

WHAT TO EAT?



21 DAYS PRAYER +
FASTING

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

- $\frac{1}{2}$ - $\frac{3}{4}$ cup mixed berries (any combination of raspberry, blackberry, or blueberry)
- 2 scoops whey protein powder (optional)
- $\frac{1}{2}$ 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 $\frac{1}{2}$ cups whole wheat flour
- 1 cup steel cut oats
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- 1 (12- ounce) can apple juice concentrated (no sugar added apple juice concentrate, thawed)
- 1 teaspoon vanilla extract
- 1 $\frac{1}{2}$ cups apples, chopped and peeled
- 2 large ripe bananas, sliced
- 4 large dates

Preheat oven to 350. Blend the bananas, dates, and $\frac{1}{2}$ 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 $\frac{1}{2}$ cups water
- 1 cup apples, peeled and chopped
- $\frac{1}{2}$ 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

Easy Sheet Pan Dinner

This easy sheet pan dinner is filled with healthy vegetables and fresh flavor! Throw it all in the oven while you cook rice or quinoa. Dinnertime win!

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Ingredients:

1 crown broccoli (1/2 pound)

1 medium red onion

1 1/2 pounds sweet potatoes (about 2 medium large)

1-pound red potatoes (about 2 medium)

1 red bell pepper

1 15-ounce can chickpeas (or 1 ½ cups cooked)

4 tablespoons olive oil

2 teaspoons garlic powder

2 teaspoons Old Bay seasoning* (homemade = 1 teaspoon paprika and ½ teaspoon celery salt)

1 tablespoon Italian seasoning

1 teaspoon kosher salt

1 lemon

Rice, Quinoa, Couscous, Israeli couscous or Seasoned Lentils, to serve (optional)

Dollop of hummus to serve (optional)

Instructions:

Adjust the oven racks for roasting 2 trays. Preheat the oven to 450 degrees Fahrenheit. Chop the broccoli. Cut the onion into thick slices. Dice the potatoes. Dice the red pepper. Place all the vegetables in a large bowl. Drain and rinse the chickpeas, then add them to the bowl. Mix in the olive oil, garlic powder, Old Bay, Italian seasoning, and kosher salt until everything is evenly coated. Line two baking sheets with parchment paper (we prefer this to silicone baking mats because it results in crispier veggies). Spread the vegetables evenly onto each sheet. Place into the oven and bake for 20 minutes (do not stir!). Remove the pans from the oven, rotate them, and roast another 10 minutes (for 30 minutes total) until tender and lightly browned on one side. Cut the lemon into wedges and spritz the veggies with fresh lemon juice to taste. (Required: this step adds just the right zing! Or you can serve with lemon wedges.) Transfer to a serving bowl or dish and serve immediately with rice or quinoa. Dollop with hummus.

Mexican Sweet Potatoes

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

- 4 medium sweet potatoes
- Olive oil, for rubbing
- Kosher salt
- 1 recipe Black Bean Pico de Gallo (recipe below)
- 1/2 cup frozen corn kernels
- A dressing of your liking, to serve (plus a few extra cilantro leaves)
- Mexican hot sauce (such as Cholula), to serve

Instructions:

Preheat oven to 450°F.

Wash the sweet potatoes and slice them in half. Place on a parchment paper lined baking sheet and rub lightly with olive oil, just enough to coat. Sprinkle with kosher salt. Bake until tender and lightly browned on the edges, about 25 to 35 minutes depending on the size of the potatoes.

Make the Black Bean Pico de Gallo. Heat the frozen corn. To serve, top the roasted sweet potatoes with Black Bean Pico de Gallo, corn, and cilantro

Black Bean Pico de Gallo

- 1 pound ripe tomatoes
- 1/2 cup red onion, minced
- 1/4 cup cilantro, finely chopped
- 1 jalapeño pepper
- 15-ounce can black beans
- 1 lime (2 tablespoons juice)
- 1/2 teaspoon kosher salt, plus more to taste

Instructions:

Dice the tomatoes. Mince the red onion. Finely chop the cilantro. Remove the ribs and seeds of the jalapeño pepper and finely chop it. Drain and rinse the black beans. Juice the lime.

In a bowl, add tomato, red onion, cilantro, jalapeño, black beans, lime juice, and kosher salt. Stir to combine and add kosher salt to taste.

Easy Kale Soup

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Total Time: 30 minutes

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon salted butter (or olive oil)
- 1 large white onion, diced
- 1 medium carrot, peeled and diced
- 2 28-ounce cans diced fire roasted tomatoes*
- 4 cups vegetable broth
- 2 15-ounce cans white beans, drained and rinsed
- 1 ½ teaspoons dried fennel seed, crushed with fingers, divided
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 1 ½ teaspoon kosher salt, divided
- 2 bunches Tuscan kale (or 1 large bunch curly kale), chopped
- Shredded Parmesan or Pecorino Romano cheese for serving, optional

Instructions

Prepare the onion and carrot as noted above.

In a large pot or Dutch oven, heat the olive oil and butter (or all olive oil) over medium high heat. Add the onion and carrots and sauté for 5 to 7 minutes until tender.

Add the diced tomatoes, vegetable broth and beans. Bring to a steady simmer, then add 1 teaspoon of the fennel seed, along with the dried oregano, smoked paprika and kosher salt. Simmer 12 minutes. (Meanwhile, chop the kale.)

Add the kale and simmer additional 2 to 3 minutes until the kale is tender. Add the additional ½ teaspoon crushed fennel seed. Taste a cooled spoonful and add up to ½ teaspoon additional kosher salt (depending on the salt level of your broth and beans), until the flavor pops.

Serve immediately with grated Parmesan or Pecorino Romano cheese, if you're eating cheese.

2026 RECIPE BOOK



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