



21-Day Daniel Fast Journal

Blessed are those who hunger and thirst for
righteousness, for they shall be satisfied.

Matthew 5:6



Steps to Fasting

Define Your Purpose

Fasting begins with understanding your “why.” Ask yourself:

- What is my spiritual goal?
- Am I seeking clarity, breakthrough, healing, or a deeper connection with God?

Take time to pray and write down your intentions for the fast. Anchor your purpose in scripture, such as:

- “But seek first his kingdom and his righteousness, and all these things will be given to you as well.” (Matthew 6:33)
- Your purpose will keep you focused and steadfast during the fast.

Prepare your Heart

Fasting is more than abstaining from food; it’s about drawing near to God.

Here’s how to prepare spiritually:

- Confess and Repent:
 - Seek forgiveness for any sin. Enter the fast with a clean heart.
 - “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9)
- Pray and Seek God:
 - Dedicate time to prayer, worship, and reading scripture.
 - Choose passages that align with your purpose, such as Isaiah 58 or Matthew 6.
- Eliminate Distractions:
 - Simplify your schedule to focus on God.
 - Limit social media or activities that can pull you away from prayer and reflection.

FASTING GOALS

PRAYER

Day 1

Old Testament: Genesis 1-2

New Testament: Matthew 1

Psalms: Psalm 1

Proverbs: Proverbs 1:1-3

REFLECTION

TODAYS MEALS

Breakfast: Smoothie with almond milk, spinach, banana, and frozen berries.

Lunch: Salad with mixed greens, avocado, cucumbers, and a lemon-tahini dressing.

Dinner: Brown rice with stir-fried vegetables (broccoli, bell peppers, carrots) and coconut aminos.

Snacks: A handful of raw nuts (almonds, walnuts, cashews).

NOTES

PRAYER

Day 2

Old Testament: Genesis 3-5

New Testament: Matthew 2

Psalms: Psalm 2

Proverbs: Proverbs 1:4-6

REFLECTION

TODAYS MEALS

Breakfast: Chia pudding with almond milk, strawberry, and a sprinkle of flaxseed.

Lunch: Pinto bean and avocado salad with diced tomatoes, onion and a lime vinaigrette.

Dinner: Roasted spaghetti squash with marinara sauce and sauteed spinach

Snacks: A handful of raw nuts (almonds, walnuts, cashews).

NOTES

PRAYER

Day 3

Old Testament: Genesis 6-8

New Testament: Matthew 3

Psalms: Psalm 3

Proverbs: Proverbs 1:7-9

REFLECTION

TODAYS MEALS

Breakfast: Oatmeal with almond milk, bananas, and chia seeds.

Lunch: Stuffed bell peppers with pinto beans, diced squash, and onions.

Dinner: Quinoa bowl with roasted butternut squash avocado slices and a drizzle of olive oil.

Snacks: Fresh fruit

NOTES

PRAYER

Day 4

Old Testament: Genesis 9-11

New Testament: Matthew 4

Psalms: Psalm 4

Proverbs: Proverbs 1:10-12

TODAYS MEALS

Breakfast: Sliced avocado on whole-grain flatbread with sea salt and black pepper.

Lunch: Zucchini noodles with avocado-tomato salsa.

Dinner: Roasted vegetable medley (squash, tomatoes, onions) with quinoa.

Snacks: Sliced cucumber with lime

REFLECTION

NOTES

PRAYER

Day 5

Old Testament: Genesis 12-14

New Testament: Matthew 5:1-20

Psalms: Psalm 5

Proverbs: Proverbs 1:13-15

REFLECTION

TODAYS MEALS

Breakfast: Smoothie with almond milk, spinach, banana, and frozen berries.

Lunch: Squash and pinto bean stew with a side of grapes.

Dinner: Brown rice with sautéed squash, onions, and pinto beans.

Snacks: Blueberries

NOTES

PRAYER

Day 6

Old Testament: Genesis 15-17

New Testament: Matthew 5:21-48

Psalms: Psalm 6

Proverbs: Proverbs 1:16-18

REFLECTION

TODAYS MEALS

Breakfast: Chia pudding with almond milk, strawberry, and a sprinkle of flaxseed.

Lunch: Quinoa salad with tomatoes, cucumber, and pinto beans.

