

PRAYER & FASTING USING

# THE DANIEL'S FAST

21 DAYS OF TRANSFORMATION



**BOMA DAVE**

## WELCOME

If you have gone everywhere and tried everything and you're tired and want the peace, joy that has been promised by God, if you're ready to drop everything and get the way out, this guideline is for you. Read it and follow it and your life will not be the same.

Do me a favour, after going through this pamphlet, give it to someone else. Someone might need this information even more than you.

***GOD BLESS!***

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## DANIEL FAST GUIDELINE

### Welcome to the 21 Day Daniel Fast

I completed my second Daniel fast on the 1<sup>st</sup> of January 2022 and what I've gotten from it, I want everyone around me to experience it and more. I have shared this fast with so many people around me including friends, family, clients, and strangers. I've gotten so many testimonies and by God's grace I expect even more to take place.

The Fast forces you to remove all forms of distraction so you can hear from God directly and more clearly. You have more time to listen, comprehend and do what he requires from you. The Daniel Fast is based on Daniel 1 and Daniel 10, you can read more on it to get a better understanding and see the amazing experiences the Hebrew boys and Daniel had.

A lot of us have a lot of mental, financial, physical, and social challenges that we might not share. We also have a lot of hidden habits that we can't overcome. Maybe you know someone that is going through a lot or is self-destructive and would never do the fast themselves, I'm telling you this fast would change all of that. It's either your prayers would be answered or you would know what to do to fix the problems, or you would be content and have joy and peace even in the midst of your problems that you have never experienced before. For those that have health challenges, this fast also helps to fix some of the problems that you are facing including weight loss, high blood pressure, unexplainable health issues and so much more because we would be following a plant-based diet. Only things from the ground that God has made would be consumed.

I have come to the realization that this world is like a device, when you go to the store to buy almost any item, they always come with instructions on how to use the item. The instruction manual for this world is the Bible and everything we need to understand about the world, go through life, be financially stable and healthy are all in there. This fast guideline breaks it into smaller bits for you to start these 3 weeks and if you find it mind blowing, please continue. This fast should be a lifestyle. These are the things I hope you would understand: God wants us to know Him and understand Him – Jeremiah 9: 24

Obedience is more important to God than sacrifice – Isaiah 1: 10 -22 | Deut 26:16-19 | Zechariah 3:6-7

God does not need you to be poor but independent – Deuteronomy 15:4-6 | 1 Thes 4:11-12

God wants us to be healthy – Exodus 15: 26 | Deuteronomy 7: 11-15

God wants us to speak with Him and he is ready to answer – Jeremiah 33:3 | Isaiah 1: 18

God wants you to be free – 2 Timothy 2:26 | John 8:36

God wants to answer prayers and speak with us but we have things in our lives that are blocking this from happening. (Isaiah 59: 1-15) Have you been praying over and over again and things are not working? Does it feel like God is not hearing? Where is this joy, peace, and happiness you've heard so many times from the Bible that comes with the Holy Spirit, how come you are not experiencing it? Why are you still borrowing and struggling to make ends meet? Why does sickness always trouble you and your friends and family members?

WELCOME TO THE DANIEL FAST – This fast would change your life. Lastly, when you see what God has done for you through this fast, please share with others. There are so many people that need a change and breakthrough in their lives and have no idea where to start from, so please share this guideline with them and share your testimony. (Matthew 28: 19-20) **GOD BLESS YOU AS YOU START YOUR JOURNEY.**

## PREP PREP PREP

Some people start immediately and still make it but most of us start and fail mostly because we failed to get prepared before starting the fast. Even if it's just a day or two, you need to decide what you're doing, eating, where you would be going and people you would be associating with during the fast so you don't fall into temptations that are everywhere.

**1) MAKE UP YOUR MIND:** This is important, failing is not an option. Make up your mind that you would do the fast and by God's grace you would complete it. Like Daniel & his friends, they made up their minds not to eat the king's food before making arrangements for the alternative and God was with them. Start with your mind.



**2) PREPARE YOUR ENVIRONMENT:** I had a friend that didn't renew her DSTV subscription, I had other friends that deleted all the social media apps and games from their phone because they knew that they would be tempted. Someone also told me how they would avoid friends that always have gossip. Start removing the things and people around you that you know would not be of help to you during this time. Also avoid going to places and events that would bring temptation, it's only for 3 weeks so you will be fine.

