



21 Day Daniel Fast Guide

We are so glad you have decided to participate in an extended time of prayer, fasting, and personal devotion. 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.

This guide is intentionally designed to be flexible so that you can participate at any level. Whether you have completed a season of prayer and fasting before, or if it is your first time, you can start where you are and experience what God has in store for you in a powerful way.

The tools provided in this guide are a practical guideline to help you navigate through your personal journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him, over the next 21 days. May God continue to bless you and enlarge your faith as you seek Him first!

“...But the days will come when the bridegroom will be taken away from them, and then they will fast.”

Matthew 9:15 NKJV

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Prayer

As you prepare for the next several days, it can be tempting to start thinking of a laundry list of prayers you'd love to see answered. But we really want to encourage you to keep this simple. Think about the top two or three things most pressing on your heart and zone in on those with God. Write these down in the space provided below, and be open to hearing what God wants to show you in those areas. The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus.

Prayers for Fasting:

When praying, make your primary goal to know Jesus more and experience Him. Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as his goodness and His greatness, and see everything else through that filter.

And most simply, make time to pray daily. Don't over complicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't. If you find it a challenge to disconnect from the busyness of your day, engage in worship music. It's a great way to prepare your heart for prayer.

Fasting

*Important Note: Fasting requires reasonable precautions. If you have 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.

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fasts, as well as some suggestions on how to create your own fasting plan, it is important to mention that there is nothing more inherently spiritual about one type of fast as opposed to another.

These are simply guidelines and suggestions on different things you can do. Do not let what you eat or drink 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 enough 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:

1. Start Where You Are

We are all at different places in our walk with God. Likewise our jobs, daily schedules, and health conditions are all different and place various levels of demands on our energy. So most importantly, whether you've fasted before or this is your first time, start where you are. Your personal fast should present a level of challenge to it, 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. Remember, the goal of fasting is not to do without food. The goal is to draw nearer to God.

2. Find Your 'Fast Zone'

When most people start fasting, there is typically some level of discomfort. However, it is possible to get used to the fasting routine pretty quickly. Quite simply, you must learn to fast in a way that works for you.

While any true fast does involve abstinence from food or at least certain types of food, typically, different fasting combinations work better for different people. The goal to having a successful fast is all about finding what we like to call your 'Fast Zone', and that is different for everybody and can change depending on the season you are in.

The best way to describe your 'Fast Zone' is that it's the place where you feel light and spiritually in tune. Your mind is easily focused on God and spiritual things. You have an increased spiritual energy – you can feel the fast working. Just like runners know what their target heart rate is to see the benefits of their physical training, the 'Fast Zone' is similar in a spiritual sense.

Finding your 'Fast Zone' helps you choose both the type and length of fast. Let's say you choose to go on a Daniel Fast (only fruits and vegetables). Should you eat beans? If you can eat beans and stay in your 'Fast Zone', go ahead. But for some people eating beans takes them out of the zone. Should you eat peanut butter? Probably not. Peanut butter is more of an indulgence, and not many people can stay in 'Fast Zone' while enjoying indulgences.

Should you completely cut out caffeine? It depends. The great thing is, when you fast, your body automatically craves less caffeine. If you stay in your 'Fast Zone' with a little caffeine, great. If you are going on a longer fast and want to cut it out of your diet completely, that's great too. But ease yourself off and make it your goal to be completely caffeine free about two-thirds of the way into your fast.

If you drink coffee regularly, one of the worst mistakes you can make is to fast for one to three days and cut caffeine out abruptly and completely. Please don't do that or you will spend this time grumpy and in withdrawal instead of enjoying God's presence.

Mixing things up a bit during the fast is what typically works best for people. For example, do a fruits and vegetables fast for a week. Then do all liquids for a while. Maybe even mix in a few days of only water if you think you are ready for that. Then go back to fruits and vegetables for a few days.

“There isn't one approach that works the same for everyone. Follow the Holy Spirit, mix it up, find what works for you, and stay in your 'Fast Zone'!”

Some people can't stay in a 'Fast Zone' eating any type of solid food, so they prefer all liquids. With today's protein drinks and juicing machines, it is so easy to get a healthy dose of all your nutritional needs even while taking in only liquids. Certain people can't do anything other than drink only water. If they eat a salad or drink a glass of juice, they get out of their zone. Or if they allow themselves to eat cantaloupe, they will end up eating twenty cantaloupes a day!

3. The Daniel Fast

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily 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 we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, 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.

Again, it is important to mention that there is nothing inherently 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. Just remember: find your personal 'Fast Zone'.

Foods to Include In Your Diet During the Daniel Fast

All fruits: These can be fresh, frozen, dried, juices, or canned (watch for added sugar).

Apples	Coconuts	Limes	Pineapples
Apricots	Cranberries	Mangoes	Plums
Avocados	Dates	Melons	Prunes
Bananas	Figs	Mulberry	Raisins
Berries	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oats	Strawberries
Blueberries	Grenadine	Olives	Tangelos
Boysenberries	Guava	Oranges	Tangerines
Breadfruit	Honeydew Melons	Papayas	Watermelon
Cantaloupe	Kiwi	Peaches	
Cherries	Lemons	Pears	

Vegetables: These can be fresh, frozen, dried, juiced, or canned (watch salt content).

Artichokes	Collard Greens	Mustard Greens	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet Potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel Sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger Root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Rutabagas	Zucchini
Celery	Lettuce	Scallions	
Chili Peppers	Mushrooms	Spinach	

Legumes:

Dries Beans	Black Eyed Peas	Beans
Black Beans	Green beans	Lentils
Cannellini	Green Peas	Lupines
Pinto Beans	Kidney beans	Peas
Split Peas	Peanuts (includes natural	
Lentils	peanut butter)	

Seeds:

All Nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground Flax	Sunflower	Natural Almond Butter

Whole Grains:

Whole Wheat	Millet	Oats
Brown Rice	Quinoa	Rolled Oats
Plain Oatmeal- not instant	Whole Wheat Pasta	Popcorn (stove top)
Barley	Whole Wheat Tortillas	
Grits (no butter)	Plain Rice Cakes	

Liquids:

Water (spring, distilled, filtered)	Herbal (caffeine free) tea
Unsweetened Soy or Almond Milk	100% Fruit/Vegetable Juice (no sugar added)

Other:

Tofu	Small Amounts of Ezekiel Bread
Soy Products	Small Amounts of Olive Oil
Herbs	Spices (read the label to be sure there are no preservatives)
Small Amounts of Honey	
Small Amounts of Sea Salt	

Foods to Avoid On the Daniel Fast:

- All animal products including all meat, poultry, fish . . .
- White Rice
- White Bread
- All Deep Fried Food
- Caffeine
- Coffee (including decaf, because it contains small amounts of caffeine)
- Carbonated Beverages
- Energy Drinks
- Foods containing preservatives, additives
- Refined Foods
- Food Additives
- Refined Sugar
- Sugar Substitutes
- Raw Sugar
- Syrups
- Molasses
- Cane Juice
- White Flour
- Margarine
- Shortening
- High Fat Products
- Butter
- All Leavened Breads
- Baked Goods
- All Dairy
- Milk
- Cheese
- Yogurt
- Cream
- Eggs
- Alcohol
- Mayonnaise

4. Begin and Break The Fast Well

Depending on the type of fast you choose, it is very important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your fast; otherwise, you could get sick. For example, if you would like to go on fruits and vegetables or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also start to cut back quite a bit on dairy products and some of your caffeine intake.

The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. Please don't break your fast with a greasy cheeseburger. Because your body is so cleansed and detoxified, you will most likely get sick if you do that. There are also several supplements you can take that will help support the detox process during the fast. Your health food store can give you recommendations.

If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it.

Personal Devotions:

Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It is not about duty, but about relationship. When we engage God through reading His Word, we engage the very presence of God. His word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.

Once again, as with prayer, choose the time and the place where you are going to read your Bible and devotional every single day, and come prepared to hear what He wants to tell you.

Here are three quick things we'd like to share with you about how to get the most out of your devotional time with God.

1. Read Consistently-

It is better to read a little every day than to try and knock out two hours of Bible reading or devotions in one sitting. It is so important to digest the Word in absorbable chunks. In this guide we have included a Bible Reading & Devotional Plan that helps. Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. If you miss a few days, 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 space and time to talk to God and giving Him time and space to talk to you. Taking time to meditate on God's Word is just as important as reading it.

3. Read Expectantly:

You are about to partake of the bread of life, so foster an attitude of expectancy. Believe that God is going to speak to you through His Word. With meditation on the ideas and thoughts recorded in your journal, be prepared to do something with what He shows you.

A great, simple way to journal your devotionals is to use the SOAP method. (Wayne Cordeiro has some great material about this that we highly recommend in his book Divine Mentor.)