Dinner: Spaghetti squash with marinara and roasted onions.

Snacks: Handful of sunflower seeds.

NOTES

PRAYER

Day 7

Old Testament: Genesis 18-19

New Testament: Matthew 6

Psalms: Psalm 7

Proverbs: Proverbs 1:19-21

REFLECTION

TODAYS MEALS

Breakfast: Sliced avocado on whole-grain flatbread with sea salt and black pepper.

Lunch: Roasted Butternut Squash Soup

Dinner: Meatless Tacos

Snacks: A handful of raw nuts (almonds, walnuts, cashews).

NOTES

PRAYER

Day 8

Old Testament: Genesis 20-22

New Testament: Matthew 7

Psalms: Psalm 8

Proverbs: Proverbs 1:22-24

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 9

Old Testament: Genesis 23-24

New Testament: Matthew 8:1-17

Psalms: Psalm 9

Proverbs: Proverbs 1:25-27

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 10

Old Testament: Genesis 25-26

New Testament: Matthew 8:18-34

Psalms: Psalm 10

Proverbs: Proverbs 1:28-30

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 11

Old Testament: Genesis 27-28

New Testament: Matthew 9:1-17

Psalms: Psalm 11

Proverbs: Proverbs 1:31-33

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 12

Old Testament: Genesis 29-30

New Testament: Matthew 9:18-38

Psalms: Psalm 12

Proverbs: Proverbs 2:1-5

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 13

Old Testament: Genesis 31-32

New Testament: Matthew 10:1-23

Psalms: Psalm 13

Proverbs: Proverbs 2:6-8

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 14

Old Testament: Genesis 33-35

New Testament: Matthew 10:24-42

Psalms: Psalm 14

Proverbs: Proverbs 2:9-11

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 15

Old Testament: Genesis 36-37

New Testament: Matthew 11

Psalms: Psalm 15

Proverbs: Proverbs 2:12-15

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 16

Old Testament: Genesis 38-40

New Testament: Matthew 12:1-21

Psalms: Psalm 16

Proverbs: Proverbs 2:16-18

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 17

Old Testament: Genesis 41-42

New Testament: Matthew 12:22-50

Psalms: Psalm 17

Proverbs: Proverbs 2:19-22

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 18

Old Testament: Genesis 43-45

New Testament: Matthew 13:1-23

Psalms: Psalm 18:1-15

Proverbs: Proverbs 3:1-3

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 19

Old Testament: Genesis 46-47

New Testament: Matthew 13:24-43

Psalms: Psalm 18:16-36

Proverbs: Proverbs 3:4-6

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 20

Old Testament: Genesis 48-50

New Testament: Matthew 13:44-58

Psalms: Psalm 18:37-50

Proverbs: Proverbs 3:7-8

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

PRAYER

Day 21

Old Testament: Exodus 1-3

New Testament: Matthew 14:1-21

Psalms: Psalm 19

Proverbs: Proverbs 3:9-1

REFLECTION

TODAYS MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

NOTES

Recipe

Breakfast: Smoothie with Almond Milk, Spinach, Banana, and Frozen Berries

Ingredients:

- 1 cup almond milk (unsweetened or your choice)
- 1 cup fresh spinach leaves
- 1 banana (peeled)
- 1 cup frozen mixed berries (blueberries, raspberries, strawberries, etc.)
- Optional: 1 tablespoon chia seeds or protein powder for extra nutrients

INSTRUCTIONS

1. Prepare Blender:
Add almond milk to your blender first to help with blending.
2. Add Ingredients:
Layer spinach, banana, and frozen berries into the blender.
3. Blend:
Blend on high until smooth and creamy. If the mixture is too thick, add a splash more almond milk to adjust the consistency.
4. Serve: Pour into a glass and enjoy immediately!

Recipe

Breakfast: Chia Pudding with Almond Milk, Strawberry, and a Sprinkle of Flaxseed

Ingredients:

- 1/4 cup chia seeds
- 1 cup almond milk (unsweetened or your choice)
- 1/2 cup strawberries (sliced)
- 1 tablespoon ground flaxseed

INSTRUCTIONS

1. Mix Chia Seeds:

- In a small bowl or jar, combine chia seeds and almond milk. Stir well to ensure the seeds don't clump.

