

21 Days – of Spiritual Preparation

**THE
DANIEL
FAST**

SABC: The Daniel Fast Devotional Guide

The Sixth Avenue Baptist Church family is devoting the **first 21 days of the New Year, 2018**, to seeking the Lord in prayer and fasting. We're calling this period the Daniel Fast, modeled after the biblical figure that followed a similar pattern as he sought the Lord.

Our purpose in fasting is to join our hearts together as we seek the Lord's presence in our church for the coming year.

The Bible says several things about fasting. Fasting is a deep and spiritual undertaking. It's intended to direct the heart and focus the attention on the things of God. My friend, Mike says, "The principle is that as we give up certain material things – like food – we connect more closely with spiritual things. Often during fasting the Lord will impart new revelation and spiritual authority." This devotional guide is intended to help us move through the days of fasting in an intentional manner, allowing the Spirit of God to speak through the Word of God in a way that touches our congregation.

You should make use of this devotional guide in whatever way best suits your situation and schedule. Perhaps, ten minutes in the morning before you go to work. Or, you may share during the evening around the dinner table with your family. You may want to consider meeting with a friend or two on the phone or by email. Feel free to share verses, phrases or your own thoughts with others through Facebook or twitter.

This devotional guide is only a suggestion. You may prefer a different Bible reading plan. Our congregation will follow this guide.

The three Wednesday nights (**January 3, 10, & 17**) during the fast will also play an important role, and you'll be blessed if you attend all of them. We will gather each Wednesday evening in the Sanctuary for corporate prayer, praise and worship. **We will start at 6:00 p.m. with the full hour. Join us and be prepared to pray with others.**

I'm anticipating God to do a work in our congregation through these three weeks! As we join our hearts together and seek the Lord's presence in our church for the coming year, we should expect God to make His presence known in our worship, our Sunday School and small bible study groups, our Children and Youth ministries, College and Young Adult ministries, Seniors, evangelism and our missions outreach and in every other area of our church life. Thanks for being a part of the Daniel Fast with your brothers and sisters in Christ!

Brother Roosevelt!
Associate Pastor

Notes: Fasting Diet

The diet is like a vegan diet and includes only fruit, vegetables, whole grains and water. Foods consumed on the Daniel Fast should be as close to their natural state as possible. Canned or frozen fruits or vegetables must not contain any added preservatives, salt, sugar or sweeteners. Whole grains, such as brown rice or oatmeal, are also acceptable on the diet. Refined grains, such as most cereal grains, are completely restricted during the fast.

No meat, yeast, baking powder or sodas are allowed. Spices, however, may be used in cooking. Water is the only beverage to be consumed. No herbal teas, fermented or sweetened beverages are permitted. Also, when on the Daniel Fast, no chemicals, artificial or processed foods are allowed.

Day 1 – What is a Daniel fast and why are we doing it?

Today's Scripture:

But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank...Then Daniel said to the steward whom the chief of the eunuchs has assigned over Daniel, Hananiah, Mishael, and Azariah, "Test your servants for ten days; let us be given vegetables to eat and water to drink." (Daniel 1:8,11-12)

"Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes. I prayed to the Lord my God." (Daniel 9:3-4)

"In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks." (Daniel 10:2)

Today's Thought:

Daniel, a young Jewish man and leader in his community, was forcibly taken into exile by the Babylonian Empire that had defeated the nation of Judah. He was taken into the household of the king and there expected to conform to Babylonian customs, education, culture and even religion.

But Daniel refused to buy into a society and belief system so far removed from the faith he had known since childhood. So, he made a deal with his captors. He and his friends would observe a partial fast—that is, eating only simple, natural foods instead of the rich, decadent foods of the king—for a period (Daniel 1:8,11-12). Then the Babylonians would see how much healthier such a diet would make the young men, compared to others who had not observed the fast. They would see firsthand the results of godly convictions. Later, in Daniel 9:3-4, we see how prayer and fasting were the basis of Daniel's spiritual sensitivity and authority.

In the third passage in today's reading (Daniel 10:2), we find the mention of a 21-day period where Daniel devoted himself especially to prayer. The Daniel Fast brings together Daniel's biblical example into a single experience. For 21 days, our church is observing a fast like that practiced by this biblical model of passion and integrity as a way of focusing our hearts on the things of God.

Our purpose in fasting and praying is to join our hearts together as we seek the Lord's presence in our church for the coming year.

Today's Prayer:

Pray today that God would be glorified as we seek Him through the weeks of the Daniel Fast.

Day 2 – What can we expect God to do during the Daniel Fast? Part One – New Revelation

Today's Scripture

Then the mystery was revealed to Daniel in a vision of the night. Then Daniel blessed the God of heaven. Daniel answered and said: "Blessed be the name of the God forever and ever, to whom belong wisdom and might. He changes times and seasons; he removes kings and sets up kings; he gives wisdom to the wise and knowledge to those who have understanding; he reveals deep and hidden things (Daniel 2:19-22)

Today's Thought

Daniel became known through the king's household as a man of unusual insight. His advice was sought after and his wisdom was valued. But beyond the human dimensions of Daniel's abilities there was a deep, spiritual understanding of how God was at work. Today's Bible passage reflects a moment when Daniel's natural capacities were supernaturally expanded.

The Babylonian king had a dream that none of his advisors could interpret. Daniel was brought in to provide insight as to the dream's meaning. That night God revealed to Daniel how the dream was a template for the future of the Babylonian empire itself.

Talk about a moment of revelation! Daniel's spirit—trained and matured through the discipline of prayer and fasting—was open to the revelation God's Spirit imparted to him. The king and all the people around him were astonished but promptly accepted Daniel's words because they had about them the ring of truth.

Revelation isn't a magical notion; it's simply the way God speaks to his people through His Word to unfold His purposes. Daniel shows us how prayer and fasting align our spirits with God's Spirit, allowing a deeper insight into what God's doing in our lives and in the life of our church.

Are you struggling with a decision you need to make? Are you wrestling with understanding a situation in your life? The three weeks of the Daniel Fast may well be the time when the Lord brings you fresh revelation for some of the challenging areas of your life.

