

FOODS TO INCLUDE DURING THE DANIEL FAST

ALL FRUITS. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

ALL VEGETABLES. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

ALL WHOLE GRAINS, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

ALL NUTS AND SEEDS, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

ALL LEGUMES. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

ALL QUALITY OILS including but not limited to olive, canola, grape seed, peanut, and sesame.

BEVERAGES: spring water, distilled water or other pure waters & juice.

OTHER: tofu, soy products, vinegar, seasonings salt. herbs and snices.

Juice Recipes**FRUITILICIOUS**

1 wedge cantaloupe
(rind removed)
6 strawberries
1" piece ginger

SUMMER REFRESHER

1 star fruit
1 tangerine (peel optional)
1/2 mango (pitted)

BERRYTINI

1 watermelon wedge (rind optional)
bunch of grapes
1 orange (peeled)
1 cup raspberries
1 cup blueberries

MORNING TONIC

1 grapefruit (peeled)
2 carrots
1/2" piece ginger
5 prun

JUICY JACQUIRI

1 cup strawberries
1 cup blackberries
1 watermelon wedge
(rind optional)

CLEANSING REMEDY

1/4 small head cabbage
2 carrots
1" piece ginger

RAZZLE DAZZLER

1 cup raspberries
1/2 lemon (unpeeled)
1 pineapple spear
sparkling mineral water
to top of pitcher
Serve over ice, garnish with
sprig of mint and an additional
1/2 cup whole raspberries.

FRESH PINEAPPLE & CARROT JUICE

4 large carrots (washed, topped and tailed)
1/2 pineapple (top and skin removed)

FRESH CARROT, APPLE & GINGER

2 medium carrots
(washed, topped, and tailed)
1 crisp apple
(washed and stems removed)
1 inch of fresh root ginger
(washed)

Juice Recipes**BEET PHRODISIAC**

2 beets
1/4 bulb fennel
1/3 cup parsley

POMEGRANATE PUNCH

1 pineapple wedge
1 pomegranate (seeds only)
1 orange (peeled)

POMBERRY

1/4 pomegranate (seeds only)
3/4 cup blueberries
3/4 cup raspberries
1 green apple / 1 red apple
Optional: Serve over sparkling water and ice

MANGO, RASPBERRY, RUSH SMOOTHIE

1/2 cup mango juice
1/3 cup raspberry juice
2 large bananas
1 teaspoon mango pulp
1 teaspoon raspberry pulp
Blend until creamy.

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1/2 cup strawberry juice
1/2 cup orange juice
3 large bananas
1 teaspoon strawberry pulp
1 teaspoon orange pulp
Blend until creamy.

FRESH CARROT JUICE

5 large carrots (washed, topped and tailed)
Leave skins on for more vitamins and minerals.

FRESH CUCUMBER & CARROT JUICE

2 large carrots (washed, topped and tailed)
1 medium cucumber
(washed)