2. Refrigerate:

- Cover and refrigerate for at least 2 hours or overnight for a thicker consistency. Stir again after 15 minutes to redistribute the seeds evenly.

3. Top and Serve:

- Once the chia pudding has set, give it a stir.
- Top with sliced strawberries and a sprinkle of ground flaxseed.

Recipe

Breakfast: Oatmeal with Almond Milk, Bananas, and Chia Seeds

Ingredients:

- 1/2 cup rolled oats
- 1 cup almond milk (unsweetened)
- 1 banana (sliced)
- 1 teaspoon chia seeds

INSTRUCTIONS

1. Cook the Oatmeal:

- In a small saucepan, combine rolled oats and almond milk.
- Bring to a boil over medium heat, then reduce heat to low and simmer for 5-7 minutes, stirring occasionally until the oats are soft and creamy.

2. Assemble:

- Transfer the cooked oatmeal to a bowl.
- Top with sliced bananas and sprinkle with chia seeds.

3. Serve: Enjoy warm for a nutritious start to your day.

Recipe

Breakfast: Sliced Avocado on Whole-Grain Flatbread with Sea Salt and Black Pepper

Ingredients:

- 1 whole-grain flatbread (or whole-grain toast)
- 1/2 avocado (sliced)
- Pinch of sea salt
- Pinch of black pepper
- Optional: Drizzle of olive oil or sprinkle of red pepper flakes

INSTRUCTIONS

1. Prepare Flatbread:
 - Warm the whole-grain flatbread in a skillet over low heat for 1-2 minutes on each side, or toast it lightly if preferred.
2. Slice Avocado:
 - Cut the avocado in half, remove the pit, and scoop out the flesh.
 - Slice the avocado into thin pieces.
3. Assemble:
 - Lay the avocado slices evenly across the flatbread.
 - Sprinkle with a pinch of sea salt and black pepper.
4. Optional Additions:
 - Drizzle with a small amount of olive oil for extra flavor.
 - Add red pepper flakes if you like a little heat.
5. Serve: Enjoy immediately for a simple and nutritious breakfast.

Recipe

Lunch: Salad with Mixed Greens, Avocado, Cucumbers, and Lemon-Tahini Dressing

Ingredients:

For the Salad:

- 2 cups mixed greens (e.g., spinach, arugula, kale)
- 1/2 avocado (sliced or diced)
- 1/2 cucumber (sliced thinly)
- Optional: Cherry tomatoes, shredded carrots, or nuts for extra crunch.

For the Lemon-Tahini Dressing:

- 2 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1 teaspoon olive oil
- Pinch of salt and pepper
- 1-2 tablespoons water (to thin out the dressing)

INSTRUCTIONS

1. Make the Dressing:

- In a small bowl, whisk together tahini, lemon juice, olive oil, and maple syrup (if using).
- Add water 1 tablespoon at a time until the dressing reaches your desired consistency.
- Season with salt and pepper to taste.

2. Assemble the Salad:

- Place mixed greens in a large bowl.
- Top with sliced avocado and cucumber.

3. Dress the Salad:

- Drizzle the lemon-tahini dressing over the salad.
- Toss gently to coat or leave the dressing on the side if preferred.

4. Serve: Enjoy immediately for a light and refreshing lunch.

Recipe

Lunch: Pinto Bean and Avocado Salad with Diced Tomatoes, Onion, and Lime Vinaigrette

Ingredients:

For the Salad:

- 1 cup cooked pinto beans (rinsed if using canned)
- 1 avocado (diced)
- 1 medium tomato (diced)
- 1/4 cup red or white onion (diced)
- Optional: Chopped cilantro for garnish

For the Lime Vinaigrette:

- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1/2 teaspoon cumin powder
- Pinch of salt and pepper

INSTRUCTIONS

1. Prepare the Salad:

- In a large bowl, combine pinto beans, diced avocado, tomato, and onion.
- Gently toss to mix without mashing the avocado.

2. Make the Vinaigrette:

- In a small bowl, whisk together lime juice, olive oil, cumin powder, salt, and pepper.

3. Dress the Salad:

- Pour the vinaigrette over the salad and toss gently to coat.
- Sprinkle with chopped cilantro if desired.

