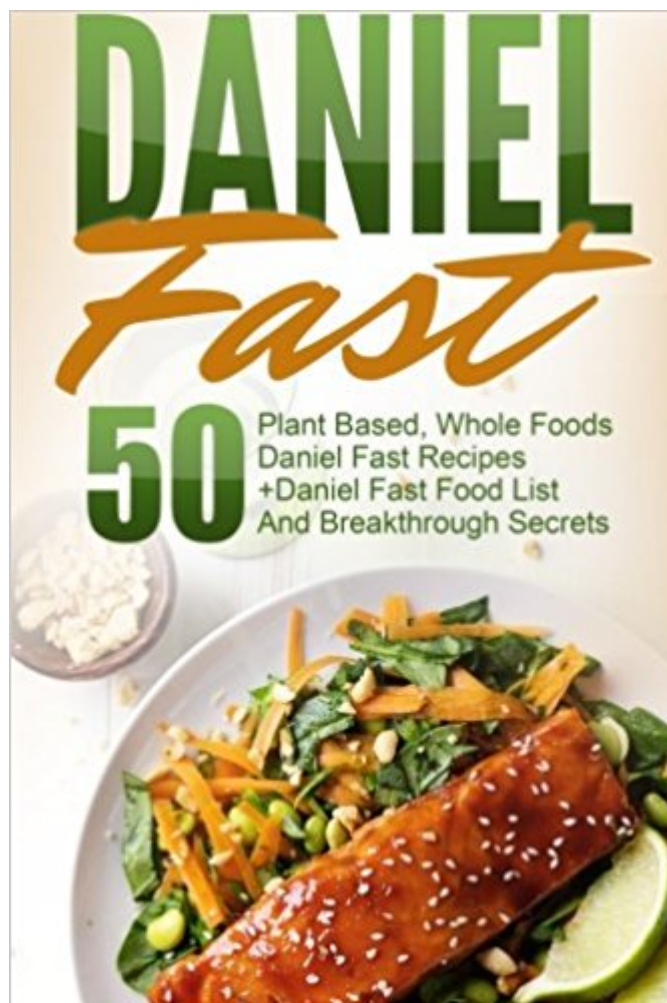


The book was found

Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook)





Synopsis

50 Plant Based, Whole Foods Daniel Fast Recipes Daniel Fast is primarily a spiritual exercise for the spirit and soul, the body gains great benefits. Remember, we are a spirit, we have a soul, and we live in a body. So the Daniel Fast is a great tool to address every part of who we are! While most people enter into the Daniel Fast for spiritual purposes, others turn to the dietary guidelines of the Daniel Fast to improve their health. Many can attest to the healing benefits of the Daniel Fast. Our bodies seem to flourish when they are well watered and well fed! Go figure! Health care providers find that by initially concentrating on improving a person's physical, spiritual and emotional health, beneficial side-effects occur automatically. Side-effects such as weight loss and the disappearance of negative symptoms of ill health. Though these recipes are indulgent, they strictly follow the Daniel fast food list that is mentioned on Chapter 2. Recipes use ingredients that are allowed during the Daniel fast and steer clear of excluded food items. In addition, you have to remind yourself of the reason of fasting (which is to reflect and rely on God's strength) so, do not let these delicious dishes confuse you of the purpose of your sacrifice. It's okay to enjoy these dishes as long as you remember to stick to what fasting is all about. Here Is A Preview Of What You'll Learn... Benefits and Breakthrough Secrets Food List Brown Rice Greek Salad with Roasted Tomatoes Freekeh, Zucchini and Pistachio Salad Grilled Portobello Steaks with Sun-Dried Tomato Tofu Kale and Roasted Chickpea Salad Banana Peanut Butter Smudgies Cilantro and Green Beans Hummus Spicy Lentil and Broccoli Soup Asian Tamari Dressing Baked Rice with Asparagus and Butternut Squash Much, much more! Buy your copy today! Try it now, click the "add to cart" button and buy Risk-Free

Book Information

Series: Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook

Paperback: 86 pages

Publisher: CreateSpace Independent Publishing Platform (July 14, 2015)

Language: English

ISBN-10: 1515059219

ISBN-13: 978-1515059219

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #569,142 in Books (See Top 100 in Books) #133 in Books > Cookbooks,

Food & Wine > Special Diet > Whole Foods #880 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#)

Customer Reviews

Fasting is one of the most widely used practices being done by Christians when they want to rekindle their relationship with God or when they want to be more discerning to His will. Being a Christian myself, I loved this book not only because it discussed in detail the spiritual aspect of the Daniel fast, but also the mental, emotional, and physical aspects that come together with the fast. This book is exceptional and the author has earned my admiration because of all the books that I have read on fasting, it is the first time that someone actually provided the readers with real recipes that they can try while they are on the fast. The only problem that I have now is how to consider my fasting a "sacrifice" if all the dishes that I will eat are as delectable as the ones enumerated on this book. Truth be told, I am excited to try the recipes! But then again, as the author has reminded everyone, we must forget the purpose of this sacrifice. At the end of it all, it is the Lord who must be pleased and be glorified throughout the whole process. I recommend this book to all Christians who have chosen to do the Daniel Fast. May you all be blessed as you embark on this journey with the Lord.

I have certainly read a lot of diet books. I've been switching between them whenever I feel like it and this is the first book which made me very curious. Of all things, why Daniel Fast? I guess you have to read the book to find out why the author went for such a title. Anyway, the author talked about the different benefits you can get from doing the diet. Food lists - what's included, excluded, and a must have is also specified. Given that it's a diet book, naturally, there would be recipes. It has quite a selection of recipes from meals to snacks and desserts. It won't hurt if you try the diet. Might work. I recommend!

Absolutely LOVE the Asian Tamari Dressing, was quick, simple, and tasty ! I did not feel that all these recipes were considered to be 'Fast'. However, they were worth making because it was delicious! Some of the recipes took quite a while to prep and cook. Nonetheless, David Richards did a great job making the recipes easy to read and understand. I hope to see more recipes coming out soon! This cookbook definitely rates as one of the top in my shelf :)

This book has been a real eye opener for me. The fast is based on the Book of Daniel and although

the recipes included are all imaginative and delicious, they adhere strictly to the permitted foods. This means that, by using these recipes you can concentrate fully on your relationship with God and not worry that you have included any forbidden items.

As i read this book i must say that it is full of dietary guidelines and a big help to our health. In order to achieve both spiritual and dietary goal this book will surely guide and help us not to be much guilty in taking food while you are on your sacrifice. And i must agree that the book is a great tool in addressing every part of who we are.

Not as comprehensive as I would have liked, but some very interesting recipes!

liked

Physical and spiritual benefits, what more could you want from a diet? This has it all. Being a christian myself, I know the bible talks numerous times about fasting. I know it can be pretty challenging to find meal ideas and things to eat when you're fasting, but this book makes it so much easier. You get to fast without the hassle of finding recipe ideas. It's all here in one book. Looking forward to trying some of these.

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