**3) PREPARE YOUR FOOD:** A lot of times people start the fast and become so confused on what to eat and before you know it, they are taking things they aren't meant to. Buy your fruits and veggies before the fast day. Cook your base stew which is the most important recipe because you would use it to eat everything and also make porridges. If you're married and have kids that are not joining you, make a separate pot and store it in your freezer. Also research online for plant-based recipes or Nigerian vegan food, you can even try experimenting some recipes before the fast so that you can figure out what you can take once you start.

**4) PREPARE YOUR JOURNAL:** You can use one of the many empty books in your house or buy an exercise book or you get a journal in the store strictly for the 21 days.

**5) PREPARE YOUR TIME:** One thing that gets overlooked is the prayer time. It's 3 times a day but if it is not planned properly, you would end up forgetting, getting too busy or ignore it completely. Set out times and put alarms on your phone or calendar that would remind you to pray at the set times you decide.

**6) PARTNER WITH SOMEONE:** Although this isn't compulsory, having someone do it with you also serves as some type of accountability for you. You can also start a group or ask your family to join you. The first time my friend called and said she wanted to fast for 21 days, I remember being scared but because she was with me, I knew that I could go through with it, she was in a different state, but we spoke regularly and that helped me. Hearing her struggles with food and mine too, we were able to figure things out together.

**7) PREPARE WITH GOD:** This is the most important, because we can't do this on our own, if we could, everyone would have been doing the fast by now. We need God to help us, like a friend told me, she said, "Boma the food isn't even

my problem, is the other things like complaining." Food might not be the problem, but there are other habits we engage in daily that we have to let go during this time, some people also have to let go of a lot of hurt and hate in their hearts and only God can help with that. Start telling God you can't do it on your own, start praying and speaking with Him, days before you start. If you feel you can't start, tell Him that too, He would give you the necessary strength.

## RESOURCES

**JOURNAL:** Get a book and list out all the things you would want God to help you with in your life during this fast. The 3 most important things to write in your prayer list are:

**1) ASK FOR CLARITY:** Yes, you have many things you want or think you need, ask God if these things you have listed out are His will for you, let Him know you're ready to let go of what you want and you would follow.

**2) ASK GOD HOW HE'S DOING:** God has feelings, I hope you know that, no one wants to always be badgered with requests constantly, but we seem to have no issue doing that with God. Have you ever prayed and just asked God how He is? This time during this fast, treat God how you would treat a loving parent and also how you would want to be treated.

**3) LIST THE THINGS YOU NEED TO SURRENDER:** We all have those things we know we shouldn't be doing and are finding hard to give up. It's time to surrender them, list them out, is it porn, masturbation, over eating, watching movies all day, laziness, procrastination, cheating, stealing, love of money, gossiping, complaining, anger, abusive nature, sex addictions, smoking, drinking, hatred & unforgiving spirits. List out all the things you can think of and surrender them to God. If you need to put it in a separate paper, then do that, kneel and pray over them and you can trash or burn it so no one sees.

Also write down a minimum of 7 people that you would pray for every day. This is essential so that your prayer doesn't have to always revolve around you. Look at it this way, if people around you are doing better financially, physically, mentally, and otherwise, who does it affect? I'm sure you see why praying for the success of others is just as essential as yourself. If it's only you that's okay,

everyone else's problem falls on you.

This Journal would also be used to chronicle what has happened to you each day during the fast. You will segment it into 2:

- 1) What you learned that day (From life and the bible plans)
- 2) What you are thankful for.

Trust me, you would be amazed when you go through it when you're done. So please get a book, jotter, or something you can use to write daily what's happening to you.

**FOOD:** During the next 21 days, these are the things you are allowed to eat: Brown Rice, Ofada Rice (Nigerian Brown Rice), Yam, Plantain, Beans, Irish Potatoes, Sweet Potatoes, Oats, Okro, Tofu, Mushrooms, Salted Popcorn, Vegetable Soups (without meat including crayfish), Olive oil, Coconut oil, All Fruits, All Nuts, All Seeds, and All Vegetables. (Yam, plantains, potatoes can be boiled or roasted)

**PLEASE NOTE:** If you cannot afford brown rice or have access to ofada, please you can take white rice. You can also use vegetable oil if you cannot afford Olive Oil and Coconut Oil. Please go to page 7 for more details.

