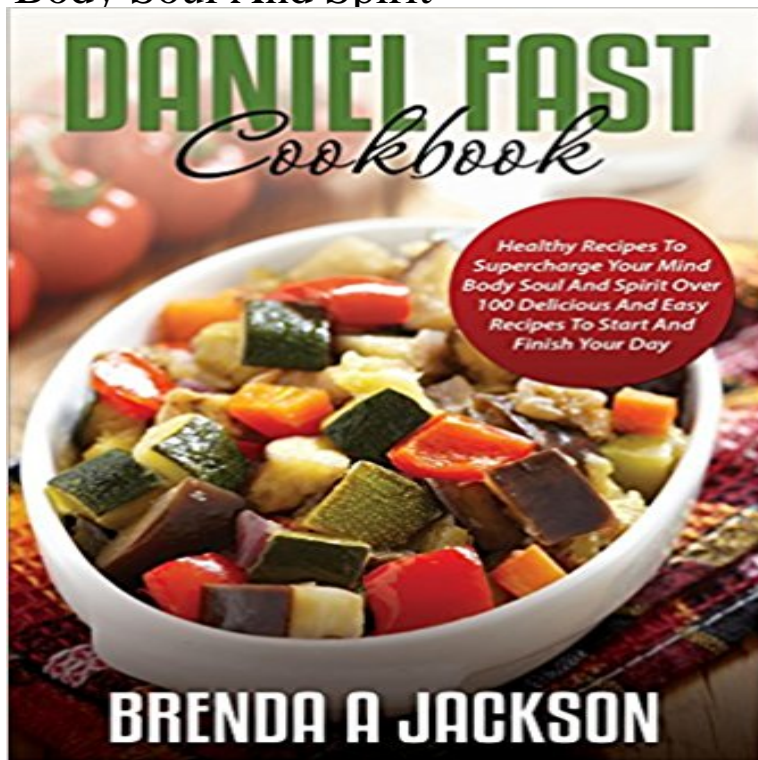


The Daniel Fast Cookbook: Healthy Recipes To Supercharge Your Mind Body Soul And Spirit



Daniel Fast Cookbook: Healthy Recipes to Supercharge Your Mind Body Soul and Spirit - Over 100 Delicious and Easy Recipes to Start and Finish Your Day

Join the thousands of people who are fasting in the way Daniel fasted by preparing easy and tasty meals that will satisfy your physical hunger as you draw closer to God. These recipes will help to transform your health from the inside out. Filled with easy instructions The Daniel Fast Cookbook includes breakfast recipes, lunch recipes, dinner recipes, salads and more. Filled with over 100 healthy recipes to supercharge your mind, body, soul and spirit. Even the most spiritual person might feel distanced from God and the spirit world at some point. Participating in the Daniel Fast can be a way to get your life back on track. When you follow the Daniel Fast, you are emulating the actions of Daniel, one of the great persons from history detailed in the Bible. The Daniel Fast encourages vegetables, fruits and whole grains, so you are eating a variety of healthy foods and taking care of your body.

When you decide to take on the Daniel Fast, you will be eliminating all animals from your diet. For people who have wanted to become a vegan or vegetarian for some time, this can be the source of support that you needed. The Daniel Fast is not only good for your spiritual and mental health, but it can help your body to grow stronger and leaner. This fast eliminates a number of unhealthy and fatty foods from your diet. Some of these items include French fries, butter, meat in general, sugar and so forth. These foods can pack on the pounds and slow you down. Some of the topics covered in this book: The Daniel Fast: Why Fast Connecting to God Long Term Success Cutting out The Fat Caring for Gods Creation Vegan or Vegetarian Lifestyle And Much More.. Daniel Sweet Potato and Lentil Soup wholemeal bread, to serve 100g red lentils 1 garlic

clove, peeled and thinly sliced 1 1/2 cups
hot low-salt vegetable stock 1 onion,
peeled and chopped in small chunks 1
teaspoon cumin seeds Daniel Sweet
Potato Salad 1/4 cup raisins (this is
optional) 1/2 cup extra-virgin olive oil 2
tsp. ground cumin 1 tsp grated orange zest
1/2 cup sliced scallion A Healthy Diet
after the Daniel Fast We all love to eat
good, home-cooked meals, but with our
busy lifestyles, who has the time or energy
to make them anymore? Now in the Daniel
Fast cookbook author Brenda Jackson offer
you a way to cook hearty, delicious meals
from scratch every day- with very little
effort or attention that you will love and
enjoy. More Examples of the tasty and
delicious Daniel Fast Recipes in this book:

Scrambled Tofu Mediterranean Roasted
Vegetable Wrap Parfait for Breakfast
Vegetable Stir-fry Celebrity Style Risotto
Stuffed with Ramiro Peppers And Much
More.. The Daniel Fast Cookbook also
provides a variety of healthy and delicious
recipes to continue after the Daniel Fast.

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