SOAP stands for:

Scripture

Observation

Application

Prayer

The SOAP method works like this:

- 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.

Devotional

Day 1- Return to me

“ Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” – Joel 2:12, NIV

If we look at the kind of fasting that took place in the Old Testament, it would be easy to assume that the reason we fast is to prove our repentance to God in order to obtain His mercy. Under the Old Covenant, such a fast of repentance is seen time and again. But now, because of the complete work of Jesus on the cross, things have changed.

Fasting is not something we do to obtain favor or forgiveness. Under the New Covenant, every wrong we have done and will do was forgiven at the Cross, and when we accept Christ as our Savior, we get to celebrate the mercy freely given to us through our relationship with Him. Fasting is about drawing closer to God and surrendering at a deeper level.

As we walk with God, there are times that we feel far from Him or disconnected. Joel's words resonate with us, even if we live in the context of grace: “Return to me with all your heart.” There are times we realize that though we have chosen to follow Jesus, the flame of our love for Him has grown cold.

Your time spent in prayer each day of the fast can result in a new richness, a rewarding connection with the Father. No matter where you are on your journey with Jesus, you can always take a step closer to Him.

I believe the power of fasting as it relates to prayer as the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world. – Bill Bright

Bible Reading Plan: Psalms 1-2

Prayer Focus: As we begin this time of prayer and fasting, let's turn our hearts toward God. Make a commitment to seek Him daily. Pray that your love for Christ will be increased and your passion for Him will be reignited over the next twenty-one days.

Devotional

Day 2- Tune In

*My sheep hear My voice, and I know them, and they follow Me. – John 10:27,
NKJV*

Have you ever tried to tune in a radio station only to be frustrated by finding static rather than music? And when you fiddled with the dial again, suddenly you heard a clear signal. The fact is that clear signal always existed on the airwaves. The difference is that now you have adjusted your tuner to the right frequency.

In our hectic lives, there are so many signals bombarding our senses that it can become difficult to distinguish God's voice from the defending static noise of life. Fasting enables us to tune out the world's distractions and *tune in* to God. As we fast, we deny our flesh. When we deny our flesh, we become more in tune to the Holy Spirit and can hear God's voice more clearly. If you truly listen for God's voice you will hear it. And when you hear it, your faith will increase.

If you desire to tune out the static of life and really tune in to the voice of God, come to Him first and foremost with ears willing to listen and a heart ready to obey what He says (Psalm 34:18; Isaiah 66:2). The more we practice being in His presence, the clearer and more recognizable His voice becomes.

“Fasting is important, more important perhaps, than many of us have supposed. . . . When exercised with a pure heart and a right motive, fasting may provide us with a key to unlock doors where others may have failed; a window opening up new horizons in the unseen world; a spiritual weapon of God's providing. ‘Mighty to the pulling down of strongholds.’” – Arthur Wallis

Bible Reading Plan: Luke 1

Prayer Focus: In this time of fasting what is your mind tuned to? What distractions do you need to remove so that you can focus on God? Prepare your heart to hear the voice of God, and ask Him to help you remove distractions that keep you from focusing on Him and hearing His voice clearly.

Devotional

Day 3- Fasting Removes Unbelief

And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting. - Matthew 17:18-21 NKJV

When we pray and fast, we don't do so to change God or His will; instead, by praying and fasting, we are the ones changed. Coming into alignment with God helps us curb our doubts and fears. When we pray and fast, the thing that leaves-the thing that goes out-is our unbelief. It is when we have faith to believe that we can pray with confidence and know that "nothing will be impossible."

Ask God to strengthen your heart to fully believe Him and His word. It is okay to recognize and acknowledge if you struggle with unbelief. That's the first step in allowing God to strengthen your faith and bring you into alignment with His plan for your life.

"Beware in your prayers, above everything else, of limiting God, not only by unbelief, but by fancying what you know He can do. Expect. . . 'above all that we ask or think.'" - Andrew Murray

Bible Reading Plan: Luke 2

Prayer Focus: What do you need faith to believe for? Align yourself with God's Word and will during this fast. Release your unbelief. Pray with confidence, knowing "nothing is impossible" for you.

Devotional

Day 4- Agreement with the Will of God

Can two walk together, unless they are agreed? – Amos 3:3, NKJV

In the heart of every believer is the desire to walk closely with God. We know that He, too, desires a close relationship with each one of us. A key to having a strong level of spiritual intimacy with God is living in agreement with His will for your life.

In Genesis 5:22, we read Enoch and see that his life modeled a long journey, walking consistently with God, for it says, “Enoch walked with God three hundred years.” Enoch lived a powerful life. He was a man who walked in agreement with God’s will and lived a life pleasing to God (Hebrews 11:5).

It is one thing to *know* God’s will for our lives; it’s another to live in agreement with His will. In order to enjoy the best life that God has for us, we must first understand that God does not change, but we sometimes must. Let’s earnestly seek to know and agree with God’s will. The level of our agreement with God will determine the degree of closeness in our walk with Him.

“I believe firmly, that the moment our hearts are emptied of pride and selfishness and ambition and self seeking, and everything that is contrary to God’s law, the Holy Ghost will come and fill every corner of our hearts; but if we are full of pride and conceit, and ambition and self seeking, and please and the world, there is no room for the Spirit of God; and I believe many a man is praying to God to fill him when he is full already with something else. Before we pray that God would fill us, I believe we ought to pray for Him to empty us.” - D.L. Moody

Bible Reading Plan: Luke 3

Prayer Focus: Pray today that you can walk in agreement with God and enjoy the life He desires you to have in Christ.

Devotional

Day 5- When Grace Comes Down

For the law was given through Moses, but grace and truth came through Jesus Christ. – John 1:17, NKJV

Have you ever wondered what it would be like to have a personal visit with God? What would He say about the state of humanity? About religion? About propensity toward sin? There is no need to wonder about what God is like or would say, because to know Him we have to only look at Jesus. In Jesus we have received grace, but there is even something more we have received: *truth*.

The kind of truth in today's scripture is not a list of laws and rules such as were given to Moses. Make no mistake – the revelation of God through the word of the Law was glorious. When Moses came down from Mount Sinai after receiving the Ten Commandments, his face shone so brightly with the glory of God that he had to wear a veil (Exodus 34:33-35). But the word of the Law cannot compare with the word of *life* that has been revealed through Jesus Christ!

In John 1:18 we learn that no one, not even Moses, with his glimpse of God's back has ever seen God. But Jesus has not only seen God – He *is* God. The truth that John was speaking about is a clear and unveiled vision of the true nature of God.

Looking at God through the lens of legalism and religion is like looking at Him through a veil. Only when we see Him through Jesus Christ can we truly get a glimpse into His heart. It is from a state of grace, not legalism, that we will find real and lasting transformation. (2 Corinthians 3:7-18)

“I am not what I ought to be, I am not what I want to be, I am not what I hope to be in another world; but still I am not what I once used to be, and by the grace of God I am what I am.” – John Newton

Bible Reading Plan: Luke 4

Prayer Focus: Have you been looking at God through the veil of legalism and religion? In Jesus, we see the full revelation of the nature of God: His love and holiness, mercy and justice, compassion and power all perfectly and beautifully expressed. Pray that the Holy Spirit will help you see God through the eyes of grace and truth given to us in Jesus Christ.

Devotional

Day 6- The Spirit Is Willing

And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. - Romans 7:18-20, NLT

There's an external war that rages within each of us. Paul describes this so well in Romans 7. Though we desire to do the right thing, we don't have the power to do so in our own efforts and we mess up.

The good news is that we don't have to rely on our own strength to make right decisions. We don't have to be dominated by our sinful nature and end up doing the things we don't want to do. But the only way we can live this kind of life is by yielding to the Holy Spirit and relying on the strength of Jesus Christ, not our own.

When we're facing struggles, we must rely on God's power alive within us through the Holy Spirit. When we are born again, the Holy Spirit resides in us and places in us the desires to do what is pleasing to God (Hebrews 10:16). The Holy Spirit always wants to do what is right and to uphold the perfect will of God, pleasing the Father in every way.

It is our job to lay down our stubborn fleshly will and yield to the will of God. In that moment, the Holy Spirit will be there to help us. Let's learn to yield to and become totally reliant upon the Holy Spirit.

"[Prayer] turns ordinary mortals in to men of power. It brings power. It brings fire. It brings rain. It brings life. It brings God." - Samuel Chadwick

Bible Reading Plan: Proverbs 1

Prayer Focus: Are there areas in your life causing an internal struggle? Make a decision today to yield to the Holy Spirit and lean on His strength, not on your own, to overcome obstacles of sin and selfishness in your life. Surrender and release those areas to God, knowing He will help you.