Today's Prayer

Pray today that you'll hear and receive whatever the Lord may be saying to you through the course of the Daniel Fast.

Day 3 – What can we expect God to do during the Daniel Fast? Part Two – Spiritual Authority

Today's Scripture

And behold, a hand touched me and set me trembling on my hands and knees. And he said to me, "O Daniel, man greatly loved, understand the words that I speak to you, and stand upright, for now I have been sent to you." And when he had spoken this word to me, I stood up trembling. Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words. The prince of the kingdom of Persia withstood me twenty-one days, but Michael, one of the chief princes, came to help me..."
(Daniel 10:10-13)

Today's Thought

We saw on the first day of the Daniel Fast how Daniel spent three weeks in prayer and fasting (Daniel 10:2). In today's passage we see the spiritual results of those twenty-one days.

The angel Gabriel (he's named in chapter nine) comes to Daniel, to assist him in response to his prayer. "You are greatly loved," the angel says then lays out a remarkable sequence of events. As soon as Daniel began praying Gabriel was dispatched from heaven. But a demonic figure called the "prince of the kingdom of Persia" kept him from arriving at Daniel's side. So God's response to Daniel's prayer was delayed. I think we all know what that feels like!

How did Daniel respond to the delay? He kept praying! He didn't give up. One week. Then a second. Finally, a third for a total of twenty-one days! Then our passage says a second angel named Michael came to the rescue and helped Gabriel get through to Daniel. The prince of Persia was defeated, Gabriel arrived, and Daniel's prayer was answered.

Prayer is more than just reciting a laundry list of needs to God. Prayer engages spiritual forces that we cannot see with our human eyes but are real nonetheless. Daniel's persistence in prayer is an incredible picture of spiritual warfare and the kind of praying that breaks through!

If there are strongholds in your life where you need God to work a miracle, the twenty-one days of the Daniel Fast might be what you've been waiting for. What better time to pour out your heart before the Lord in prayer? You may well experience the breakthrough you've been waiting for in life.

Today's Prayer

Expand your spiritual influence today. Get in touch with someone you know who's struggling with a long-standing problem in their life. They need a breakthrough. Come alongside them in prayer for the duration of the Daniel Fast, seeking the Lord's intervention on their behalf. Join in faith and defeat the enemy.

Day 4 – Confession and Repentance

Ask God to help you regularly seek examination by the Holy Spirit and repent from wrongdoings that have become shadows in your life.

What have you confessed lately? What have you repented of lately?

Psalms 139: 23-24: Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.

Day 5 – Humility

Pray for humility in your life and ask God to help you exemplify humbleness.

How do you exalt others around you? Philippians 2:3: Do nothing out of rivalry or conceit, but in humility consider others as more important than you.

Day 6 – Purity

Pray for yourself to be renewed by God's Word that no sin will have dominion over you. What sins are trying to dominate your life?

What does God's Word say about those sins?

Psalms 119:133: Make my steps steady through your promise; don't let sin dominate me.

Day 7 – Hunger for God

Pray for a hunger and thirst for God and His Word as you seek Him daily.

How are you getting to know God better? Hebrews 5:14: But solid food is for the mature—for those whose senses have been trained to distinguish between good and evil.



Day 8 – Boldness to share the Gospel

Ask God to give you boldness to share the gospel with others with whom you come in contact. Share with someone this week about an opportunity you recently had sharing the gospel.

Ephesians 6:19: Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel.

Day 9 – Rest

Ask God to help you recognize the need for rest away from ministry responsibilities. How many hours of rest do you get daily? How much time do you spend with your family?

Mark 6:31: He said to them, "Come away by yourselves to a remote place and rest a while." For many people were coming and going, and they did not even have time to eat.

Day 10 – Guard the Treasure

Pray that God will help you focus on sharing the gospel and not be distracted by issues. Who did you share the gospel with recently?

2 Timothy 1:13-14: Hold on to the pattern of sound teaching that you have heard from me, in the faith and love that are in Christ Jesus. Guard, through the Holy Spirit who lives in us, that good thing entrusted to you.

Day 11 – Glory to God

Today's Scripture:

There was a man of the Pharisees named Nicodemus, a ruler of the Jews. This man came to Jesus by night and said to him, "Rabbi, we know that you are a teacher come from God, for no one can do these signs that you do unless God is with him." Jesus answered him, "Truly, truly, I say to you, unless one is born again the cannot see the kingdom of God" (John 3:1-3)

Today's Thought:

Today is the midpoint of our Daniel Fast—we're half-way through! The spiritual rhythms of the fast we're observing during the week form the foundation for corporate worship on Sunday. Few things are more fulfilling than joining our hearts together with people on the same spiritual journey we're on. Corporate worship enriches our lives, builds up the church and prepares us for eternity. For that to happen, though, we must be honest—with ourselves and, more to the point, with God.

Our Bible passage today is a case study. Nicodemus was a leading figure among the Jews who lived in Jerusalem during the time of Jesus. He had an important position in the political and religious circles of the day. He had a reputation among his peers. He apparently was financially comfortable. He was even recognized by the Roman authorities. Like so many people, then and now, he had built a life for himself on the virtues of hard work, intelligence and morality. That's not a bad life—far from it! In fact, that kind of life is the goal for most people. The problem with that kind of life is that it's fundamentally dishonest because it ignores reality. True life, real life happens not when we build it on what we have, what we do or what others think of us. It happens only when we align ourselves with God's identity for us and God's purpose for us. In other words, when we're content with who we are as children of God and joyous in experiencing God's purpose for us. No amount of success—whether religious, political or professional—can substitute for that. The reason is simple. Everything in this life is temporary while eternity is forever.

Nicodemus's experience is a picture of honesty. He knows that Jesus is the revelation of God's eternal love and purpose. He recognizes that the life he's lived—while a good life—in no way has prepared him for what really matters. The fact that he comes to Jesus "by night" illustrates both that he's coming out of spiritual darkness and that he's ashamed to be seen with Jesus for fear of ridicule from his peers. He must have an honest conversation with the Lord. Jesus tells him, as He tells us, that we must be born again. To come into relationship with Him requires the spiritual rebirth that only the Spirit of God can accomplish within us. Then we'll be honest with ourselves and with God.

