



PREPARE FOR YOUR DANIEL FAST

During the Daniel Fast you will not consume any sugar or sweeteners of any kind (except honey), nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms.

You can reduce these effects by weaning yourself from these foods before the fast begins and also by **drinking at least 1/2 - 1 gallon of filtered water** each day before, during and after the fasting period.

Get plenty of fresh air daily.

Rest when you feel tired or weak.



THE DANIEL FAST

Isaiah 58: 6-11

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily; and thy righteousness shall go before thee; the glory of the Lord shall be thy reward. Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.



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RECIPES

When juicing: All citrus fruit must be washed, peeled and peeling discarded. Only the flesh of the citrus fruit is juiced. Wash all fruit and vegetables before juicing.

Winter's Foe

1 (1 inch thick) pineapple round
3 to 4 tangerines

Remove and discard the skin. Cut pineapple into strips. Peel the tangerines, leaving on as much white as possible. Cut or break the tangerines into segments. Process in fruit juicer.

Winter Blast

6 carrots, 2 stalks of celery, handful of parsley,
2 cloves of garlic

Trim carrots and celery and cut into 2 to 3 inch pieces. Beginning with the garlic, process in juicer.

The Skin Cleanser

6 carrots, 1/2 green bell pepper

Trim the carrots and cut them into 2 to 3 inch pieces. Cut the pepper into strips. Process in juicer.

Calming Nightcap

5 carrots, 2 celery stalks, large handful of parsley

Trim the carrots and celery and cut into 2 to 3 inch pieces. Process in the juicer.

Bone Building Tonic

5 to 6 carrots, 4 kale leaves, 4 parsley sprigs, 1/2 apple

Trim carrots and cut into 2 to 3 inch pieces, cut the apple into narrow wedges. Process in the juicer.

Morning Sunrise

1/4 grapefruit, 1 orange, 6-8 strawberries

Peel grapefruit and the orange, leaving on as much white pith as possible. Cut or break both into segments. Process in the juicer.

Body Cleanser

2-3 carrots, 1/2 cucumber, 1/2 beet with greens

Trim carrots and cut into 2 to 3 inch pieces. Quarter the cucumber and then cut into strips. Cut the beet in narrow wedges. Process in the juicer.

Evening Regulator

2-3 apples, 1 pear

Cut apples and pear into narrow wedges. Beginning and ending with apple wedges, process in the juicer.

Christmas Delight

3 sweet apples, 1 (4oz) bunch of green/purple grapes,
1/4 lemon with skin

Cut apples into narrow wedges. Cut lemon into slices. Process apples and grapes in the juicer, add lemons about halfway through.

Easy Snack

1 cup of oats, 1/2 cup pecans (or any nuts), 1/2 cup coconut

Bake at 350 for 3-5 minutes. After cooled add dried cranberries, raisins or any kind of dried fruit.



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

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

All sweeteners: including but not limited to sugar, raw sugar, syrups, molasses and cane juice.

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

All refined and processed food products: including but not limited to artificial flavorings, food additives, chemicals, white rice, pasta, white flour and foods that contain artificial preservatives.

All deep fried foods: including but not limited to potato chips, French fries, corn chips.

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

Beverages: including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks and alcohol. No caffeine.

When you shop for food remember to **READ THE LABELS** to make sure the only ingredients in the packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are not allowed on the Daniel Fast.

FOR MORE RECIPES...

Find the Daniel Fast recipe book located in the lobby.

THE DANIEL FAST FOOD LIST

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. you can then modify the fast to meet your specific health needs.

Foods to include during the Daniel Fast

ALL FRUITS: These can be fresh, frozen, dried, juiced or canned. Fruits can include but are not limited to apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, kiwi, lemon, limes, mangos, oranges, peaches, pears, plums, raisins, strawberries, watermelon.

ALL VEGETABLES: These can be fresh, frozen, dried, juiced or canned. Vegetables can include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, garlic, greens, leeks, lettuce, mushrooms, okra, onions, parsley, peppers, potatoes, radishes, scallions, sprouts, squashes, tomatoes, turnips, veggie burgers

ALL WHOLE GRAINS: (Only fresh, no sugar added, not processed) Including but not limited to whole wheat, millet, quinoa, oats, barley, grits, rice cakes

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

ALL LEGUMES: These can be canned or dried. Legumes include but are not limited to beans, peas and lentils.

OTHER: Tofu, soy products, vinegar, fresh herbs, honey, olive oil.

BEVERAGES: Spring, distilled or other pure waters, juice with no sugar added.

*When eating salads: do not eat only iceberg lettuce. Use a variety of lettuce, i.e. arugula, spinach, romaine.