Devotional

Day 7- Fervent Prayer

The effective, fervent prayer of a righteous man avails much. – James 5:16 NKJV

Fervency speaks to our level of intensity, passion, and persistence. Many times, we can lose our passion in prayer or stop praying for certain things altogether because we lose heart or give up. But God invited us to keep them before Him and trust Him for an answer in His time (Matthew 7:7-11).

The Old Testament prophet Elijah practiced a lifestyle of fervent, intense prayer and witnessed incredible miracles in his lifetime. In the book of Kings, the story is told of a woman whose only son became ill and died (1 Kings 17:17-24). When Elijah heard the news, he quickly took action and did what he knew best – he fervently cried out to God. Elijah fully believed that God could bring the boy back to life, and he prayed not just once but three times that the boy’s soul would return to him. He prayed fervently and repeatedly and he wasn’t going to give up. This was the result: “Then the Lord heard the voice of Elijah; and the soul of the child came back to him, and he revived” (verse 22).

Elijah’s prayer was answered through his persistence and fervency. God hears your prayers as well and will bring an answer in His perfect timing. But don’t be discouraged or disheartened if the answer takes time to arrive or is not exactly what you expected. Commit to praying to God with passion and persistence, trusting the answer will come in God’s perfect way at the perfect time.

“We must never forget that the highest kind of prayer is never the making of requests. Prayer at its holiest moment is the entering into God to a place of such blessed union it makes miracles seem tame and remarkable answers to prayer appear something very far short of wonderful by comparison.” - A.W. Tozer

Bible Reading Plan: Psalm 3-5

Prayer Focus: As you close out this first week, continue to pray fervently for the main areas of concern in your life. Trust God to bring an answer as you journal your thoughts and inspirations through this time.

Devotional

Day 8- Hear Him

“This is my dearly loved Son, who brings me great joy. Listen to him,” ...And when they looked up Moses and Elijah were gone, they saw only Jesus. – Matthew 17:5, 8, NLT

On the mount of transfiguration three disciples had an experience that showed us the Father’s plan for the New Covenant. Jesus took Peter, James, and John up to the top of a mountain where He was transfigured into His glorified state. Up until this point, the Jews had related to God through the Law – represented by Moses and the prophets, one being Elijah. Inspired by what he was seeing, Peter eagerly offered to erect three tabernacles – one each for Jesus, Moses, and Elijah. Then a loud voice from heaven was heard: “This is my dearly loved Son, who brings me great joy. Listen to him.”

When the disciples looked up, they saw only Jesus.

On that mountain God made it clear that we will only discover His pleasure by following Jesus. God’s grace is freely given to those who receive new life in Him. Sometimes, though, there are areas of our lives where we do not fully embrace God’s grace. There may be circumstances or areas where we still try to earn our way to the Father.

You cannot earn God’s pleasure, but you can experience it to a greater degree as you follow Jesus Christ. As you seek God today, ask Him for a greater revelation of Jesus in your heart. Then you will be reminded that you are a beloved child of God. And that He finds *pleasure* in you.

“If heaven were by merit, it would never be heaven to me for if I were in it I should say, ‘I am sure I am here by mistake; I am sure this is not my place; I have no claim to it.’ But if it be of grace and not of works, then we may walk into heaven with boldness.” – Charles H. Spurgeon

Bible Reading Plan: Luke 5

Prayer Focus: How does understanding the New Covenant of grace change the focus of your fast? As you pray and seek after God, let His be the loudest voice you hear.

Devotional

Day 9- Clean House

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, see the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. – Romans 8:5-6, NKJV

Have you ever looked at the top of your refrigerator or in the deep recesses of your couch cushions and noticed the filth that has built up over time? Even though we might clean on a regular basis, there are times when we need to go...a little deeper. We realize that what appeared to be clean on the surface was in all actuality, quite filthy.

The same thing can happen spiritually. As we go about our daily lives, there are things that can build up over time. Even if we worship, pray, and read our Bible regularly, the different temptations, pressures, and cares of the world can build up quietly and end up consuming our lives. Without even realizing it, we can lose our peace, joy, and passion for the things of God. Our service to God, which used to fill us with life and excitement, becomes a tiresome duty that we must fulfill.

Fasting is a deep cleaning that helps us take our minds off the things of this world and instead have a refreshed focus on the things of the Spirit. Fasting offers an incredibly effective way to get into the nooks and crannies of our souls and brings all those dusty old habits, broken mind-sets, and rusty attitudes out into the light of God's truth.

In fasting and prayer, our service to God returns to something we *want* to do rather than something we have to do.

“One of the reasons for fasting is to know what is in us...In fasting it will come out. You will see it. And you will have to deal with it quickly or smother it again.” – John Piper

Bible Reading Plan: Luke 6

Prayer Focus: As you pray and fast today, ask God to show you any areas where you could use a refreshed spiritual focus. Pray as David did in Psalm 51:1—12 that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

Devotional

Day 10- Unwavering Faith

But let him ask in faith, nothing wavering. – James 1:6, NKJV

What do you expect when you pray? When we pray with earnest expectation, we are exercising our faith. The earnest prayer of righteous people produces powerful results (James 5:16), and the most earnest prayers come from us when we recognize our need for God.

There can be a natural tendency to shrink back when praying for the seemingly impossible, but we must remember that nothing is impossible with God (Luke 1:37). If we know the promises that God has given us, and understand His character and the principles by which He works, we can pray with confidence and trust Him for the answer.

What has caused you to waver in your expectation with God? James reminds us that faith and wavering are actually contradictory – James says “nothing wavering.” Know that God never wavers in His love for you. You can trust Him completely.

“There is no way that Christians in a private capacity can do so much to promote the works of God and advance the kingdom of Christ as by prayer.” – Jonathan Edwards

“When we depend on organizations, we get what organizations can do; when we depend upon education, we get what education can do; when we depend upon man, we get what man can do; but when we depend upon prayer, we get what God can do.” – A.C. Dixon

Bible Reading Plan: Luke 7

Prayer Focus: What are you trusting God for in this season? How can you line up your expectations with the Word of God when you pray? Find promises in His Word that answer your need and write them down today.

Devotional

Day 11- King Stomach

Fill in the blank...

I'm going to do the fast, but I just can't give up _____?

Most of us have heard someone say that. Many of us have said it ourselves. God chose to use a fast as the ultimate step of self-control and self-discipline. There is no more primal desire than hunger. Simply put, what do we allow to control us?

Proverbs 25:28 says, "like a city whose walls are broken through is a person who lacks self-control". Fasting is the ultimate display of self-control and commitment to the Lord. When we deny king stomach his fleshly desires, we give God more control in our lives. 1

Thessalonian 4:4 teaches that we each should learn to control our bodies in a way that is holy and honorable. Who rules the roost in your life? Take some time to examine the things in your life that you don't feel like you can make it without. Look closely at those priorities. If those things help to govern your life, prepare yourself to begin releasing them to the Lord.

Let's dethrone king stomach!!!

Day 12- Attitude Determines Altitude

Biblical fasting, unlike fasting for medical or health reasons, must be done with an attitude of seriousness and sincerity. When we fast, we willingly deprive the body of nourishment and the pleasurable taste of food. The body requires food for sustenance; therefore, our hearts and minds must be totally focused and directed towards God so that He may be the full source of our strength during our period of fasting.

Fasting is not a biblical duty to be dreaded or entered into begrudgingly. Your fast is not a physical discipline or weight loss program. How you think about the fast will determine what you take from it. The wrong attitude will steal away the joy and fullness you get while fasting. You must, with a purpose, center your mind on Christ.

2 Corinthians 10:5

⁵ Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ...

Devotional

Day 13- The Secret Place

Matthew 6:16-18

Have you ever noticed people want their weaknesses kept private, but their rewards made public? This is opposite of what God intends for his people. Fasting is often accompanied by the word 'affliction'. Our affliction is not meant to draw the attention of people. Rather it draws the presence of God. Fasting brings great reward in every area of our lives. Matthew is not telling us to hide the fact that fasting can be difficult. We are meant to fast knowing the victory is already won! The strengthening of your inner man should be reflected on your outer man. What you sacrifice may make you sad; but what you are gaining brings unmeasurable joy and far outweighs anything you give up.

Bask in the blessings that God has given you. Rejoice in the rewards, past, present and those to come. Enjoy the presence of God. Remember...the sweetest victories come after the hardest struggles.

Day 14- You've Got This!

Only one more week...you got this! I'll say again, if you stumbled along the way...it's ok. Put it behind you and focus on the last week.

James 4:7

Submit yourself therefore unto God, resist the devil and he shall flee

Keep in mind, resistance is your friend. Although that may sound odd, it is true. For example, look at a body builder. They work insanely hard to shape their body and their muscles. They are not born that way. They spend hours in the gym working out, toning, and lifting weights. Weights are the resistance that builds their muscles. If there was nothing pushing back they would never build strength.