**SPICES:** All natural spices can be used; please check the ingredient list of the spice you're using. If it is Thyme, there should not be any other agent in the ingredient list. Use bay leave, garlic powder, ginger, rosemary, coriander etc., but make sure they don't have preservatives.

**WATER:** Depending on your weight, drink 2-4 liters of water per day, this would also reduce hunger and remove toxins from your system.

**FRUITS, SEEDS & NUTS:** You can eat all fruits and all nuts, including boiled/roasted groundnuts, oranges, pineapples, watermelon, pawpaw, avocados, mangoes, sesame seeds, (For diabetics, please take more of citrus fruits and also research fruits that would not spike up your blood sugar)

These are the things you're not allowed to eat: No processed food (Ketchup, mayo, maggi, white flour, cakes, pasta etc.), bread, milk, milo or anything that has sugar (soft drinks, sweets, biscuits, ice cream etc.) Meat, chicken, fish (including crayfish), eggs, palm oil, and fried foods. **NO ALCOHOL & CAFFEINE OF ANY SORT** (Coffee, Tea, Wines, Gin, Champagne etc.)

**TIP:** What I did was make a big bowl of stew and used it as a base for all my food.

I also ate most times once a day and lost 10kg during the fast. I'm on the bigger side so slimmer people don't lose as much. Some don't lose at all; it all depends on how much you decide to eat.

**BE CREATIVE:** We personally limit ourselves, there is a lot on the internet when it comes to food, especially vegan food, once you start checking for Daniel fast food, you would be shocked what pops up. Trust me, there is amazing and delicious alternatives to what you're used to. Just allow God to shock you. (That's part of the point of the fast, you need God to shock you)

For Vegetables: You need to find vegetables you like, and if you don't like veggies then you blend some and drink and know you have had your veggies for the day.

### MY TYPICAL MEAL DAY:

Pre-Breakfast: Lemon in warm water and then 750ml of water.

Breakfast – A bowl of watermelon, pineapple, and pawpaw. If there is boiled groundnut, I also take some or use that later as a snack.

Lunch – Boiled Beans with roasted plantain (This ended up being my favorite go to.) I would take some boiled bean and add the thick stew and cook them together to form a beans porridge and eat that with my roasted plantains (delicious) LOL! Another was yam with some steamed ugwu leaves and onions with the stew.

Dinner – I don't take dinner typically but some days I would drink ugwu juice or carrot and cucumber juice. Also took beets, cabbage, and carrot juice. I ate tomatoes and onions on some occasions (Find veggies that you like)

### SOCIAL MEDIA, MOVIES, GAMES, MUSIC & NEEDLESS SHOPPING (THIS IS FOR SHOPAHOLICS)

You need to be off all forms of social media, except if you have business to do or a message to reply, social media should be off for now. Including WhatsApp stories, Instagram, Facebook, snapchat and TikTok. You can still leave on WhatsApp and Telegram to communicate with people and also for your business but not for Idle chatter during this time. Also using your phone in

church and during religious services for entertainment and business purposes is wrong. God says we wouldn't treat our governors the way we treat him (Malachi 1:8). Please let us respect God this period better than we would respect any other authority.

Games are also part of the distraction, at first, I did not include it but someone left social media and started spending the time she would use on social media on games, so games also have to go, it's also another distraction.

You should only be listening to Christian music and watching only Christian Movies during these 21 days. This is also very important to help break porn addiction and masturbation. Watching sexually arousing things in movies, social media and listening to sexually explicit songs are breaches the devil uses to entice us. That's why a lot of people let go of some of these sins and they keep trying. Now you know why. LET THEM GO!

**TIP:** If there is a skill you would like to learn, this is the time to join that course, check YouTube and Netflix for more Christian movies, shows, tutorials. Also pray and ask God what you should be watching if you're bored. Use God very well this period, he's not tired and there is nothing too small to ask him. So, if you're bored, tell him you're bored that he should give you activity. (I'm not joking)

Another tip is, remove yourself from friends and situations that would tempt you or cause you to fall during this time.