4. Serve: Enjoy immediately as a refreshing and nutritious lunch.

Recipe

Lunch: Stuffed Bell Peppers with Pinto Beans, Diced Squash, and Onions

Ingredients:

- 2 large bell peppers (any color, halved and seeds removed)
- 1 cup cooked pinto beans (rinsed if canned)
- 1 cup diced squash (zucchini, yellow squash, or your choice)
- 1/2 cup diced onion
- 1 tablespoon olive oil
- 1/2 teaspoon cumin
- 1/4 teaspoon paprika
- Pinch of salt and pepper

INSTRUCTIONS

1. Preheat Oven:
 - Preheat your oven to 375°F (190°C).
2. Prepare the Filling:
 - Heat olive oil in a skillet over medium heat.
 - Add diced onion and sauté for 2-3 minutes until softened.
 - Add diced squash and cook for another 3-4 minutes until tender.
 - Stir in pinto beans, cumin, paprika, salt, and pepper. Cook for 2 minutes, mixing well.
3. Prepare Bell Peppers:
 - Place the halved bell peppers on a baking sheet lined with parchment paper or in a baking dish.
 - Spoon the prepared filling evenly into each bell pepper half.
4. Bake:
 - Bake in the preheated oven for 25-30 minutes until the peppers are tender.
 - Optional: In the last 5 minutes, sprinkle shredded cheese on top if using and return to the oven to melt.
5. Serve warm and enjoy!

Recipe

Lunch: Zucchini Noodles with Avocado-Tomato Salsa

Ingredients:

For the Zucchini Noodles:

- 2 medium zucchinis
- 1 tablespoon olive oil
- Pinch of salt and pepper

For the Avocado-Tomato Salsa:

- 1 ripe avocado (diced)
- 1 cup cherry tomatoes (halved)
- 1/4 cup red onion (finely diced)
- 1 tablespoon fresh lime juice
- 1 tablespoon fresh cilantro (chopped)
- Pinch of salt and pepper

INSTRUCTIONS

1. Prepare Zucchini Noodles:

- Use a spiralizer, julienne peeler, or vegetable peeler to create long zucchini noodles.
- Heat olive oil in a large skillet over medium heat.
- Add the zucchini noodles and sauté for 2-3 minutes until slightly tender. Avoid overcooking to maintain a slight crunch.
- Season with a pinch of salt and pepper.

2. Prepare Avocado-Tomato Salsa:

- In a bowl, combine diced avocado, halved cherry tomatoes, and finely diced red onion.
- Add lime juice, chopped cilantro, salt, and pepper. Gently mix to combine.

3. Assemble the Dish:

- Place the zucchini noodles on a plate or in a bowl.
- Top with the avocado-tomato salsa.

4. Serve: Enjoy as a light and refreshing lunch.

Recipe

Lunch: Roasted Butternut Squash Soup

Ingredients:

- 1 medium butternut squash (about 2 lbs, peeled, seeded, and cubed)
- 1 tablespoon olive oil
- 1 small onion (diced)
- 2 garlic cloves (minced)
- 3 cups vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup coconut milk (or almond milk for a lighter option)
- Salt and pepper to taste
- Optional: Pumpkin seeds or croutons for garnish

INSTRUCTIONS

1. Preheat Oven:

- Preheat your oven to 400°F (200°C).

1. Roast the Squash:

- Toss the cubed butternut squash with olive oil, salt, and pepper.
- Spread evenly on a baking sheet and roast for 25-30 minutes, flipping halfway, until tender and slightly caramelized.

2. Sauté Aromatics:

- In a large pot, heat 1 tablespoon olive oil over medium heat.
- Add diced onion and sauté for 3-4 minutes until softened.
- Add minced garlic and cook for 1 more minute.

3. Simmer the Soup:

- Add the roasted squash, vegetable broth, cinnamon, and nutmeg to the pot. Stir and bring to a simmer.
- Cook for 10 minutes to let the flavors combine.

4. Blend the Soup:

- Use an immersion blender to purée the soup until smooth, or carefully transfer it to a blender in batches.

5. Add Coconut Milk:

- Stir in the coconut milk, then taste and adjust seasoning with salt and pepper.

6. Serve:

- Serve warm, garnished with pumpkin seeds or croutons if desired.