What's been pushing against you, especially during the fast? How have you overcome the obstacles the enemy has put in your path? Those struggles aren't there to hinder you...they are there to promote you! Take a few minutes to reflect on the victories, no matter how small, that you've experienced during the fast.

Devotional

Day 15- Keep Eating

Matthew 4:1-11

Jesus was hungry! Why wouldn't He be.? He had not eaten in 40 days! Fasting is not supposed to be easy. You are denying your body the most basic of needs. You will have cravings. You will get hungry. But what you are giving up is only part of the fasting equation. It's what you do to replace what you give up that brings fruit from fasting. It's how Jesus was able to stand strong facing Satan.

What you feed will be what becomes strong. While fasting, you are making a conscience effort to not eat or drink certain things. When you would normally be having that morning coffee or afternoon energy drink, let that be a reminder to pray and seek the face of God. When you turn down that glass of sweet tea and pork chop at dinner, take that time to get in the Word or put on a worship song. Anytime that you deny your flesh, feed your spirit!

Day 16- Time to Rebuild

As the book of Nehemiah opens in chapter one, he is confronted with horrible news. The walls of Jerusalem lay in ruins and the people are in distress. The servant fasted and prayed...and God moved. Nehemiah asked to go to Jerusalem and rebuild the walls. Not only did the king Artaxerxes grant him permission to go; the king also gave him safe passage papers, timber to rebuild the walls and soldiers to fight off the enemy. We serve a god that goes above and beyond all we could ever as or think.

Look at your life right now. Is there anything that is broken down? Are there things in your life that needs to be rebuilt? Not only will god reveal things to you, He will provide all you need to see it come to pass!

Devotional

Day 17- Your Lost Loved Ones

Esther was one of the Godly and powerful women in the Bible. As a young Queen, she found favor with people. They knew her heart as not sold out to the pleasures of the palace; but rather to the life and well-being of her people. Soon, that desire would be put to the test. Haman, the king's cousin, hated Esther and vowed to slaughter her people. It was requested that Esther go before the king and plead for the lives of her nation. This shouldn't be an issue, right. After all, she was married to king! Not the case. It was against customary law to approach the king without being invited. The punishment was death. And the king actually had his former wife killed!!! So, Esther called a fast and sought the Lord. Through her obedience, she found favor with God and with the king, the nation rose to defeat their enemies and her people were saved.

Fasting will serve to shift the focus from you and your needs, to others and their needs. Who in your life right really needs a move of God. Who in your life right now is lost and needs a savior. Take some time today to lift those people up and watch what God does!

Day 18- Restoration and Reconciliation

Zechariah 8:1-23

The Fast of the Tenth of Teves, "Asara B'Teves"

Take a moment to read this passage. It is a moment in time to be celebrated. Where the people rejoice and praise the Lord. A city under siege and an oppressed people. Years of bondage and captivity. And it was all coming to an end. Not only was the battle over, but the nation would be restored to all that God intended her to be. In this victory, God ordained a fast. In recognition of all that God had done, the people honored God.

Let this be good news to you today. The struggle, the battle, the heartache is coming to an end. God wants you to be all that you were born to be. You were created for a purpose, you have a destiny. Your dreams have not been forsaken.

Devotional

Day 19- This Kind

We all face what seems like immovable obstacles from time to time. Family, famine or financial, we have all found ourselves in situations where we weren't sure what we were going to do. The disciples found themselves in a situation like that. They were trying to cure a vexed young boy, but they could not. The disciples asked why they could not set the boy free. Jesus told them that 'this kind' goes out only by prayer and fasting. Matthew 17-21

What is your 'this kind'? What do you have in your life that you just can't get to move? Identify the things in your life that have a stronghold. The things that drag you down or keep you locked into a cycle of failure. That lingering issue that robs you of your victory. Fasting and prayer will finally move it out of your life and bring restoration and healing!

Day 20- Made Strong in Weakness

Matthew 4:1-11

Here we see the account of Jesus fasting for 40 days followed by Him being tempted by the enemy. Take a look at what Christ was tempted with:

Bread – The enemy spoke directly to what Jesus was struggling with...hunger!

Throw yourself down – In other words....QUIT! Take the easy way out. Just give up.

All these things – At a time when Jesus should've felt empty, Satan told Him he'd give Him everything He could ever want.

Jesus knew these were all fleshly detours in the midst of a spiritual journey. Satisfying our physical man will never take you where you want to be with God. So, what is the proper response? My flesh may be weak, but my spirit is strong! Not because I have gone without food or changed my diet, but because I recognize my hope, my strength and all that sustains me does not come from the physical; but rather comes from the Lord. Romans 8:9

Day 21- The Battle Is Not Yours!

The Fast of 17 Tammuz (Shiv'ah Asar B'Tammuz)

This fast begins the Jewish Feast of Weeks. A celebration of all that God has done for them. Years of oppression and bondage mar Jewish history. The bible declares, 'though the afflictions of the righteous are many, the Lord delivers them out of them all'. It is during this time the people fast and praise the Lord for His hand of deliverance.

Three Week Meal Plan with Shopping List.

Please remember:

--- Some of the recipes contain cheese, if you choose to not include dairy on your fast, the cheese can simply be omitted or you can completely disregard that recipe.

--- Most recipes should feed a family of four. Depending on your family size, you may need to adjust quantity amounts.

Tip: You can always cook more than needed so there will be leftovers for lunch the next day or to have extra meals. Also, the soups, chili and chowder recipes all freeze well. You can make a bigger batch and freeze small quantities.

Meals & Shopping List

Breakfast for All Three Weeks :

Oatmeal Options

Apple Cinnamon -

Dump 2 peeled and sliced apples, $\frac{1}{2}$ tsp cinnamon, $\frac{1}{4}$ tsp nutmeg, $\frac{1}{2}$ tsp vanilla in the bottom of crockpot. Pour 2 cups of steel cut oats and 4 cups of water (or apple juice) on top. Do NOT stir. Cook overnight on low for 8-9 hours.

Pumpkin Spice -

Dump 2 cups steel cut oats, 4 cups of water, 2 cups almond milk, 1 can of pumpkin puree (not pie filling), 1 tbsp pumpkin pie spice, 1 tbsp vanilla, and $\frac{1}{2}$ tsp salt into crockpot. Cook overnight on low for 6-8 hours.

Banana Bread -

Dump 1 $\frac{1}{2}$ cups steel cut oats, 4 cups water, 2 cups almond milk, 2 large mashed ripe bananas, 2 tsp vanilla, 1 $\frac{1}{2}$ tsp cinnamon, $\frac{1}{2}$ tsp nutmeg, and $\frac{1}{2}$ tsp salt into crockpot and stir to combine. Cook overnight on low 7-8 hours.

Tips: All recipes above taste way better with $\frac{1}{2}$ cup of brown sugar but not allowed on Daniel Fast. Also, all can be topped with nuts, or raisins mixed in.

Note: All look kind of gross when you open the crockpot in the morning, but mix up and they do taste good. LOL (although my boys don't like oatmeal so they don't agree)

Another tip: Sometimes the sides tend to stick and burn. I've heard (but haven't tried yet) that if you put the ingredients in an oven safe casserole dish that fits in your crockpot and put it inside and surround with water up to an inch of the top that it will prevent it from burning around the edges.

Meals & Shopping List

Breakfast for All Three Weeks :

Smoothie Options

Strawberry Banana –

- 1 cup frozen strawberries
- 1 frozen banana
- 1 cup almond milk

Mango Pineapple Banana

- ½ cup frozen mangos
- ½ cup frozen pineapple
- 1 frozen banana
- 1 cup almond milk
- Orange juice til right consistency

Peach Blueberry Spinach

- 1 cup frozen peaches
- ½ cup frozen blueberries
- 1 cup spinach
- 1 frozen banana
- 1 cup almond milk

Buy enough for a weeks worth of smoothies (Walmart's pre-frozen fruits are cheapest) and pre-measure and sort into ziplock bags. Then just grab one in the morning, dump into blender, add almond milk and blend away. Super quick and easy.

Meals & Shopping List

Lunch Options for 3 Weeks (can eat leftover dinners):

Vegetarian Ceviche Dip

¼ Cup Fresh Cilantro

¼ Cup Lime Juice

1 Vine Ripened Tomato

1 Jar Grilled Artichokes (9.9 Ounces jar) Drained

1 Haas Avocado

½ Cup Frozen Corn

½ Cup Red Onions

1/2 cup Light Olive Oil

1 Tablespoon Salt

Pita Chips

Drain artichokes and chop them into 3 pieces. Chop the vine ripened tomato. Chop up the cilantro. Chop up the onions into tiny pieces. Peel and seed the avocado. Chop up the avocado.

