



*By: Lady Yolanda Brown*

the

**Daniel's Fast**

cook  
book

# Snacks

## **Natural Baked Potato Chips**

Russet Potatoes

Olive Oil

Sea Salt

Instructions: Preheat oven to 400 degrees. Slice potatoes into thin slices, toss in olive oil and sea salt and bake until crispy (about 20 minutes)

## **Guacamole Dip & Chips**

2 medium avocados  
1/2 medium tomato, diced  
1/4 cup diced red onions  
1/2 medium jalapeno pepper, seeded & diced  
2 cloves garlic, minced  
2 tablespoons chopped fresh parsley  
1 tablespoon lime juice  
1 tsp salt  
1 bag of tortilla chips

Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a small mixing bowl, and mash until smooth. Stir in the rest of the ingredients. Chill in refrigerator for 1-2 hours.

## **Apple Slices & Peanut Butter Dip**

Apples (any kind)

All-Natural Peanut Butter

Lemon

Instructions: Slice apples and squeeze lemon juice to keep them from turning brown and spread peanut butter over each apple. Enjoy!!

## **Tomato Slices with Avocado and Basil**

3-4 large tomatoes, cut into slices  
1 avocado, peeled, pitted, and cut into slices  
Chopped fresh basil or dried basil, add Salt, to taste  
Place avocado slices on tomatoes, and sprinkle with basil and salt.

# Snacks

## Spinach Artichoke Dip

8 ounces firm tofu, drained  
1 cup chopped canned artichokes, drained, reserve 2 tablespoons canned juices  
½ (10-ounce) package frozen chopped spinach, thawed, squeezed dry  
1 teaspoon dried basil  
1 teaspoon salt  
1/8 teaspoon pepper  
2 teaspoons extra-virgin olive oil  
¼ cup diced onion  
2 cloves garlic, minced

Preheat oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.  
Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Re-

## Tomato & Cucumber Mix

1 Tomato  
1/3 cup of vinegar  
Salt & Pepper to Taste  
Slice tomatoes & Cucumbers, add all other

## Banana Stacks

2 large ripe bananas  
¼ cup almond butter or all-natural peanut butter

Peel bananas, and cut into ¼ to ½-inch slices (about 12 per banana). Spread about 1 teaspoon almond butter on half of the slices. Top with the remaining slices.

# Breakfast

## Apple-Cinnamon Hot Cereal

- 1 (14.5-ounce) can coconut milk
- 2 cups cooked brown rice
- 1 apple, chopped, unpeeled (about 1 1/2 cups)
- 1 banana, mashed (about 1 cup)
- 1 cup roughly chopped dates
- 1 1/2 teaspoons cinnamon
- Pinch nutmeg
- 1/2 cup toasted pecans or walnuts

Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans or

## Sweet Spinach Smoothie

- 1 cup water or non-dairy milk (almond, coconut, rice, or soy milk)
- 1 Bosc pear, unpeeled, cored
- 1 cup fresh spinach leaves, packed
- 1 frozen banana
- 1 tablespoon flaxseed meal, optional
- 1/2 tablespoon kelp powder, optional
- 1/2 tablespoon spirulina powder, optional

## Tropical Fruit Salad

- 2 cups sliced strawberries
  - 3 kiwifruit, peeled and quartered
  - 1 1/2 cups orange segments, cut into 1-inch pieces
  - 1 cup red seedless grapes, halved
  - 1 cup fresh pineapple chunks, cut into tidbits
- Mix fruit in a large bowl, and chill until ready to serve

## Pineapple Citrus Muffins

- 1 cup old-fashioned rolled oats
- 1 cup oat flour (see Recipe Notes)
- 1 cup unsweetened applesauce
- 1/2 cup diced pineapples
- 1/4 cup chopped pecans or walnuts
- 1/4 cup [Date Honey](#)
- 1/4 cup flaxseed meal
- 2 teaspoons unsweetened coconut flakes
- 2 teaspoons grated orange zest
- 1/2 teaspoon ground ginger

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

Combine all ingredients in a large bowl, and stir well to combine. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.

# Lunch

## **Greek Salad**

In a large salad bowl, combine the Romaine lettuce, onion, olives, bell peppers, tomatoes, cucumber and cheese. Whisk together the olive oil, oregano, lemon juice and black pepper. Pour dressing over salad, toss and serve.