Recipe

Lunch: Squash and Pinto Bean Stew
with a Side of Grapes

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup onion (diced)
- 1 garlic clove (minced)
- 1 cup squash (cubed, any type like zucchini or yellow squash)
- 1 cup cooked pinto beans (rinsed if using canned)
- 1 cup vegetable broth or water
- 1/2 teaspoon cumin
- 1/4 teaspoon smoked paprika
- Pinch of salt and pepper
- 1/2 cup cherry tomatoes (halved)
- 1 cup grapes (as a side)

INSTRUCTIONS

1. Sauté Aromatics:

- Heat olive oil in a medium pot over medium heat.
- Add diced onion and minced garlic. Sauté for 2-3 minutes until softened and fragrant.

2. Cook Squash:

- Add the cubed squash to the pot and sauté for another 3-4 minutes.

3. Add Beans and Broth:

- Stir in the pinto beans, vegetable broth, cumin, smoked paprika, salt, and pepper.
- Bring to a simmer and cook for 10-15 minutes, allowing the flavors to meld and the squash to soften.

4. Add Tomatoes:

- Stir in the halved cherry tomatoes during the last 5 minutes of cooking.

5. Serve: Ladle the stew into a bowl and serve warm with a side of fresh grapes for a light and balanced lunch.

Recipe

Lunch: Quinoa Salad with Tomatoes, Cucumber, and Pinto Beans

Ingredients:

- 1/2 cup quinoa (uncooked)
- 1 cup water or vegetable broth (for cooking quinoa)
- 1 cup cherry tomatoes (halved)
- 1/2 cucumber (diced)
- 1 cup cooked pinto beans (rinsed if using canned)
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon dried oregano (optional)
- Pinch of salt and pepper

INSTRUCTIONS

1. Cook the Quinoa:
 - Rinse the quinoa under cold water.
 - In a medium saucepan, combine quinoa and water or vegetable broth. Bring to a boil.
 - Reduce heat to low, cover, and simmer for 15 minutes, or until the liquid is absorbed. Fluff with a fork and let cool.
2. Prepare Vegetables:
 - Halve the cherry tomatoes and dice the cucumber.
3. Combine Ingredients:
 - In a large bowl, mix the cooked quinoa, cherry tomatoes, cucumber, and pinto beans.
4. Make the Dressing:
 - In a small bowl, whisk together olive oil, lemon juice, oregano (if using), salt, and pepper.
5. Assemble Salad:
 - Pour the dressing over the quinoa mixture and toss gently to combine.
6. Serve:
 - Serve immediately or chill in the refrigerator for a refreshing lunch.

Recipe

Dinner: Quinoa Bowl with Roasted Butternut Squash, Avocado Slices, and a Drizzle of Olive Oil

Ingredients:

- 1/2 cup quinoa (uncooked)
- 1 cup water or vegetable broth (for cooking quinoa)
- 1 cup diced butternut squash
- 1/2 avocado (sliced)
- 1 tablespoon olive oil (plus extra for roasting squash)
- Pinch of salt and pepper
- Optional: Lemon or lime wedge for a fresh squeeze

INSTRUCTIONS

1. Cook the Quinoa:

- Rinse quinoa under cold water to remove bitterness.
- In a small saucepan, combine quinoa and water or broth. Bring to a boil.
- Reduce heat to low, cover, and simmer for 15 minutes or until the liquid is absorbed. Fluff with a fork.

2. Roast the Butternut Squash:

- Preheat your oven to 400°F (200°C).
- Place diced butternut squash on a baking sheet, drizzle with olive oil, and season with salt and pepper.
- Roast for 20-25 minutes, flipping halfway through, until tender and slightly caramelized.

3. Assemble the Bowl:

- In a bowl, add a base of cooked quinoa.
- Top with roasted butternut squash and sliced avocado.
- Drizzle with olive oil and add a pinch of salt and pepper to taste.

4. Optional Additions:

- Squeeze a lemon or lime wedge over the bowl for brightness.