Mix together all ingredients into a large bowl.

Refrigerate covered for minimum of 2 hours.

Serve with salted pita chips.

Cinnamon-Raisin Carrot Salad

2 cups shredded carrots, peeled

1 cup shredded red cabbage

1 apple, cored, unpeeled, cut into 1-inch matchsticks (about 1 ½ cups)

½ cup raisins

¼ cup chopped pecans

2 tablespoons raw sunflower seed kernels

Dressing:

1/3 cup unsweetened apple juice

1 teaspoon cinnamon

Mix carrots, cabbage, apple, raisins, pecans, and sunflower seeds kernels in a large bowl. In a smaller bowl, add apple juice and cinnamon. Use a whisk to combine, and pour over carrot mixture. Stir well to coat. Place in refrigerator 1-2 hours or until cool. Serve chilled.

Meals & Shopping List

Lunch Options for 3 Weeks (can eat leftover dinners):

Fruit and Nut Salad

4 cups torn romaine lettuce, packed
3 kiwifruit, peeled and cut into half moons
1 cup blackberries
1 cup raspberries
½ cup roughly chopped pecan halves

1 recipe [Orange-Poppy Seed Salad Dressing](#)

Place lettuce in a large bowl, and top with kiwifruit, blackberries, raspberries, and pecans. Toss lightly, and serve with Orange-Poppy Seed Salad Dressing.

Southwestern Black Bean Tacos

1/3 cup of lime juice
salt and pepper
2 tbsp olive oil
2 cups of frozen corn kernels
2 cans (or about 3 1/2 cups) of black beans
1 ripe avocado, chopped
1/4 green bell pepper, chopped
1/4 red bell pepper, chopped
1 small onion, chopped fine
1/4 cup finely chopped cilantro

Directions:

Whisk the first three ingredients (for the dressing) in a small bowl; set aside.

Heat a lightly oiled frying pan over medium high. Lightly toast corn until spotty brown but not charred, about five minutes. Remove from heat.

In a large bowl, add the remaining ingredients and the toasted corn. Drizzle with the dressing and mix well. Season with additional salt and pepper if desired.

In the same skillet that you used to toast the corn, heat about three tablespoons of oil and lightly toast the [Ezekiel sprouted grain tortillas](#), one at a time. You may need to add more oil to the skillet as you go.

Spoon the bean mixture over the tortillas and serve.

Meals & Shopping List

Lunch Options for 3 Weeks (can eat leftover dinners):

Brown Rice Stir-fry with Orange Sauce

1 tablespoon extra-virgin olive oil

2 cups chopped broccoli (stems and florets) or ½ 16-ounce bag cut broccoli, cooked

1 cup chopped carrots

½ cup chopped onion

¼ cup Bragg's Liquid Aminos or soy sauce

¼ cup unsweetened orange juice

1 clove garlic, minced

1 teaspoon fresh grated ginger root or ¼ teaspoon ground ginger

3 cups cooked brown rice

>¼ cup toasted chopped walnuts

2 tablespoons chopped green onion

Heat olive oil in a large skillet over medium heat, and add broccoli, carrots, and onions. Cook until vegetables are softened, about 5-7 minutes, stirring occasionally. Increase heat to medium high. Add Bragg's Liquid Aminos, orange juice, garlic, ginger root, brown rice, walnuts, and green onions. Cook another 5 minutes or until heated through, and serve

Two Bean Burgers

1 teaspoon extra-virgin olive oil

2 tablespoons chopped onion

1 cup canned black beans, rinsed and drained

1 cup canned great northern beans, rinsed and drained

2 tablespoons flaxseed meal

1 teaspoon garlic powder

1/4 teaspoon cumin

1/4 teaspoon salt

Mash beans in a large bowl, leaving about 1/4 of the beans whole. and set aside. Heat olive oil in large skillet over medium heat. Add onions, and cook until soft and translucent. Place in a bowl with beans, and add flaxseed meal, garlic powder, cumin, and salt.

Return skillet to medium heat, and add a teaspoon of olive oil, if needed, to prevent burgers from sticking. Scoop about 1/3 cup of bean mixture for each burger. Flatten with a spatula. Cook 5 minutes, or until bottoms are browned and slightly crispy. Flip, and cook another 5 minutes.

Meals & Shopping List

Lunch Options for 3 Weeks (can eat leftover dinners):

Roasted Fingerling Potatoes with Asparagus & Green Peppers

12 fingerling potatoes

Handful asparagus spears, woody ends trimmed

Handful green beans, ends trimmed

1 to 2

tablespoons olive oil

Sea salt and fresh cracked pepper, to taste

Directions:

Preheat the oven to 400°F. Par-cook the fingerling potatoes for 5 to 6 minutes in a large pot of boiling water. Remove from water and let cool. Line a baking sheet with tin foil for easier clean up then spray with cooking spray. Slice the potatoes into half, lengthwise and put on the baking sheet, drizzle with half of the olive oil and season with salt and pepper to taste. Bake for 10 to 15 minutes or until golden brown. While the potatoes are cooking, toss the asparagus and green beans with remaining olive oil and season with salt and pepper to taste. Remove the potatoes from oven and toss the asparagus and green beans on the baking sheet with the potatoes. Return to the oven and cook for an additional 4 to 5 minutes or until the veggies are tender but still a bit crisp. Enjoy.

Mediterranean Black Bean Salad

2 (15-ounce) cans black beans, rinsed and drained

1 cup chopped green bell peppers

1 cup chopped red bell peppers

1 cup chopped tomatoes, unpeeled, unseeded

1 cup chopped avocado, cut into ½-inch cubes (about 1 medium avocado)

½ cup diced onions

¼ cup chopped fresh parsley or cilantro

Dressing

2 tablespoons fresh lime juice

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

½ teaspoon salt

Put beans, peppers, tomatoes, avocado, onions, and parsley in a large bowl. In a small bowl, combine lime juice, olive oil, garlic, and salt. Whisk until combined and pour over salad. Toss well to coat. Refrigerate for 2-4 hours to allow flavors to blend, and serve.

21 Days of Daniel Fast Friendly Dinner Recipes

Week #1

- Sunday- Mexican Shopped Salad with Avocado Dressing
- Monday- Mushroom Stroganoff
- Tuesday- Eggplant, Caramelized Onion, & Tomato Pasta
- Wednesday- Vegetable Soup
- Thursday- Spaghetti Squash Burrito Bowls
- Friday- Balsamic Roasted Potatoes with Asparagus & Grilled Vegetables
- Saturday- Portobello Fajitas

Week #2

- Sunday- Meatless (Quinoa) Taco Bowls
- Monday- Balsamic Grilled Vegetables & Mushroom Rice
- Tuesday- Garlic Parmesan Spaghetti Squash with Mushrooms
- Wednesday- Roasted Tomato and Basil Soup
- Thursday- Three Bean Quinoa Chili
- Friday- Grilled Zucchini and Corn Tostadas with Hummus
- Saturday- Stuffed Zucchini

Week #3

- Sunday- Mushroom and Rice Stuffed Squash
- Monday- Pumpkin Soup
- Tuesday- Zucchini Noodles with Creamy Avocado Pesto
- Wednesday- Corn Chowder
- Thursday- Burrito Bowl with Creamy Chipolte Sauce
- Friday- Corn, Broccoli, and Rice Casserole
- Saturday- Spaghetti Squash with Vegetable Tomato Sauce

Week 1 Meals- Sunday

Mexican Chopped Salad with Avocado Dressing

Avocado Dressing

1 avocado

½ cup water

2 tbsp extra virgin olive oil

1 tbsp lime juice

¼ tsp cumin

Salt and pepper

Pit and peel avocado, add water, oil, lime juice, cumin, salt and pepper and process with immersion blender until smooth.

2 tsp olive oil

1 ear of corn

2 bell peppers

4 medium size tomatoes

½ red onion

2 scallions

1 avocado

1 can black beans, drained and rinsed

Grill corn, let cool and remove kernels (or used canned corn). Chop peppers, tomatoes, red onion, scallions and avocado. Toss in bowl with beans and corn and top with dressing

Week 1 Meals- Monday

Mushroom Stroganoff

- 2 tbsp olive oil
- 1 large onion, diced
- 1 lb mushrooms, cremini or baby Portobello, sliced
- 3 cloves of garlic, minced
- 2 tsp fresh thyme, picked
- 3 tbsp flour
- 3 ½ cups vegetable stock
- 7 oz egg noodles (or whole wheat pasta)
- ½ cup almond milk
- Salt and pepper
- Garnish – parsley, parmesan cheese

Heat 1 tbsp oil in large pot over medium high heat, cook onion for 6 minutes or until translucent, add mushrooms and cook for 8 minutes or until mushrooms have released all their liquids and are golden brown. Reduce heat to medium. Add remaining tbsp oil, minced garlic and thyme leaves, cook 2 minutes. Add flour and mix until vegetables are coated evenly. Add vegetable stock. Scrap any brown bits off the bottom of the pan and stir well. Bring liquid to a boil. Once boiling, add noodles and milk. Stir until noodles are completely covered with liquid. Stir every couple minutes, cook uncovered for 8-10 minutes or until the noodles are el dente. Serve immediately, garnished with parsley.