Today's Prayer:

Let the focus of your prayer today be the words of Psalm 139:23-24(NASB), "Search me, O God, and know my heart! Try me and know my anxious thoughts! And see if there be any hurtful way in me, and lead me in the everlasting way!"

Day 12 – Dependence on God

Ask God to help you learn to depend on Him. What ways can you depend on God in your life?

Proverbs 3:5-6: Trust in the LORD with all your heart, and do not rely on your own understanding; think about Him in all your ways, and He will guide you on the right paths.

Day 13 – Daily Prayer

Ask God to help you show up at the practice field of prayer and get to know God more. How is your prayer life?

Acts 6:4: But we will devote ourselves to prayer and to the preaching ministry.

Day 14 – Spirit of Unity

Pray for a spirit of unity as we work together as partners in ministry. List one way you can encourage unity in this congregation. Romans 15:5, 6: Now may the God of endurance and encouragement grant you agreement with one another, according to Christ Jesus, so that you may glorify the God and Father of our Lord Jesus Christ with a united mind and voice.

Day 15 – Eyes to See Like Jesus

Pray that God will allow you to see the hearts and minds of others as Christ does. How do you relate to others of different races, cultures, or economic backgrounds?

1 Samuel 16: 7: But the Lord said to Samuel, "Do not look at his appearance or his stature, because I have rejected him. Man does not see what the LORD sees, for man sees what is visible, but the LORD sees the heart."

Day 16 – Direction from God

Pray that God will give us vision and direction for our ministry.

What is God saying to your heart about our ministry? Isaiah 48:17: This is what the LORD, your Redeemer, the Holy One of Israel says: I am the LORD your God, who teaches you for [your] benefit, who leads you in the way you should go.

Day 17 – Team Spirit

Ask God to build strong disciples in our ministry that bring glory to God. What will you do to forge partnerships in this congregation?

1 Corinthians 3:7-9: So then neither the one who plants nor the one who waters is anything, but only God who gives the growth. Now the one who plants and the one who waters are equal, and each will receive his own reward according to his own labor. For we are God's co-workers. You are God's field, God's building.

Day 18 – Stand Firm

Ask God to help you stand firm on the Word when tempted, stressed, and challenged. What Word have you hidden in your heart concerning something that has challenged you?

2 Cor.4:17 For our momentary light affliction is producing for us an incomparable eternal weight of glory.

Day 19 – Boast in the Lord

Be quick to give God the credit. Praise God for your household.

2 Corinthians 10:17: So, the one who boasts must boast in the Lord.

Day 20 – Seasoned Speech

Ask God to help you know how to respond to every person you meet. How will you respond to those who do not agree with your train of thoughts?

Colossians 4:6: Your speech should always be gracious, seasoned with salt, so that you may know how you should answer each person.

Day 21 – Persistence

Today's Scripture:

You make known to me the path of life; in your presence there is fullness of joy; at your right hand there are pleasures forevermore. (Psalm 16:11)

Today's Thought: We have participated in the Daniel Fast for one reason: to join our hearts together as we seek the Lord's presence in our church for the coming year. Today our fast is completed. I pray these weeks have made an impact on each of you! We said at the beginning that seasons of fasting sometimes lead to new revelation and spiritual authority. For some of you, the Lord may have brought revelation concerning a decision you need to make or a change that needs to happen or an attitude in your heart that needs to be altered. For others, you may have spent more time in prayer than in the past, and the Lord has answered your prayers in some remarkable ways. Maybe for some, there hasn't been a noticeable change in your spiritual life. I want to especially speak to you. The important thing is that you were diligent in seeking the Lord—whatever ways He might or might not have worked in your life in

response to your fasting is His business. Ours is to be faithful! So be encouraged that "your labor in the Lord is not in vain." And for our team as a whole—what should we expect to happen now that our fasting is completed for this season? What I pray has happened is that, in some subtle but important ways, we've re-aligned ourselves to the presence and purposes of God. Prayer isn't magic; it isn't a way to manipulate God into fulfilling selfish agendas. Prayer isn't therapy, either, where individuals or groups try to feel better about the way things are. Prayer is instead the mysterious workings of the Spirit, in which we encounter the omnipotent God and somehow can move events in ways that wouldn't happen if we didn't pray.

Today's Prayer: Great God we praise You and honor You today as our Abba Father, as our Savior Jesus and as our Holy Spirit Comforter. We've sought You these weeks with all our heart and now we want more! We want more of You and more of Your Kingdom. We invite you more fully into our lives and into the life our church. And even as we move more deeply into Your grace, we ask that we might see the needs of the people around us with Your eyes and feel their need with Your heart. People without Jesus and without hope. Compel us from safety and comfort into the world with Jesus' saving message. Thank You for meeting us in this season of prayer and fasting. In Jesus' Name, Amen.

21 | DANIEL
DAY | FAST

HEART- SEARCHING, FOR PRAYER PREPARATION AND PERSONAL REVIVAL

Rosevelt Morris, D.Min., Associate Pastor, Sixth Avenue Baptist Church

Psalm 139: 23-24 - "Search me, O God, and know my heart, try me and know my thoughts: and see if there be any wicked way in me, and lead me in the way everlasting"

Confession of sin is necessary for fellowship with God and revival among God's people. Prayerfully, consider the following questions.

IN READING THESE QUESTIONS, AS YOU ARE CONVICTED OF SIN, CONFESS IT AT ONCE TO GOD. BE WILLING TO MAKE IT RIGHT . . . I John 1:9 - "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

1. Matthew 6:14-15

Is there anyone against whom you hold a grudge? Anyone you haven't forgiven? Anyone you hate? Anyone you do not love? Are there any misunderstandings that you are unwilling to forget? Is there any person against whom you are harboring bitterness, resentment or jealousy? Anyone you dislike hearing praised or well-spoken of? Do you allow anything to justify a wrong attitude toward another? Mark 11:25; I John 4:7-12; Matt. 5:23-24; Eph. 4:21-32; Heb. 10:30, 12:14.