5. Serve: Enjoy your healthy and satisfying quinoa bowl!

Recipe

Dinner: Roasted Spaghetti Squash with Marinara Sauce and Sautéed Spinach

Ingredients:

For the Spaghetti Squash:

- 1 medium spaghetti squash
- 1 tablespoon olive oil
- Pinch of salt and pepper

For the Marinara Sauce:

- 1 cup marinara sauce (store-bought or homemade)

For the Sautéed Spinach:

- 2 cups fresh spinach
- 1 teaspoon olive oil
- 1 clove garlic (minced)
- Pinch of salt

INSTRUCTIONS

1. Roast the Spaghetti Squash:
 - Preheat oven to 400°F (200°C).
 - Slice the spaghetti squash in half lengthwise and scoop out the seeds.
 - Drizzle the cut sides with olive oil and sprinkle with salt and pepper.
 - Place cut-side down on a baking sheet lined with parchment paper.
 - Roast for 30-40 minutes until tender and strands easily separate with a fork.
2. Heat the Marinara Sauce:
 - Warm marinara sauce in a small saucepan over low heat.
3. Sauté the Spinach:
 - Heat olive oil in a skillet over medium heat.
 - Add minced garlic and sauté for 30 seconds.
 - Add spinach and cook until wilted, about 2-3 minutes. Season with a pinch of salt.
4. Assemble the Dish:
 - Use a fork to scrape the roasted spaghetti squash into strands and transfer to a plate.
 - Top with warm marinara sauce and sautéed spinach.
5. Serve: Garnish with fresh basil enjoy!

Recipe

Dinner: Brown Rice with Stir-Fried Vegetables and Coconut Aminos

Ingredients:

- 1 cup brown rice (uncooked)
- 2 cups water or vegetable broth (for extra flavor)
- 1 cup broccoli florets
- 1/2 bell pepper (sliced into strips)
- 1/2 cup carrots (sliced thinly or julienned)
- 1-2 tablespoons coconut aminos
- 1 tablespoon olive oil or avocado oil
- 1 teaspoon sesame oil (optional, for flavor)
- 1 clove garlic (minced)
- 1 teaspoon fresh ginger (grated, optional)

INSTRUCTIONS

1. Cook the Brown Rice:
 - Rinse the brown rice under cold water.
 - In a medium saucepan, combine rice and water. Bring to a boil, then reduce heat to low, cover, and simmer for about 40 minutes or until tender. Set aside.
2. Prep the Vegetables:
 - Wash and cut the broccoli, bell pepper, and carrots into bite-sized pieces.
3. Stir-Fry the Vegetables:
 - Heat olive oil in a large skillet or wok over medium-high heat.
 - Add minced garlic and grated ginger (if using) and stir-fry for about 30 seconds until fragrant.
 - Add broccoli, bell pepper, and carrots. Stir-fry for 5-7 minutes until vegetables are tender but still crisp.
4. Season:
 - Add coconut aminos and sesame oil (if using) to the vegetables. Stir well to coat and heat for 1-2 minutes.
5. Combine:
 - Serve the stir-fried vegetables over a bed of warm brown rice.
6. Serve: Garnish with sesame seeds or green onions if desired, and enjoy!

Recipe

Dinner: Roasted Vegetable Medley
with Quinoa

Ingredients:

For the Vegetables:

- 1 cup squash (cubed, any type like zucchini or yellow squash)
- 1 cup cherry tomatoes
- 1/2 cup red onion (sliced)
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Pinch of salt and pepper

For the Quinoa:

- 1/2 cup quinoa (uncooked)
- 1 cup water or vegetable broth (for cooking)

INSTRUCTIONS

1. Prepare and Roast Vegetables:

- Preheat the oven to 400°F (200°C).
- In a bowl, combine squash, cherry tomatoes, and sliced red onion.
- Drizzle with olive oil and season with oregano, garlic powder, salt, and pepper. Toss to coat.
- Spread the vegetables evenly on a baking sheet lined with parchment paper.
- Roast for 20-25 minutes, stirring halfway through, until tender and slightly caramelized.

2. Cook Quinoa:

- Rinse quinoa under cold water to remove bitterness.
- In a small saucepan, combine quinoa and water or vegetable broth. Bring to a boil.
- Reduce heat to low, cover, and simmer for 15 minutes or until the liquid is absorbed. Fluff with a fork.

3. Assemble the Dish:

- Place a serving of quinoa on a plate or in a bowl.
- Top with the roasted vegetable medley.

4. Optional Additions:

- Drizzle with olive oil or balsamic glaze for extra flavor.
- Garnish with fresh herbs like parsley or basil if desired.