Note: while noodles are cooking, keep an eye on liquid level. If needed add more stock, but in very small increments.

Week 1 Meals- Tuesday

Eggplant, Caramelized Onion and Tomato Pasta

1 large eggplant

Olive oil

1 large onion, peeled and thinly sliced (about 2 cups sliced)

2 cloves garlic, minced

1 handful basil leaves, chiffonade or chopped

1 handful of parsley leaves, chopped

Kosher salt

1 lb whole wheat penne pasta (or you can use zucchini noodles)

Sherry vinegar

2 cups tomato sauce

Red pepper flakes

Preheat the oven to 400 degrees. Cut the eggplant into cubes about $\frac{3}{4}$ inch, toss with a little olive oil and spread them out in a single layer on a sheet pan. Roast for 25 minutes or until the eggplant is just browned.

Start boiling the water for the pasta. When the water is ready, cook the pasta.

While the eggplant and the pasta is cooking, heat a large saute pan with the olive oil and onions over medium heat. Saute the onions until caramelized. Once they're nice and brown, add the garlic and cook for just a minute, and then add a splash or two of sherry vinegar to the pan. Add the eggplant, tomato sauce, and a pinch of red pepper flakes. Heat the sauce to simmering. Drain the pasta, add it to the tomato sauce pan and toss gently. Add the basil and half the parsley to the pan.

Serve the pasta with a little sprinkle of the chopped parsley

Week 1 Meals- Wednesday

Vegetable Soup

1 medium sweet potato, peeled and cut into 1 inch cubes
3 carrots, peeled and sliced
1 stalk celery, diced
1 small yellow onion, diced
1 clove garlic, minced
2 cubed zucchini
Pinch of kosher or sea salt, more or less to taste
½ tsp pepper
⅛ tsp allspice
1 tsp paprika
1 bay leaf
2 (15oz) cans navy beans, drained and rinsed
4 cups vegetable broth
1 (14.5oz) can diced tomatoes
4 cups baby spinach
1 tbsp plus 1 tsp olive oil

Toss cubed sweet potato in 1 tbsp olive oil and salt and pepper. Spread on baking sheet and roast in oven at 400 degrees for 30 minutes or until lightly browned.

In large stock pot, over med heat, warm olive oil and add onions and garlic. Cook until fragrant and add carrots and celery and zucchini. Salt and pepper. Cook for 6-8 minutes until softened, add vegetable broth, spices, and beans and let simmer until all cooked thru. Add roasted sweet potato, diced tomatoes and spinach. Cook until all veggies are softened consistency and serve hot.

Week 1 Meals- Thursday

Spaghetti Squash Burrito Bowls

- 2 medium sized spaghetti squash
- 1 tbsp olive oil
- 1 (14.5oz) can black beans, drained and rinsed
- 1 (16oz) jar of salsa – I like corn & black bean or mango & pineapple
- 2 tbsp olive oil
- 1 large bell pepper, cored and diced
- 1 large red onion, diced
- 2 cups corn – I use two cans
- 1 cup cilantro, finely chopped
- 1-2 jalapenos, cored and finely diced
- 6 green onions, thinly sliced
- 1 tsp cumin
- Salt & pepper

Preheat the oven to 375 degree. Line a cookie sheet with foil. Wash the spaghetti squash and then slice off the stems at the top. Cut each squash in half lengthwise and then use a spoon to scrap out the seeds. Rub edges with oil and place face down on the sheet. Add a little water to the pan. Roast in the oven for 30-45 mins, depending on the size. They are done when softened and the inside scrape easily with a fork into strands all the way down to the flesh.

While the squash is roasting, heat oil in large pot over medium heat. Sauté the red onion for a few minutes and then add the pepper and jalapeno. Sprinkle with salt and pepper and cumin and cook til soft.

When the squash is done, let it cool, then scrape out the inside, leaving the shell whole to stuff.

Mix squash, cooked onion and peppers, beans, corn, salsa, and cilantro. Put mixture into the squash “bowls” and sprinkle with green onions.

Bake until hot or about 10 minutes.

Optional – Cover with shredded cheddar cheese and broil for 5 minutes until melted

Week 1 Meals- Friday

Balsamic - Roasted potatoes with Asparagus

Potatoes, cut into 2 in cubes

Asparagus, cut into 2 inch pieces or halved

2 tbsp olive oil

½ bulb roasted garlic

4 tbsp balsamic vinegar

Salt and pepper

Cut off root end of garlic bulb, coat cut in olive oil and wrap in foil and roast until tender. (45-60 mins) (I do this every week and store it in the fridge)

Preheat oven to 400 degrees

Par boil the potatoes for 10-15 minutes and drain.

In a large roasting pan, add the olive oil, balsamic vinegar and salt. Add the potatoes and toss to coat fully before roasting for 20 mins.

After 20 mins, add the asparagus with a little extra olive oil, if needed. Toss to coat and cook for a further 15 mins.

Season with extra balsamic vinegar, salt and pepper.

For extra vegetables and to make more of a complete meal, I serve with balsamic grilled veggies.

Week 1 Meals- Saturday

Portobello Fajitas

2-3 large Portobello mushrooms

2 bell peppers

1 onion

1 tbsp taco seasoning

Juice of $\frac{1}{2}$ lime

1 tbsp olive oil

6 tortillas

Taco seasoning (yields about 3 tbsp)

1 tbsp chili powder

1 $\frac{1}{2}$ tsp cumin

1 tsp each onion powder, garlic powder, oregano, paprika

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp cayenne pepper

Mix taco seasoning and set aside.

Prep mushrooms and cut into $\frac{1}{3}$ inch thick slices. Thinly slice bell peppers and onion.

In large skillet over medium heat, add 1 tbsp olive oil and the peppers and onions. Cook about 2 minutes. Add mushrooms and 1 tbsp of taco seasoning. Stirring occasionally, cook another 7-8 minutes or until softened. Add juice of $\frac{1}{2}$ a lime and stir. Salt if necessary and turn off heat.

Serve on tortilla with guacamole.

Good with a side of yellow rice and black beans

Week 1 Grocery List

Almond Milk- 1 carton
Asparagus- 1 to 2 bunches
Avocado- 2
Baby Spinach- 4 cups
Basil Leaves- 1 container
Bell Peppers- 4 to 6
Black beans- 2 cans
Carrots- 3 large or small bag
Celery- 1 bunch
Cilantro- 1 bunch
Corn Tortillas- 1 pack
Corn- 1 ear or 2 cans
Diced Tomatoes- 1 can
Eggplant- 3 to 4
Flour- 3 tbsp.
Garlic- 1 head
Green Onions- 1 pack
Jalapenos- 2
Limes- 3 or 4
Mushrooms- 1 lb.
Navy Beans- 2 cans
Onions- 5
Parsley- 1 bunch
Portobello Mushroom Caps- 4 large
Potatoes- 2lb bag
Red Onion- 3
Salsa- 1 jar
Scallions- 1 pack
Sherry Vinegar
Spaghetti Squash- 2
Sweet Potato- 1 large
Tomato Sauce- 2 cups
Tomatoes- 4 or 5
Vegetable Broth- 8 cups
Whole Wheat Egg Noodles- 1 box
Whole Wheat Penne Pasta- 1 box
Zucchini- 6 to 7

Week 2 Meals- Sunday

Quinoa Taco Bowls

- 1 ½ cups dried quinoa
- 3 cups water or vegetable broth
- 1 package taco seasonings
- 1 (14oz) can black beans
- 8 oz shredded cheese
- 3 cups chopped lettuce
- 1-2 tomatoes chopped
- 1 avocado chopped
- 1 small can sliced black olives drained
- Salsa
- Sour cream

Cook quinoa according to package instructions with vegetable broth and taco seasonings. Spoon quinoa into bowls and top with taco toppings. Can serve in taco shell bowls if desire.

Week 2 Meals- Monday

Balsamic Grilled Vegetables

- 1 lb zucchini, cut in half lengthwise, and in ½ inch thick slices
- 1 lb bell peppers, cut into wide strips
- 1 large red or white onion, cut into ½ inch thick rounds
- 1/3 cup Italian parsley or basil, chopped
- Cooking spray

Balsamic Dressing

- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 2 garlic cloves, crushed
- 1 tsp salt
- ½ tsp ground black pepper

In a small bowl, whisk together dressing ingredients and set aside.