2. Matthew 6:33

Is there anything in which you have failed to put God first? Have your decisions been made after your own wisdom and desires, rather than seeking and following God's will? Do any of the following, in any way, interfere with your surrender and service to God: ambition, pleasures, loved ones, friendships, desire for recognition, money, your own plans? Matt. 6:19-21, 24; I Tim. 6:7-11; Heb. 13:5-6; Luke 16:13.

3. Romans 10:1, "Brethren, my heart's desire and my prayer to God is for their salvation."

Do you pray regularly for the lost? Do you intercede for the lost people groups of the world? Have you failed to seek the lost for Christ? Has your life not shown to the lost the Lord Jesus?

4. John 13:35

Are you secretly pleased over the misfortunes of another? Are you secretly annoyed over the accomplishments or advancement of another? Are you guilty of any contention or strife? Do you quarrel, argue or engage in heated discussions? Are you engaged in any divisions or party spirit? Are there people whom you deliberately slight? I Cor. 3:1-3; Prov. 6:16-19, 14:30; Rom. 14:10; James 3:6-17; I Peter 4:8.

5. Acts 20:35

Have you robbed God by withholding His due of time, talents and money? Have you given less than a tenth of your income for God's work? Have you failed to support mission work either in prayer or in offering? II Cor. 9:6-8; Luke 6:38; Prov. 19:17, 22:9; Mal. 3:10; Phil. 4:19.

6. I Corinthians 4:2

Are you undependable so you cannot be trusted with responsibilities in the Lord's work? Are you allowing your emotions to be stirred for things of the Lord but doing nothing about it? Rom. 5:4-5; Eph. 4:13; James 1:2.

7. I Corinthians 6:19-20

Are you in any way careless with your body? Do you fail to care for it as the temple of the Holy Spirit? Are you guilty of intemperance in eating or drinking? Do you have any habits which are defiling to the body? John 7:4; Gal. 6:7-8; Prov. 23:21; Rom. 16:18; Phil. 3:19.

8. I Corinthians 10:31

Do you take the slightest credit for anything good about you, rather than give all the glory to God? Do you talk of what you have done rather than what Christ has done? Are your statements mostly about "I"? Are your feelings easily hurt? Have you made a pretense of being something that you are not? Gal. 2:20; Phil. 1:21, 2:5; Titus 3:5; Prov. 3:5-6.

9. Ephesians 3:20

Are you self-conscious rather than Christ-conscious? Do you allow feelings of inferiority to keep you from attempting things you should in serving God? Do you pray boldly, with confidence in what Christ can do? Or are your prayers hindered because of unbelief? Phil. 4:13; 2 Tim.1:7-8; James 1:5-8.

10. Ephesians 4:28

Do you underpay? Do you do very little in your work? Have you been careless in payment of your debts? Have you sought to evade payment of debts? Do you waste time for others? Prov. 5:21, 14:23, 15:27, 20:13; Rom. 13:8.

11. Ephesians 4:31-32

Do you complain? Do you find fault? Do you have a critical attitude toward any person or thing? Are you irritable or cranky? Do you ever carry hidden anger? Do you get angry? Do you become impatient with others? Are you ever harsh or unkind? Eph. 4:26; II Cor. 4:2; Phil. 2:14.

12. Ephesians 5:11-15

Do you listen to unedifying radio or TV programs? Do you read unworthy magazines? Do you partake in worldly amusements? Do you find it necessary to seek satisfaction from any questionable source? Are you doing certain things that show you are not satisfied in the Lord Jesus Christ? Phil. 4:8; James 1:15.

13. Ephesians 5:20

Have you neglected to thank Him for all things, the seemingly bad, as well as the good? Have you virtually called God a liar by doubting His Word? Do you worry? Is your spiritual temperature based on your feelings instead of God's Word? I Thess. 5:18; Eph. 5:20; Phil. 4:6; I Pet. 5:7; Col. 3:17; Heb. 13:6. .

14. Philippians 1:21

Are you taken up with the cares of this life? Is your conversation or heart joy over "things" rather than the Lord and His Word? Does anything mean more to you than living for and pleasing Christ? Prov. 8:19; Col. 3:1-3.

15. Philippians 2:14

Do you ever by word or deed seek to hurt someone? Do you gossip? Do you speak unkindly concerning people when they are not present? Are you prejudiced against true Christians because they are of different group than yours or because they do not see everything exactly like you? Gal. 6:2.



21 Healthy, Delicious Recipes To Kick-Start Your Daniel Fast

None of the following:

- Sugar and sweeteners
- Alcohol
- Meat and animal products (including eggs and dairy)
- Deep-fried foods
- Caffeine (ouch!)
- Refined and processed food
- All solid fats
- Leavened breads (anything made with yeast, baking soda, baking powder, etc.) and baked goods

So, what *can* you eat on a Daniel Fast? Well, fruits and vegetables. Beans and other legumes. Nuts and seeds. Whole grains. I noticed a pattern: the Daniel Fast is more or less a vegan diet sans added sugars/sweeteners, refined carbs, caffeine, and alcohol. Yes, that's a *lot* of exclusions, but having a central dietary theme makes it so much easier to find good things to eat. Whether you're fasting for 10 days or 21, here's a week of Daniel Diet recipes for breakfast, lunch, and dinner to help you keep at it.

7 Breakfasts

1. [Green Power Mojito Smoothie](#) | Ready in 10 minutes



Recipe By: Patricia Cooper

Ingredients

- 3 cups ice cubes, or as desired
- 2 cups baby spinach leaves, or to taste
- 1 (7 ounce) can crushed pineapple
- 1/2 cup water, or to taste
- 1 banana, broken into chunks
- 1 orange, peeled and segmented
- 10 fresh mint leaves, or more to taste
- 1 lemon, juiced
- 1 lime, juiced

Directions

1. Blend ice, spinach, pineapple, water, banana, orange, mint, lemon juice, and lime juice in a blender until smooth.

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2. [Cranberry-Orange Spiced Oatmeal](#) | Ready in 7 minutes



Recipe By: Leah Prather Hanley

Ingredients

- 3/4 cup old-fashioned rolled oats
- 1/2 teaspoon ground cinnamon, or to taste
- 1/4 cup dried cranberries
- 1/2 cup frozen blueberries
- 1/4 teaspoon ground turmeric (optional)
- 1 pinch ground ginger (optional)
- 1 cup water
- 1/4 cup orange juice, or as needed

Directions

1. Place the rolled oats, cinnamon, cranberries, and blueberries in a microwave safe bowl. Add the turmeric and ginger, if desired. Pour in the water, and stir to mix ingredients. Cook on High until water is absorbed, about 2 minutes. Stir in orange juice to desired consistency.