5. Serve: Enjoy warm for a satisfying dinner.

Recipe

Dinner: Brown Rice with Sautéed Squash, Onions, and Pinto Beans

Ingredients:

- 1/2 cup brown rice (uncooked)
- 1 cup water or vegetable broth (for cooking rice)
- 1 tablespoon olive oil
- 1/2 cup onion (sliced or diced)
- 1 cup squash (sliced into half-moons or diced)
- 1 cup cooked pinto beans (rinsed if using canned)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- Pinch of salt and pepper

INSTRUCTIONS

1. Cook the Brown Rice:
 - Rinse the brown rice under cold water.
 - In a small pot, combine rice and water or vegetable broth. Bring to a boil.
 - Reduce heat to low, cover, and simmer for 40-45 minutes until the rice is tender. Fluff with a fork.
2. Sauté Vegetables:
 - Heat olive oil in a large skillet over medium heat.
 - Add sliced onion and cook for 2-3 minutes until softened.
 - Add the squash and sauté for another 5-7 minutes until tender and lightly browned.
3. Add Pinto Beans:
 - Stir in the pinto beans, garlic powder, paprika, salt, and pepper. Cook for 2-3 minutes to heat the beans through and combine the flavors.
4. Assemble the Dish:
 - Serve the sautéed squash, onions, and pinto beans over a bed of warm brown rice.
 -
5. Serve:
 - Enjoy immediately for a hearty and nutritious dinner.

Recipe

Dinner: Spaghetti Squash with
Marinara and Roasted Onions

Ingredients:

- 1 medium spaghetti squash
- 1 cup marinara sauce (store-bought or homemade)
- 1 large onion (sliced into rings)
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- Pinch of salt and pepper
- Optional: Fresh basil for garnish

INSTRUCTIONS

1. Prepare and Roast Spaghetti Squash:
 - Preheat the oven to 400°F (200°C).
 - Cut the spaghetti squash in half lengthwise and remove the seeds.
 - Drizzle the cut sides with olive oil, and sprinkle with salt and pepper.
 - Place cut-side down on a baking sheet lined with parchment paper and roast for 30-40 minutes, or until tender.
 - Use a fork to scrape out the squash into strands once cooked.
2. Roast the Onions:
 - Place the onion slices on a separate baking sheet.
 - Drizzle with olive oil, sprinkle with garlic powder, salt, and pepper, and toss to coat.
 - Roast in the oven alongside the spaghetti squash for 20-25 minutes, stirring once halfway through.
3. Heat the Marinara Sauce:
 - Warm the marinara sauce in a small saucepan over low heat.
4. Assemble the Dish:
 - Place the spaghetti squash strands on a plate or in a bowl.
 - Top with warm marinara sauce and roasted onions.
5. Serve:
 - Garnish with fresh basil if desired and enjoy warm.

Recipe

Dinner: Meatless Tacos

Ingredients:

For the Filling:

- 1 tablespoon olive oil
- 1/2 cup onion (diced)
- 2 garlic cloves (minced)
- 1 cup cooked pinto beans (rinsed if using canned)
- 1 cup cooked quinoa (optional, for extra protein)
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon chili powder
- Pinch of salt and pepper

For the Tacos:

- 6 small corn or flour tortillas
- 1 cup shredded lettuce
- 1/2 cup diced tomatoes
- 1/2 avocado (sliced or diced)
- Optional: Salsa, lime wedges, or fresh cilantro for topping

INSTRUCTIONS

1. Prepare the Filling:

- Heat olive oil in a skillet over medium heat.
- Add diced onion and sauté for 3-4 minutes until softened.
- Add minced garlic and cook for another minute.
- Stir in pinto beans, cooked quinoa (if using), cumin, smoked paprika, chili powder, salt, and pepper.
- Cook for 5-7 minutes, stirring occasionally, until the mixture is heated through and well-seasoned.

2. Warm the Tortillas:

- Heat the tortillas in a dry skillet over medium heat for about 30 seconds on each side or wrap them in foil and warm in a low oven.

3. Assemble the Tacos:

- Fill each tortilla with the bean and quinoa mixture.
- Top with shredded lettuce, diced tomatoes, avocado, and any optional toppings like salsa or cilantro.

4. Serve:

- Serve immediately with lime wedges on the side for squeezing over the tacos.