## **Lonnie's Favorite Daniel's Fast Dressing**

1 cup of Olive Oil

1 Cup of Apple Cider Vinegar

1 Fresh Lemon

A variety of seasonings: lemon pepper, garlic powder, onion powder, black pepper, oregano and sea salt

Mix all ingredients in a bowl and refrigerant for two hours before serving. Shake/ mix before each use.

## **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

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.

# Lunch

## Orange-Poppy Seed Salad Dressing

1/4 cup extra-virgin olive oil  
1/4 cup orange juice  
2 tablespoons fresh lemon juice  
1 tablespoon diced red onion  
1/2 teaspoon poppy seeds  
1/4 teaspoon orange zest  
*1/8 teaspoon dry mustard*

## Roasted Potato Salad

1 pound red potatoes,  
1/2 pound Brussels sprouts  
1 1/2 tablespoon extra-virgin olive oil, divided  
1/2 teaspoon tarragon  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/4 cup chopped red onions

2 cups chopped romaine lettuce

Wash and boil potatoes. Reduce heat slightly to a soft rolling boil, and cook 15 minutes. Drain, and allow to cool slightly.

Preheat oven to 425 degrees. Cut potatoes into quarters, and put in a large bowl, along with Brussels sprouts. Add 1 tablespoon olive oil, tarragon, salt, and pepper. Stir well to coat. Place vegetables on a baking sheet. Bake 10 minutes, and flip. Cook another 10 minutes, or until vegetables are slightly blackened. Place in a large bowl, and set aside.

Heat 1/2 tablespoon olive oil in skillet over medium heat. Add onions and cook until onions are soft and translucent. Mix in with potatoes and vegetables. To serve, place 1/2 cup lettuce on each plate, and top with roasted potato-vegetable mixture. Drizzle a little olive oil over

## Strawberry Spinach Salad

8 cups torn fresh spinach, loosely packed  
2 cup chopped strawberries  
4 teaspoons sunflower seed kernels  
1 teaspoon sesame seeds  
1/2 teaspoon poppy seeds

For each serving, place 2 cups spinach and 1/2 cup strawberries on each salad plate. Sprinkle 1 teaspoon sunflower seeds, 1/4 teaspoon sesame seeds, and 1/8 teaspoon poppy seeds on top. Drizzle Salad Dressing over all, and serve.

# Lunch

## Taco Salad

1 (14.5-ounce) can corn kernels, drained  
1 (15.5-ounce) can pinto beans, undrained  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1 tablespoon extra-virgin olive oil  
1/2 cup diced onion  
1 (15-ounce) can black beans, rinsed and drained  
1/2 tablespoon [Taco Seasoning](#)  
2 cups torn romaine or iceberg lettuce  
Garnishes: Avocado slices, chopped green onions, sliced olives, and/or diced tomatoes

Preheat oven to 425 degrees. Spread corn kernels out in one layer on a lightly oiled 11 x 17-inch baking sheet. Bake for 20-25 minutes, or until corn is browned and slightly crunchy. While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans. Lower heat, and continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan. Heat olive oil over medium heat, and add onions. Cook until onions are soft and translucent. Add black beans, corn, and taco seasoning. Stir well to coat. Reduce heat to low, and keep warm until pinto beans are done. To serve, place about 1/2 cup lettuce on each plate, and top with 1/4 cup pinto beans and a heaping 1/2 cup of black bean and corn mixture. Add desired

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1 teaspoon sesame seeds  
1/2 teaspoon poppy seeds

For each serving, place 2 cups spinach and 1/2 cup strawberries on each salad plate. Sprinkle 1 teaspoon sunflower seeds, 1/4 teaspoon sesame seeds, and 1/8 teaspoon poppy seeds on top. Drizzle Salad Dressing over all, and serve.

# Dinner

## Butternut Squash & Broccoli Side Dish

1 -1 ½ pounds butternut squash  
3 cups broccoli florets, cut into pieces  
1 ½ tablespoons extra-virgin olive oil  
1/4 teaspoon dried basil  
1/4 teaspoon garlic powder  
1/8 teaspoon thyme  
2 tablespoons chopped fresh parsley  
Salt & Pepper to Taste

Cut squash in half lengthwise, and scoop out pulp and seeds. Slice squash into strips, and cut into

1-inch cubes (should yield about 3 cups).

Lightly steam butternut squash and broccoli until tender crisp (butternut squash takes about 15-18 minutes and broccoli about 10-12 minutes). Add oil, basil, garlic powder, and thyme into the pot and stir to coat. Mix in parsley and serve warm.