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3. [Coconut Date Bars](#) | Ready in 40 minutes



Recipe By: Lacy Wilson

Ingredients

- 1/3 cup slivered almonds
- 1/2 cup flaked coconut
- 10 pitted dates, or to taste
- 1/4 cup cashews, or to taste
- 1 teaspoon coconut oil

Directions

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

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4. [Ethiopian Cabbage Dish](#) | Ready in 75 minutes



Recipe By: Stamarex

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

1. 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.

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5. [g'Oatmeal](#) | Ready in 90 minutes



Recipe By: Colleen Sopp

Ingredients

- 3 cups rolled oats
- 2 cups Irish steel-cut oats
- 5 ripe bananas, mashed
- 1/2 cup ground flax seeds
- 1/2 cup water
- 1/4 cup peanut butter
- 1/4 cup pitted, chopped dates (optional)
- 1/4 cup chopped pecans (optional)
- 1/4 cup chia seeds
- 2 tablespoons coconut oil
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 1/3 cup honey

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Line a 9x13-inch casserole dish with parchment paper.
2. Mix rolled oats, steel-cut oats, bananas, flax seeds, water, peanut butter, dates, pecans, chia seeds, coconut oil, vanilla extract, and salt together in a bowl; press into the prepared casserole dish. Drizzle honey over mixture.
3. Bake in the preheated oven until set, about 45 minutes. Cool completely before cutting into bars. Wrap bars in plastic wrap and freeze. Let defrost for 15 minutes before eating or heat in microwave.

6. [Anna's Scrambled Tofu](#) | Ready in 25 minutes



Recipe By: ddunfey

Ingredients

- 1 tablespoon olive oil, or as needed
- 1 onion, chopped
- 1 (12 ounce) package extra-firm tofu, drained and cubed
- 1/2 (15 ounce) can black olives, drained and halved
- 3 cloves garlic, minced
- 3 tablespoons nutritional yeast
- 1 tablespoon tamari (dark soy sauce)

Directions

1. Heat olive oil in a cast iron skillet over medium heat; cook and stir onion until softened, 5 to 10 minutes. Add tofu, olives, and garlic. Cover skillet and cook, stirring occasionally, until tofu is lightly browned, about 8 minutes. Add nutritional yeast and tamari; stir until coated and nutritional yeast is dissolved, 1 to 2 minutes.

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7. [All-Fruit Smoothies](#) | Ready in 10 minutes



Recipe By: Mrs. O'Neill

Ingredients

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

Directions

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

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7 Lunches/Sides/Salads

1. [Refreshing Sweet and Spicy Jicama Salad \(Vegan\)](#) | Ready in 50 minutes



Recipe By:Lindsey Pfeiffer

Ingredients

- 1 large jicama, peeled and julienned
- 2 navel oranges, peeled and cut into chunks
- 1 large red bell pepper, cut into bite-size pieces
- 1/2 hothouse cucumber, diced
- 3 small sweet yellow peppers, sliced
- 2 small sweet orange peppers, sliced
- 4 radishes, thinly sliced
- 3 Thai chile peppers, minced
- 1/2 jalapeno pepper, diced
- 1/2 bunch cilantro, chopped
- 1 lemon, juiced
- ground black pepper to taste

Directions

1. Combine jicama, orange chunks, red bell pepper, cucumber, sweet yellow and orange peppers, radishes, Thai chile peppers, jalapeno pepper, cilantro, lemon juice, and black pepper in a large bowl.
2. Cover the bowl with plastic wrap and refrigerate until flavors blend, about 30 minutes.

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2. [Salad Ole](#) | Ready in 3+ hours



Recipe By:Christine Johnson

Ingredients

- 2 cups tomatoes, seeded and chopped
- 1 cup diced zucchini
- 1 cup frozen corn kernels
- 1/3 cup chopped green onions
- 1 avocado - peeled, pitted and diced
- 1/3 cup picante sauce
- 2 tablespoons vegetable oil
- 2 tablespoons lemon juice
- 1/2 teaspoon garlic salt
- 1/4 teaspoon ground cumin

Directions

1. In a large bowl, combine the tomatoes, zucchini, corn, green onions, and avocado.
2. Whisk together the picante sauce, oil, lemon juice, garlic salt, and cumin. toss gently with the vegetables. Chill 3-4 hours, and toss before serving.

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3. [Vegan Black Bean Quesadillas](#) |

Ready in 55 minutes



Recipe By: [DownHomeCitySisters.com](#)

Ingredients

- 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

1. 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.
2. Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture.
3. Heat olive oil in a skillet over medium-high heat.
4. Place a tortilla in the hot oil. Spread about 1/4 cup filling onto the tortilla.

5. Place another tortilla on top of filling; cook until filling is warmed, about 10 minutes.
6. 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.