Preheat grill on low and spray with cooking spray. Place vegetables in a single layer on the grill and cook for 12 minutes, flipping once. Vegetables should be tender to the touch, cook longer if you like them softer. Transfer to bowl and top with dressing, sprinkle with parsley/basil and gently mix.

Note: these get better after marinating overnight. I like to cook up a bunch and keep them in the fridge. I even wrap them in a tortilla shell and eat them as a veggie wrap for lunches.

Week 2 Meals- Tuesday

Garlic Parmesan Spaghetti Squash with Mushrooms

2 pounds spaghetti squash
2 tbsp olive oil
2 cups mushrooms, chopped (any kind)
2 cloves garlic, finely chopped
1 tbsp fresh thyme
¼ cup parmesan cheese, grated
Handful flat leaf parsley, chopped
Salt and pepper

Preheat oven to 350 degrees.

Cut Spaghetti squash in half and remove seeds, coat with oil and roast cut side down on baking sheet until softened.

In a deep skillet or pan, add olive oil, garlic and thyme. Cook for 2 minutes over high heat and add mushrooms. Cook until mushrooms are golden brown (7-8 minutes). Take off heat and set aside.

When spaghetti squash is done, use a fork to scrape the squash into strings and add to the pan with mushrooms. Turn to high heat and quickly fry, add parmesan, salt and pepper and turn off heat, stir well. Top with parsley and serve.

Week 1 Meals- Wednesday

Roasted Tomato and Basil Soup

3 lbs ripe tomatoes, halved and seeded
¼ cup plus 2 tbsp olive oil
2 tsp salt
1 tsp ground pepper
1 large onion, chopped
6 cloves garlic, minced
¼ tsp red pepper flakes
1 (28oz) can whole peeled tomatoes
2-3 cups fresh basil leaves, roughly torn
1 tsp fresh thyme leaves (or ½ tsp dried thyme)
4 cups chicken/vegetable broth

Preheat oven to 400 degrees. In a large bowl, combine tomato halves, ¼ cup oil, salt and pepper and toss to combine. Spread out the tomato halves on a rimmed baking sheet and roast for about 45 minutes.

In a large pot over medium heat, add remaining oil and onions. Cook until softened or about 5 minutes. Add the garlic and red pepper flakes and cook until fragrant, about one minute more. Stir in the canned tomatoes, roasted tomatoes, basil, thyme, and broth. Bring the entire mixture to a boil, then lower the heat and simmer, uncovered for 40-50 minutes. Use an immersion blender, blender or food processor to puree the soup until smooth and serve.

Week 2 Meals- Thursday

Three Bean Quinoa Chili

- 2 cups cooked quinoa
- 1tbsp olive oil
- 1 large onion, diced
- 4 cloves of garlic, minced
- 2 (14.5oz) cans diced tomatoes
- 1 (15oz) can tomato sauce
- 1(14.5oz) can vegetable broth
- 1 (7oz) can diced green chiles
- 2 ½ tbsp chili powder
- 2 tsp ground cumin
- 2 tsp cocoa powder
- 1 ½ tsp paprika
- ½ tsp ground coriander
- 1/8 tsp cayenne pepper
- Salt and Pepper to taste
- 2 (15oz) cans kidney beans, drained and rinsed
- 1 (15oz) can black beans, drained and rinsed
- 1 (15oz) can corn, drained
- ¼ cup chopped cilantro
- 1 tbsp lime juice

Heat oil in a large pot over medium heat. Once hot, add onion and sauté until translucent, about 4 mins. Add garlic, and sauté 1 minute longer. Add in diced tomatoes, tomato sauce, cooked quinoa, broth, chilies, and spices. Bring to a boil, then reduce heat to a simmer, cover pot and allow to simmer 30 minutes.

Add in all beans, corn, cilantro and lime juice and cook until heated through. Serve warm with optional toppings and sides.

Optional sides: cheddar cheese, sour cream, diced avocados, and tortilla chips.

Week 2 Meals- Friday

Grilled Zucchini and Corn Tostadas with Spicy Hummus

8-10 corn Tortillas or tostadas
2 Large Zucchini
3 Large ears of corn, husked
Oil for brushing
Seasoning salt

Hummus:

1 ¼ cups cooked chickpeas, skins removed
4 oz (jarred) roasted red pepper
2 tbsp tahini
2 tbsp oil
2 tbsp water
2 garlic cloves, pressed
½ med lemon juiced
½ - 1 tsp salt
½ tsp cayenne pepper

Preheat grill to 400 degrees

Place all hummus ingredients in a blender or food processor and blend smooth. Set aside.

Remove the tops and bottoms of the zucchinis. Cutting lengthwise, cut the zucchini in half and then each half into thirds, equaling 6 slices per zucchini. Brush cut zucchini and husked ears of corn with oil. Then sprinkle zucchini lightly with season salt. Place zucchini and ears of corn on preheated grill. Reduce heat to 350 degrees. Grill zucchini and corn in five minute increments, flipping each time to a new side until all sides have been grilled and zucchini are cooked through. Corn should be slightly charred all the way around and zucchini should have nice grill marks and be slightly translucent.

Once cool enough to touch or using a towel/fork to hold, carefully remove corn kernels from the cob and cut zucchini into bite size pieces.

Spread a large dollop of hummus across tostada and add desired amount of zucchini and corn on top.

To make your own tostadas, place tortillas in a single layer on a baking sheet under the boiler. Keep a careful eye on them at ALL times! Once they start to brown in spots, flip and repeat on other side. Only takes a few minutes.

Week 2 Meals- Saturday

Stuffed Zucchini

- 2 medium & 1 small zucchini
- 2 TBSP olive oil
- ½ cup onion, diced
- 1 tsp. minced garlic
- 1 cup sweet red pepper, diced
- 1 cup mushrooms, diced
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 2 TBSP fresh chopped parsley
- ½ tsp salt
- ½ tsp ground pepper
- 1 cup whole wheat bread crumbs
- ½ cup grated parmesan cheese

Preheat oven to 375 degrees.

Trim stem end from 2 medium zucchini. Cut in half, lengthwise and scoop out center to form "boats". Dice small zucchini into 1/2 inch cubes. Set aside.

In a large skillet, heat oil over medium heat. Add onions and cook 2 minutes, add garlic, red peppers, bread crumbs, and parmesan. Combine well and divide evenly between zucchini boats. Press in well. Bake 30-45 minutes uncovered. (Try not to overcook, otherwise the zucchini will start to sag and the filling will not stay in.)

Sprinkle tops with additional Parmesan cheese if desired and serve.

Week 2 Grocery List

Avocados- 2
Bell Peppers- 2
Black Beans- 3 cans
Black Olives- 1 jar or can
Brown Rice- 1 box
Chipotle Pepper in Adobo Sauce- 1 jar
Cilantro- 1 bunch
Corn Tortillas- 1 pack
Corn- 3 ears or 1 bag frozen
Fresh Basil- 2-3 cups
Garlic- 3 heads
Grated Parmesan Cheese- 1 container
Hummus- 1 container
Lettuce- 1 pack
Limes- 2 to 3
Mushrooms- 4 lbs
Onions- 4
Petite Diced Tomatoes- 1 can
Pinto Beans- 1 can
Red Kidney Beans- 1 can
Red Onion- 1 large
Salsa- 1 jar
Shredded Cheese- 2 bags
Sour Cream- 1 container
Spaghetti Squash- 2
Tomato Paste- 1 can
Tomatoes- 3.5 lbs
Vegetable Broth- 10 cups
Whole Peeled Tomatoes- 1 (28oz.) can
Zucchini- 9 to 10

Week 3 Meals- Sunday

Mushroom and Rice Stuffed Squash

- 4 small winter squash (about 1 ½ lb each) Acorn squash is my favorite
- ½ tbsp olive oil
- ¼ tsp salt
- ¼ tsp pepper

Heat the oven to 400 degrees. Cut the squash in half and scrape out the seeds. Cut a small sliver from the bottom of each squash half to create a stable surface for the "bowl". Rub the squash halves inside and out with olive oil, then sprinkle generously with salt and pepper.

Roast the squash halves cut-side down for 30 minutes, then flip them over and roast cut-side up (like a bowl) for another 15 minutes. When done, the squash should be easily pierced with a fork and toasted golden-brown on the surface.

While the squash roasts, prepare the filling.

- 4 tbsp olive oil
- 2 cups brown rice
- 4 cups vegetable broth
- 1 cup diced carrot
- 1 cup diced shallots
- 1 cup diced celery
- 1 ¼ lb mushrooms, diced
- 3 cloves garlic, minced
- ½ cup white wine (can use more vegetable broth as a substitute)
- Pinch of cinnamon
- 1 cup chopped mixed herbs (parsley, chives, and thyme are great)

In large pot over medium heat, toast the rice with 1 tbsp of olive oil until the rice smells fragrant and nutty, 3 to 5 minutes. Stir frequently to avoid burning.

