fitness On the Mount from 8:30 – 9:30!**