

2024 RECIPES

# *Prayer*

*21* DAYS

## *Fasting*

WHAT TO EAT?

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PROMISE ^ CHURCH

# WHAT TO EAT

## FRUITS

Fresh, frozen, dried, cookies, or juices. Try to avoid added sugar or preservatives

### COMMON CHOICES:

Apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew, melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapple, plums, prunes, raisins, raspberries, strawberries, tangerines, watermelon

## VEGETABLE

Fresh, frozen, dries, cookies, or juices, try to avoid added sugars or preservatives

### COMMON CHOICES:

Artichokes, asparagus beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, cilantro, corn, cucumbers, eggplant, greens, green beans, garlic, ginger root, mushrooms, okra, onions, parsley, peppers, potatoes, radishes, spinach, sprouts, squash, sweet potatoes, tomatoes, zucchini

## WHOLE GRAINS

Many people also include whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn

### COMMON CHOICES :

Barley, brown rice, grits, millet, quinoa, oats

## NUTS & SEEDS

Many people also eat nut butters including peanut butter and almond butter. Try to avoid choices with added sugar, artificial sweeteners, and preservatives

### COMMON CHOICES:

Unsalted almonds, cashew, chia, flax, pine, pumpkin, sesame, sunflower, peanuts, pecans, pistachios, walnuts

## LEGUMES & BEANS

If you use canned beans, look for organic and/ or low- sodium

### COMMON CHOICES:

Black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas, white beans

## BEVERAGES

Water & fresh-pressed fruit or vegetable juice.



# BREAKFAST RECIPES

## VERY BERRY SMOOTHIE

- ½ - ¾ cup mixed berries (any combination of raspberry, blackberry, or blueberry.
- 2 scoops whey protein powder (optional)
- ½ cup fresh-squeezed orange juice ( you may combine juice if you like, such as pomegranate )
- 1/8 avocado
- 4-5 ice cubes

Combine all ingredients in a blender until smooth, enjoy!

## STEEL CUT OATS & APPLE MUFFINS

- 1 ½ cups whole wheat flour
- 1 cup steel cut oats
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 (12- ounce) can apple juice concentrated (no sugar added apple juice concentrate, thawed)
- 1 teaspoon vanilla extract
- 1 ½ cups apples, chopped and peeled
- 2 large ripe bananas, sliced
- 4 large dates

Preheat oven to 350. Blend the bananas, dates, and ½ cup of the apple juice concentrated in a blender or food processor until smooth. Then mix this with the rest of the apple juice concentrate, vanilla, and apples in one bowl. Add the dry ingredients to the wet ingredients and stir just until moistened. Pour into lined or greased muffin pan and bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.

## CROCKPOT OATMEAL

- 1 cup steel-cut oats
- 3 ½ cups water
- 1 cup apples, peeled and chopped
- ½ cup raisins
- 1 tablespoon cinnamon
- 1 teaspoon vanilla extract

Combine all ingredients in a slow cooker and stir to combine. Cover and cook on low for 6-8 hours. The longer it cooks, the softer the texture will be. Top with almond milk when serving if desired, or use to thin if needed.

# LUNCH RECIPES

## LEMON AND GARLIC POTATO SALAD

- 2 ½ pounds red potatoes, quartered
- ½ cup chopped parsley
- 1 clove garlic, minced
- 2 lemons, juiced
- 1 tablespoon extra virgin olive oil
- salt and pepper to taste

Boil potatoes, and cool. Add remaining ingredients and mix well. Serve Chilled.

## PINK & GREEN SALAD

- 1 Pink grapefruit
- 2 tablespoons extra- virgin olive oil
- Black pepper
- 8 cups thinly sliced kale
- 1 avocado, pitted, sliced into ½ - inch wedges

Cut and peel grapefruit placing segments into bowl. Squeeze juice from membranes and strain into another small bowl (there should be about ¼ cup juice total). Whisk oil into juice and season to taste with pepper.

Place kale in a large bowl and drizzle 3 tablespoons of your grapefruit/oil dressing over top. Toss wilts slightly. Toss again. Then top with grapefruit segments and avocado slices. Drizzle with remaining dressing and enjoy!

## ROASTED VEGETABLES

- 1 large head of broccoli, florets chopped off from the stalk
- 1 large zucchini, chopped into half-moons
- 1 large yellow squash, chopped into half-moons
- 1 large sweet potato chopped to 1- inch squares
- 3 carrots, chopped
- 8 ounces baby bella mushrooms, sliced
- ¼ cup olive oil
- 2 teaspoons ground black pepper

Preheat oven to 425 degrees. In a large bowl, toss all the vegetables together with olive oil, salt, and pepper. Divide the vegetables between two sheet pans.

Roast vegetables for 35-40 minutes, removing the vegetables from the oven every 15 minutes to stir around.

You can roast any type of vegetable you want! Adjust the amount of olive oil and pepper based on the number of veggies you're roasting. Great to make ahead and heat up for lunch. Toss to combines and let stand for 10 Minutes while kale wilts slightly. Toss again. Then top with grapefruit segments and avocado slices. Drizzle with remaining dressing and enjoy!

# DINNER RECIPES

## VEGETARIAN TACO SOUP

- 1 can of Pinto Beans
- 1 can of Great Northern Beans
- 1 can of Black Beans
- 1 can of corn
- 1 can of Rotel (diced tomatoes with green chilis)
- 1 can of green chilis (optional)
- 1 packet of Ranch seasoning
- 1 packet of Taco Seasoning
- 2 Cups of V8 Juice (This tacos soup is more of a chunky soup. Add add more or less to your liking)

Place all ingredients in a slow cooker for 8 hours on low or 4 hours on high. Top with your favorite toppings like cheese, sour cream, fresh cilantro, and tortilla chips! So quick and easy!

## LENTIL STEW

- 2 cans diced tomatoes
- 14 ½ ounces water
- 2 teaspoons low-sodium soy sauce
- 1 cup lentils
- ½ cup barley
- 1 bag frozen spinach
- 1 bag frozen peas and carrots
- 2 stalks celery, chopped
- 1 small white onion, chopped

Combine all ingredients in a 4-quart saucepan and bring to a boil. Reduce to simmer, and cook until done. Substitute any vegetables of choice!

## ITALIAN ZOODLES

- 1 zucchini, sliced thin into strips
- 2 tomatoes, sliced
- ½ teaspoon garlic powder (or 2 cloves, minced)
- 1 teaspoon Italian seasoning
- 2 tablespoons extra virgin olive oil

Drizzle extra virgin olive oil in a pan over medium, heat. Add sliced tomatoes and sprinkle with garlic powder and Italian seasoning. Sauté tomatoes until they begin to soften and skin wrinkles. Add Zucchini strips to the pan. Cover and cook for about 5 minutes, stirring 2-3 times. Serve warm!



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