Pour the vegetable broth over the rice and give it a quick stir. Bring to a boil over high heat. Once the liquid reaches a boil, turn down heat to low, cover the pot, and cook for 25-30 minutes or until the rice is tender.

Heat 1 tbsp of olive oil in a 12 inch skillet. Saute the carrots, shallots, and celery until the shallots become translucent, about 5 minutes. Transfer the veggies to a large bowl and set aside. In the same skillet, add another tbsp of oil and turn the heat to med high, cook the mushrooms in batches with salt and pepper (do not overcrowd the pan). Let the mushrooms cook 2-3 minutes without stirring until a caramelized crust forms on the bottom of the mushrooms. Once the crust forms, stir and continue cooking, stirring often, until the mushrooms have released all their liquid and look evenly browned on all sides. Repeat in batches with remaining mushrooms.

When all the mushrooms are cooked return the cooked mushrooms, and veggies to the pan over med high heat. Stir in the garlic and cook until fragrant, 30 seconds. Add the white wine and scrape any glazed bits from the bottom of the pan as the wine simmers. Cook for another 2-3 minutes, until most of the wine has evaporated. Remove from heat.

Set 6 of the roasted squash halves on plates for serving. Scoop the flesh out of the remaining 2 halves. Transfer the flesh to a food processor and add the cinnamon and puree until very smooth. Combine, in a large bowl, the mushrooms, vegetables, cooked rice, and squash puree. Add salt, pepper or more cinnamon to taste, and stir in fresh herbs. If desired, reserve some herbs to sprinkle on top.

Stuff the squash halves with the filling and sprinkle with chopped herbs, serve immediately while hot.

Week 3 Meals- Monday

Slow Cooker Creamy Pumpkon Soup

- 1 TBSP olive oil
- 1 large onion, diced
- 2 carrots, peeled and diced
- 3 garlic cloves, minced
- 4 cups vegetable stock
- 1 (29 oz) canned pumpkin puree (not pumpkin pie filling)
- 1 (14oz) unsweetened coconut milk
- 1 TBSP ground cumin
- 2 tsp. ground coriander
- ½ tsp. ground cardamom
- ½ tsp. ground cinnamon
- ½ tsp. ground cloves
- ½ tsp. ground cayenne
- Salt & Pepper to taste

Heat oil in a skillet, add the onion and carrot. Cook for 5-10 minutes or until softened. Add the garlic and cook for another minute and then add the spices. Cook for 3—60 seconds, stirring constantly to prevent burning.

Transfer everything to a slow cooker. Add the stock, pumpkin puree, and coconut milk. Cook on low for 8-10 hours, or high for 3-4 hours. (Can also be cooked on the stovetop at a low simmer for 30-45 minutes.)

Before serving, puree soup with immersion blender or in batches in a traditional blender. Taste and season with salt and pepper.

Week 3 Meals- Tuesday

Zucchini Noodles with Creamy Avocado Pesto

2 large zucchini, spiralized
1 tbsp olive oil

Sauce

2 ripe avocados
1 cup fresh basil leaves
3 cloves garlic
¼ cup pine nuts
2 tbsp lemon juice
½ tsp sea salt
¼ cup olive oil
Cracked black pepper to taste

Spiralize your zucchini and set aside on paper towels so that any excess water is soaked up. In a food processor, add avocados, basil leaves, garlic, pine nuts, lemon juice, and sea salt and pulse until finely chopped. Then with the motor still running, add olive oil in a slow stream until emulsified and creamy.

Drizzle olive oil in a large skillet over medium high heat and then add zucchini noodles, cooking for about 1 to 2 minutes until tender.

Add zucchini noodles to a large bowl and toss with avocado pesto. Season with cracked pepper.

Optional: sprinkle a little grated parmesan cheese on top before serving.

Week 3 Meals- Wednesday

Corn Chowder

- 4 ears of corn, shucked
- 2 large red potatoes, peeled and chopped
- 3 tbsp olive oil
- 1 large onion
- 5 cloves of garlic minced
- 3 large carrots, peeled and chopped
- 3 large celery stalks, chopped
- 1 large red bell pepper, cored and chopped
- 1 ½ tsp salt
- 2 tsp Cajun seasonings
- ½ tsp paprika
- ¼ tsp ground cumin
- 2/3 cup canned coconut milk
- 2 cups water and vegetable broth

Grill ears of corn, let cool and remove from husks. Boil husks in pot of water for 10-15 mins to flavor the water. Chop one potato and boil in the corn water until soft.

In another pot, heat oil, and sauté onion, garlic carrots, celery, pepper and other potato until softened. Add seasonings.

Put half the corn, the boiled potato, coconut milk and broth into a blender and blend until smooth.

Add remaining corn into the pot with the sautéed vegetables and pour in the blended mixture. Bring to a gentle boil and cook until potato is softened.

Remove from heat, test, and add additional salt, pepper or Cajun seasoning as desired. Serve with chopped green onion.

Week 3 Meals- Thursday

Burrito Bowl with Creamy Chipotle Sauce

1 cup uncooked rice
½ cup salsa
1 can black beans, rinsed and drained
2-3 roma tomatoes, diced
1 ½ cups corn
Romaine lettuce, chopped
1 large onion, chopped
1 bell pepper, chopped
Green onion
Avocado
Cilantro
Lime, juice

Cook rice.

While rice is cooking make sauce

½ cup plain yogurt (or ⅔ cup silken tofu)
1 chipotle in adobo sauce
½ tsp adobo sauce
1-2 cloves garlic
1 tbsp fresh lime juice
⅛ tsp cumin

Scrape away the seeds from the chipotle with a knife, and add all ingredients to a blender and blend until smooth.

Saute onion and pepper in pan with olive oil.

When rice is cooked, stir in salsa.

Begin layering bowl, start with rice, then onions and pepper, black beans, corn, lettuce, tomato, avocado, sauce and sprinkle with chopped cilantro and a squeeze of lime juice.

Week 3 Meals- Friday

Corn and Broccoli Rice Casserole

- 1 ½ cups cooked rice
- 1 (10oz) package frozen chopped broccoli, thawed and drained
- 1 (14.5 oz) can creamed corn
- 1 egg, beaten
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ cup ritz crackers
- ¼ cup butter, melted

Preheat oven to 350 degrees. Lightly spray a 9x9 inch pan with cooking spray and set aside. In a bowl, combine rice, broccoli, corn, egg, seasonings and pour into pan. Toss crackers with melted butter, and sprinkle over broccoli mixture. Bake 25-30 minutes.

Week 3 Meals- Saturday

Spaghetti Squash with Tomato Sauce

- 2 Spaghetti squash
- 2 cans diced tomatoes
- 2 cans tomato sauce
- 1 large onion, diced
- 4 cloves garlic, diced
- 1 lb mushrooms, chopped
- 4 cups spinach
- Salt and pepper
- 1 tbsp Italian seasonings

Preheat oven to 350 degrees.

Cut spaghetti squash in half lengthwise and remove seeds. Brush with oil and roast, cut side down until soft. 45-65 minutes depending on size.

In large pan, saute onions and garlic in olive oil until onions are translucent. Add mushrooms and diced tomatoes, cook for 7-10 minutes. Salt and pepper. Add Italian seasonings. Add spinach and allow to cook down, add tomato sauce and simmer until flavors combine.

When spaghetti squash is tender, fork into strings and serve.

Week 3 Grocery List

Acorn or Winter Squash- 4
Avocado- 3
Basil Leaves- 1 cup
Bell Pepper- 2
Black Beans- 1 can
Brown rice- 4 cups
Canned Pumpkin Puree- 1 (28oz can)
Carrots- 3 lbs.
Celery- 1 bunch
Chipotle in Adobo Sauce- 1 jar
Cilantro- 1 bunch
Corn- 4 ears or 1 can
Creamed Corn- 1 can
Diced Tomatoes- 2 cans
Egg- 1
Frozen Broccoli- 1 bag
Garlic- 3 heads
Grated Parmesan Cheese- 1 container
Green Onions- 1 pack
Lemons- 2 to 3
Lettuce- 1 pack
Limes- 2
Mushrooms- 2 lbs.
Onions- 5
Pine Nuts- $\frac{1}{4}$ cup
Plain Yogurt- 1 container
Potatoes- 2 large
Roma Tomatoes- 2 to 3
Salsa- 1 jar
Shallots
Spaghetti squash- 2
Spinach- 4 cups
Tomato Sauce- 2 cans
Unsweetened Coconut Milk- 2 (14oz cans)
Vegetable Broth- 12 cups
Whole Wheat Bread Crumbs- 1 container
Zucchini- 2