## Cajun Red Beans and Rice

½ tablespoon extra-virgin olive oil  
½ cup chopped green pepper  
½ cup chopped red onion  
½ cup sliced celery  
¼ cup water  
2 teaspoons Creole Seasoning  
1 (15.5-ounce) can red kidney beans, rinsed and drained  
2 cups cooked brown rice

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and **Creole Seasoning**. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

# Dinner

## **Lentil Soup**

1 1/2 tablespoon of olive oil  
2 diced onions  
2 large garlic colves  
1 can of dices tomatoes  
2 celery stalk  
1 cups of carrots  
1 cups of bell peppers  
1 cups of lentils  
3 1/2 cups of vegetable broth  
Salt and Black pepper to taste

In a large pot, add oil, garlic, carrots, onions, bell peppers, and sauté until veggies are tender. Add diced tomatoes with juices, lentils, broth and more salt and pepper. Boil until lentils are soft and serve warm.

## **Roasted Vegetable Chili**

1 to 3 – yellow squash  
2 1/2 – cups eggplant  
1 – small onion  
1 – yellow bell pepper  
1 – tbsp olive oil  
2 – cloves garlic minced  
1 – can Rotel tomatoes  
2 – can 15oz kidney beans  
2- 14 oz can tomato sauce

Chop first four ingredients and put in 9 X 13 pan. Add garlic and olive oil and toss to coat well. Roast at 450 degrees for 15 minutes. Remove and add all ingredients to a sauce pan and bring to a boil. Reduce heat and simmer for 15-20 minutes. I added cayenne pepper for a little extra heat and a little vegetable broth because it does get a little thick.

# Dinner

## Vegetable Stir Fry

1 small onion

1 red bell pepper

1 bunch broccoli florets

2 zucchini

1 small can sliced water chestnuts

1 can organic baby ear corn

1/4 cup soy sauce

Sautee first three ingredients in olive oil and soy sauce until slightly tender. Add zucchini and just before done add water chestnuts and baby corn. I also sprinkled with sesame seeds. Let simmer for 2-3 minutes and serve over brown rice.

## Spaghetti Squash

Organic Spaghetti Sauce

6 Spaghetti Squash

Cut squash in half and take out seeds. Bake face down in a baking dish on 350 degrees for 30 minutes. Take out of oven and shred squash with a fork. Serve with organic spaghetti sauce.

Add a salad of your favorite vegetables with balsamic vinaigrette dressing.

## Stewed Potatoes

4 russet potatoes

3 tablespoons of olive oil

Salt & Pepper to Taste

Cut and boil potatoes, add olive oil and salt to taste. Serve hot!

# Dinner

## **Fruit Smoothie**

2 frozen bananas (skin removed and cut in chunks)

½ c frozen blueberries

1 c. orange juice

1 teaspoon vanilla extract (optional)

Place bananas, blueberries and orange juice in blender, puree. Use vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie.

## **Cabbage Patch Soup**

½ c. chopped onion

1 c. thinly sliced celery

1 15 oz. can Hunt's Chunky Tomato Sauce

2 c. water

1 16 oz. can red kidney beans

2 teaspoons chili seasoning

¼ teaspoon black pepper

2 ½ c. purchased coleslaw mix

1 c. frozen whole kernel corn

In a large saucepan sprayed with cooking spray, brown onion and celery. Stir in tomato sauce, water, kidney beans, chili seasoning, and black pepper. Bring mixture to a boil. Stir in coleslaw mix and corn. Lower heat. Simmer until cabbage is tender, about 15 minutes, stirring occasionally.

# Dinner

## Easy Potatoes in Curry Sauce

6-7 Russet potatoes, peeled cube  
Grapeseed oil to Sautee potatoes and onions  
1 bay leaf  
1 cup frozen peas  
1/2 cup tomato paste  
1 1/2 teaspoons curry powder  
1 teaspoon paprika  
1/2 teaspoon cumin  
1 cup of vegetable broth  
1 cup almond milk  
Pinch of cayenne  
Salt & Pepper to Taste  
Chopped Cilantro

Heat the oil in a large pan over medium heat. Stir in the onions and bay leaf. Cook until the onions are tender.

Mix in the potatoes and peas. Season with salt and pepper., Cover and cook on low heat until the potatoes are tender, about 10-15 minutes. Remove bay leaf.

### **Other Items to Try:**

Veggie Burger , Tofurky and any other vegan products.