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4. [Roasted Chickpeas](#) | Ready in 45 minutes



Recipe By: [akcpa](#)

Ingredients

- 1 (12 ounce) can chickpeas (garbanzo beans), drained
- 2 tablespoons olive oil
- salt (optional)
- garlic salt (optional)
- cayenne pepper (optional)

Directions

1. Preheat oven to 450 degrees F (230 degrees C).
2. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

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5. [Protein-Packed Spicy Vegan Quinoa](#) with Edamame | Ready in 45 minutes



Recipe By: HeidiM

Ingredients

- 3 1/2 cups water
- 2 cups quinoa, rinsed
- 4 teaspoons vegetable bouillon (such as Better Than Bouillon(R))
- 2 1/2 cups frozen shelled edamame (green soybeans)
- 1 tablespoon olive oil
- 2 sweet onions, chopped
- 2 bell peppers, chopped
- 2 tablespoons minced fresh ginger
- 6 cloves garlic, minced
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon hot chile paste (such as sambal oelek), or to taste (optional)

Directions

1. Bring water, quinoa, and vegetable bouillon to a boil in a large pot; stir in edamame, cover, and simmer until quinoa is tender, 15 to 20 minutes.
2. Heat olive oil in a large skillet over medium heat; cook and stir onions and bell peppers until onions are translucent, about 5 minutes. Add ginger and garlic; cook and stir until fragrant, about 2 minutes. Remove from heat; stir in soy sauce, cilantro, and chile paste.
3. Stir onion mixture into quinoa mixture; simmer, stirring occasionally, until excess broth has been absorbed, about 5 minutes.

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6. [Vegan Black Bean Soup](#) | Ready in 45 minutes



Recipe By: YCHRISTINE

Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 stalk celery, chopped
- 2 carrots, chopped
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 pinch black pepper
- 4 cups vegetable broth
- 4 (15 ounce) cans black beans
- 1 (15 ounce) can whole kernel corn
- 1 (14.5 ounce) can crushed tomatoes

Directions

1. Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.
2. Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

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7. Cilantro Edamame Hummus |

Ready in 15 minutes



Recipe By: CRAZY4SUSHI

Ingredients

- 1 (12 ounce) package frozen shelled edamame (green soybeans)
- 2 cloves garlic
- 1/2 cup tahini
- 1/2 cup water
- 1/2 cup packed cilantro leaves
- 1/4 cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 3/4 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper

Directions

1. Place edamame into a large pot and cover with salted water. Place over medium-low heat, bring to a simmer, and cook until tender, about 5 minutes; drain.
2. Puree garlic in food processor until minced. Add edamame, tahini, water, cilantro, lemon juice, olive oil, kosher salt, cumin, and cayenne pepper; blend until smooth.

7 Dinners

1. [Roasted Cauliflower Soup](#) | Ready in about 2 hours



Recipe By:estkay

- 2 heads cauliflower, broken into florets
- olive oil cooking spray
- 1/4 cup olive oil
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 6 cups water
- salt and ground black pepper to taste

Directions

1. Place the cauliflower florets into a large bowl of lightly salted water; allow to stand for 20 minutes. Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray the olive oil cooking spray evenly on the cauliflower.
2. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
3. Broil the cauliflower until browned, 20 to 30 minutes.
4. Meanwhile, heat olive oil in a large soup pot, and cook the onion until translucent, about 5 minutes; stir in the garlic and roasted cauliflower. Pour in the water, season with salt and black pepper, and simmer until all the vegetables are tender, about 30 minutes. Blend the soup in the pot with an immersion hand blender until creamy and smooth.

2. [Ginger Veggie Stir-Fry](#) | Ready in 40 minutes



Recipe By:veggigoddess

Ingredients

- 1 tablespoon cornstarch
- 1 1/2 cloves garlic, crushed
- 2 teaspoons chopped fresh ginger root, divided
- 1/4 cup vegetable oil, divided
- 1 small head broccoli, cut into florets
- 1/2 cup snow peas
- 3/4 cup julienned carrots
- 1/2 cup halved green beans
- 2 tablespoons soy sauce
- 2 1/2 tablespoons water
- 1/4 cup chopped onion
- 1/2 tablespoon salt

Directions

1. In a large bowl, blend cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat.
2. Heat remaining 2 tablespoons oil in a large skillet or wok over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion, salt, and remaining 1 teaspoon ginger. Cook until vegetables are tender but still crisp.

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3. Traditional Style Vegan Shepherd's Pie | Ready in 75 minutes

Recipe By: VeggieChefLaura



Ingredients

- Mashed potato layer:
- 5 russet potatoes, peeled and cut into 1-inch cubes
- 1/2 cup vegan mayonnaise
- 1/2 cup soy milk
- 1/4 cup olive oil
- 3 tablespoons vegan cream cheese substitute (such as Tofutti (R))
- 2 teaspoons salt
- Bottom layer:
- 1 tablespoon vegetable oil
- 1 large yellow onion, chopped
- 2 carrots, chopped
- 3 stalks celery, chopped
- 1/2 cup frozen peas
- 1 tomato, chopped
- 1 teaspoon Italian seasoning
- 1 clove garlic, minced, or more to taste
- 1 pinch ground black pepper to taste
- 1 (14 ounce) package vegetarian ground beef substitute
- 1/2 cup shredded Cheddar-style soy cheese

Directions

1. Place the potatoes in a pot, cover with cold water, and bring to a boil

over medium-high heat. Turn the heat to medium-low, and boil the potatoes until tender, about 25 minutes; drain.

2. Stir the vegan mayonnaise, soy milk, olive oil, vegan cream cheese, and salt into the potatoes, and mash with a potato masher until smooth and fluffy. Set the potatoes aside.
3. Preheat oven to 400 degrees F (200 degrees C), and spray a 2-quart baking dish with cooking spray.
4. Heat the vegetable oil in a large skillet over medium heat, and cook and stir the onion, carrots, celery, frozen peas, and tomato until softened, about 10 minutes. Stir in the Italian seasoning, garlic, and pepper.
5. Reduce the heat to medium-low, and crumble the vegetarian ground beef substitute into the skillet with the vegetables. Cook and stir, breaking up the meat substitute, until the mixture is hot, about 5 minutes.
6. Spread the vegetarian meat substitute mixture into the bottom of the baking dish, and top with the mashed potatoes, smoothing them into an even layer. Sprinkle the potatoes with the shredded soy cheese.
7. Bake in the preheated oven until the cheese is melted and slightly browned and the casserole is hot, about 20 minutes.

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4. [Spicy Vegan Potato Curry](#) |

Ready in 1 hour



Recipe By: MeganLee

Ingredients

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk

Directions

1. Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

2. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

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5. [Hearty Vegan Slow-Cooker Chili](#) |

Ready in 6 hours



Recipe By:Grete

Ingredients

- 1 tablespoon olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow 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 ground cumin
- 1 tablespoon dried oregano
- 1 tablespoon dried 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, rinsed and drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can 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

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

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6. [Addictive Sweet Potato Burritos](#) | Ready in 40 minutes



Recipe By:Karena
Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 6 cups canned kidney beans, drained
- 2 cups water
- 3 tablespoons chili powder
- 4 teaspoons prepared mustard
- 2 teaspoons ground cumin
- 1 pinch cayenne pepper, or to taste
- 3 tablespoons soy sauce
- 4 cups mashed cooked sweet potatoes
- 12 (10 inch) flour tortillas, warmed
- 8 ounces shredded Cheddar cheese

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat oil in a medium skillet and saute onion and garlic until soft. Mash beans into the onion mixture. Gradually stir in water; heat until warm, 2 to 3 minutes. Remove from heat and stir in the soy sauce, chili powder, mustard, cumin, and cayenne pepper.
3. Divide bean mixture and mashed sweet potatoes evenly between the tortillas; top with cheese. Fold tortillas burrito-style around the fillings and place on a baking sheet.

4. Bake in the preheated oven until warmed through, about 12 minutes.

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7. [Vegan Bean Taco Filling](#) | Ready in 30 minutes



Recipe By:BandE

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, chopped
- 2 (14.5 ounce) cans black beans, rinsed, drained, and mashed
- 2 tablespoons yellow cornmeal
- 1 1/2 tablespoons cumin
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 cup salsa

Directions

1. Heat olive oil in a medium skillet over medium heat. Stir in onion, garlic, and bell pepper; cook until tender. Stir in mashed beans. Add the cornmeal. Mix in cumin, paprika, cayenne, chili powder, and salsa. Cover, and cook 5 minutes.

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SMOOTHIES

Almond Milk #1

- 1 cup raw almonds, soaked for at least 4 hours
- 4 cups filtered/spring water
- ¼ cup agave nectar or raw honey
- Pinch of sea salt
- A few drops of natural almond extract (optional)

Sunrise Smoothie

- 1 banana
- 1 cup freshly squeezed orange juice (2-3 oranges)
- 1 cup strawberries
- 1 tbsp flax oil

Spinach Pear Smoothie

- 3 cups spinach
- 1 pear
- ¼ cup parsley
- 1 cup celery juice
- Juice of half a lemon

Monkey Mudslide

- 3 cups almond milk
- 2 bananas
- 4 dates, pitted and soaked for at least 1 hour
- 2 tbsp ground flax seed

Enzyme Booster

- 2 cups diced pineapple
- 2 cups diced papaya
- 1 ½ cups coconut water
- 2 tbsp agave nectar
- 2 tbsp vanilla extract
- Juice of ½ a lime
- Pinch of sea salt

Liquid Candy

- 1 mango
- 1 banana
- ½ cup strawberries
- 1 tbsp fish oil
- 1 tbsp ground flax seed
- ¼ cup walnuts, soaked
- ½ to 1 cup water, depending on desired thickness

Nutty Banana

- 1 ½ cups almond milk
- 1 banana
- 2 tbsp almond butter (raw if possible)
- 1 tbsp cocoa powder
- 1 tbsp ground flax seed
- ½ tsp cinnamon
- ½ tsp nutmeg
- 5 ice cubes

Blood Oxygen Smoothie

- 1 banana
- 1 orange
- 2 cups cold water
- 2 tbsp pumpkin seeds
- 1 tbsp ground flax seed
- 1 tbsp hemp protein powder
- 1 tbsp agave nectar
- 1 tbsp hemp or flax oil

Exercise Rejuvenator

- 2 cups almond milk (or coconut water)
- 1 banana
- ½ cup blueberries
- 1 tbsp ground flax seed
- 1 tbsp hemp protein powder
- 1 tbsp ground sesame seed
- 1 tbsp pumpkin seeds
- 1 tsp flax/hemp/fish oil
- 2-3 ice cubes (if desired)

SOUPS

Creamy Carrot Ginger Soup

- 3 cups fresh carrot juice
- 1 small, ripe avocado (pit and skin removed)
- ½ cup coconut meat (optional)
- ½ cup lime juice
- 2 tbsp minced ginger
- ¼ tsp sea salt
- A few springs of cilantro for garnish (optional)

Puree all ingredients in a high-speed blender until smooth

Popeye's Spinach & Herb Soup

- 3 cups fresh raw spinach
- 1 cup sweet peas
- 3 cups almond milk
- 1 kiwi, peeled
- 2 celery stalks
- ½ handful cilantro
- 4 basil leaves
- 2 green onions, diced
- Juice of lime
- Pinch of sea salt or kelp/dulse flakes

Red Pepper Cream Soup

- 1 avocado (pit and skin removed)
- 1 red bell pepper, chopped
- 2 cups water or almond milk
- ½ handful of cilantro, chopped
- ½ tsp of dulse flakes
- Pinch of oregano

Blend all ingredients in a blender or food processor.

Pineapple-Cucumber Gazpacho

- 2 cups chopped peeled cucumber
 - 2 cups chopped fresh pineapple
 - ½ cup fresh pineapple juice
 - ½ green onion, chopped
 - ½ jalapeno (optional)
 - ½ tbsp. lime juice
 - ½ handful cilantro leaves
 - 2 tbsp olive oil
 - ½ handful finely chopped macadamia nuts
1. In a blender, add 1 ½ cups each of cucumber and pineapple, the pineapple juice, green onion, jalapeno, lime juice, and a pinch of sea salt. Blend until smooth.
 2. Add the remaining ½ cup of pineapple and cucumber, the cilantro, and 1 tbsp of olive oil. Pulse the blender a few times – the gazpacho should remain chunky. Place in refrigerator to cool, if desired.
 3. Add macadamia nuts before serving and drizzle remaining olive oil

Cream of Tomato Soup

- ¼ cup diced onion
- 1 clove garlic
- 4 stalks celery
- 2 carrots
- ½ cup basil
- 4 tomatoes
- 1 cup water
- ½ cup cashews, soaked
- 4 dates, soaked
- A pinch of cayenne and Braggs to taste

Combine all ingredients in a food processor until creamy and smooth.

SNACKS

Almond Butter Bites

- ½ cup almond butter
 - ¼ cup raw sunflower seeds
 - ¼ cup raisins
 - ¼ cup chopped almonds
 - 2 tbsp unsweetened shredded coconut
 - ¼ teaspoons cinnamon
1. Mix all ingredients in a bowl until well combined.
 2. Use a ½ tbsp. measuring spoon or a large melon ball scoop to form mixture into small balls.
 3. Place in an 8x8 baking dish and freeze until firm.
 4. Serve frozen or just slightly thawed

Coconut-Date Cookies

- ½ cup unsweetened coconut milk
 - ½ cup coconut flour
 - ½ cup roughly chopped dates
 - ¼ cup date honey
 - ¼ cup whole almonds
 - ¼ cup walnut halves and pieces
1. Preheat oven to 350 degrees
 2. Place all ingredients in a food processor for about 10 seconds
 3. Scrape sides of bowl and process another 15-20 seconds until thoroughly mixed; some of the nuts should still be in large pieces
 4. Scoop out about 2 tbps of dough and shape into a ball and place on an 11x17-inch cookie sheet; repeat with remaining dough, using the palm of your hand to flatten
 5. Bake 15-20 minutes until slightly browned on bottom

Easy White Bean Dip

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

Place ingredients in a food processor or blender and puree until smooth

Oatmeal Raisin Cookies

- 1 cup old-fashioned rolled oats
 - 1 cup almond flour or oat flour
 - 1 cup creamy cashew butter, almond butter, or peanut butter
 - ½ cup unsweetened applesauce
 - 1/3 cup date honey
 - ½ cup raisins
 - 2 tbsp chopped walnuts
 - 1 tsp cinnamon
1. Preheat oven to 350 degrees
 2. Mix oats, almond flour, cashew butter, applesauce, and date honey in a large bowl until well combined
 3. Add raisins, walnuts, and cinnamon; stir well
 4. Drop by spoonfuls, two inches apart, on an 11x17-inch baking sheet. Flatten and shape into circles
 5. Bake 10-12 minutes

SALADS

Spinach Salad

- 2 cups chopped fresh spinach
- 2/3 cup canned chickpeas, rinsed & drained
- ½ cup chopped carrots
- ½ cup chopped sugar snap peas
- ½ cup chopped tomatoes
- ½ cup chopped zucchini
- 1 tbsp sunflower seeds

Lemon-Tahini Dressing

- ¼ cup extra-virgin olive oil
- 2 tbsp fresh lemon juice
- 2 tbsp tahini
- 2 tbsp water
- 1 clove garlic, minced
- 1 tbsp chopped fresh basil or ½ tsp dried basil
- 1 tbsp chopped fresh parsley or ½ tsp dried parsley

Combine all ingredients in a blender and refrigerate until chilled.

1. Place spinach, chickpeas, carrots, sugar snap peas, tomatoes, and zucchini in a large bowl.
2. Pour Lemon-Tahini Salad Dressing over salad and stir to coat.
3. Sprinkle sunflower seeds and toss gently

Cool as a Cucumber Salad

- 2 cups sliced cucumber, peeled
- 2 cups halved cherry tomatoes
- ½ cup thinly-sliced red onion, sliced pole-to-pole
- 2 tbsp extra-virgin olive oil
- ½ tsp dried dill
- ½ tsp salt

1. Place cucumbers, tomatoes, and onions in a 1-quart ceramic dish
2. Pour olive oil over all and stir well to combine
3. Add dill and salt and stir again
4. Cover and marinate 2 hours in the refrigerator
5. Serve cold

Blackberry, Avocado, and Mango Salad

- 4 cups mixed salad greens
 - 1 cup blackberries
 - 1 avocado, peeled, pitted, and cut into 1-inch cubes
 - ½ cup pecan halves
1. In large bowl, combine salad greens, blackberries, avocado, mango, and pecan halves
 2. Toss and serve with orange-poppy seed salad dressing

Fig, Pear, and Walnut Salad

- 4 cups torn romaine lettuce, loosely packed
 - 1 Bosc pear, unpeeled, sliced thin
 - ¼ cup diced dried figs
 - ¼ cup chopped walnuts
 - 2 tbsp raw sunflower seeds
1. Place 1 cup of greens on each plate
 2. Arrange pear slices on top of each mound of lettuce
 3. Sprinkle each salad with 1 tbsp figs, 1 tbsp walnuts, and ½ tbsp. sunflower seeds
 4. Drizzle 2 tbsp apple-cinnamon dressing over each salad

Bonus tips

- If you're used to cooking with meat it can be overwhelming to plan a meal without. Start with hearty vegan stews and soups to help replicate the texture.
- January is chock full of wonderful root vegetables. **Roast them** and add to salads, to curries, to soups, and atop baked potatoes or sweet potatoes for a quick meal. Don't forget your favorite spices or condiments (taking care to avoid added sugar).
- Tired of chunky soup? Get out your immersion blender or regular blender and smooth it out. Tired of smooth soup? Try it chunky. Sometimes, a change in texture makes all the difference.
- During the fast (or any dietary transition) reserve a few hours on the weekend and one weeknight for meal prep. Prep your vegetables, wash your fruit, assemble snacks, bake grab-and-go breakfast items, make oatmeal and divide into individual containers. The trick to staying on course is always having something to easily eat right from your fridge.
- Dress up oatmeal (or cornmeal mush) for any meal by adding fresh fruit, baked fruit, toasted nuts, or spices.
- Visualize your day and all the points in time in which you eat or snack. If you typically take a cookie break at 3 p.m., stash some roasted nuts or a healthy dip and cut-up vegetables in your bag. Will it be the same? Nope. But you'll be so proud the next day when you find you're still going strong.
- No caffeine and no soda and no tea is pretty challenging for a lot of folks. Make your water more exciting by adding citrus: a wedge of lime, tangelo, lemon, or grapefruit will do wonders.



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