### PRAYER:

the fast having a closer relationship with God and breakthroughs in our lives. Look at it this way, you need to borrow \$1,000,000 from someone, if you don't have a close relationship with the person, how do you just blot it? You need to converse with the person first, greet, gist, laugh and so on before asking. Sometimes we use God only when we have issues which honestly isn't fair. Let's use this time to visit God, pack your bags and go to his house for a 21-day vacation. Sounds nice right?

Prayer should be a minimum of 3 times a day. I did 6 on some days, when I wake up, 10am, 12pm, 3pm, 6pm and when I'm ready to go to bed.

For those that haven't sharpened their prayer muscles, a minimum of

10minutes is okay to start with. We have 3 bible plans we are using so it would make the prayer sessions easier. You can download YouVersion Bible and look for 21 day fasting plans. If you don't know how to pray, just think of it like you're speaking to your father even though you cannot see him. Like a phone conversation. You can laugh, cry, and also ask God how he is doing (I mean it).

TIP: Put on your alarm at the set times you want to pray because I promise you, you would either be too busy, or you would forget. You also must force yourself to drop everything you're doing and pray because during this fast that is when you would know you don't have time. It's weird but that's how I know the devil is constantly working to stop us from communing with God.

## REST (KEEP THE SABBATH)

We don't rest, and even God rested on the 7th day being the Sabbath. During this time, you would take 1 day out of the week and rest, just you and God. No buying and selling or business activities during this time. I'm a Seventh Day Adventist so I follow the biblical Sabbath day, I never used to take it seriously until 2 years ago after my conversion. I assumed I was going to be bored but I was surprised, I made delicious meals the day before and by the time Saturday was over, I was so well rested, was more productive than I've ever been in my life. Me that usually sleeps sometimes 5- 8 hours max, for some strange reason (I believe it's the Holy Spirit), I started doing 10 hours on Friday nights and would take another nap on Saturday for 2 hours. Unless you try this, you won't understand it. (Jeremiah 17: 21-27) Ezekiel 20:19-20, Isaiah 58:13-14, Leviticus 20:2, Hebrews 4:9-10

The most amazing part of it is, you would be the one that would notice the huge benefits of resting. Those that are battling with anxiety and stress would start feeling huge relief after this fast. Science also says we should take a day to rest, why would we listen to science and not listen to God? Please read this article on the scientific benefits of taking a day to rest – (<https://incafrica.com/library/rhett-power-a-day-of-rest-12-scientific-reasons-it-works>) You can also check other articles online on benefits of taking a day to rest so you see that God doesn't lie.

Business activities can also be on your mind so please refrain from thinking how you want to make money on the the day of rest. Please try this for 3 weeks and you would see the huge difference.

## HABITS TO AVOID

**GOSSIPING/GISTING:** Because you're not on social media does not mean you should call all your friends and gist for 4 hours on things that are not relevant or about other people. This needs to be on pause. (James 4: 11 | Ephesians 4: 29 | 2 Corinthians 12:20 | Exodus 23:1 | James 1:26)

**SEXUAL SINS:** If you know you're into any sexual sin that you should not be engaged in, be it masturbation, pornography, adultery, fornication, BDSM, dirty texting or anything else you know you shouldn't be doing as a married or single person, this is the time to leave it alone. If you're in any relationship (except the married couples) please no sexual interaction or dirty talks during this time. God is watching you. (Exodus 20: 14 | Jeremiah 13 : 27 | Exodus 19:15 | 1 Thessalonians 4:3)

Looking lustfully is also to be avoided, just because you're not doing any of these things, avoid thinking of it and looking at people lustfully. (Matthew 5:28) Take proactive measures by avoiding friends, environments and apps that would tempt you to indulge in the sexual habits you have formed. Ephesians 5: 1-6, this chapter says we should not be deceived and think that God knows our heart, please God knows our repentance, please make effort to let go of sexual immorality.

**ANGER & MISTREATING PEOPLE:** No matter what anyone does to you this period, please remember you're fasting, try and calm down and ask God for strength. This is not the time to abuse people and start plotting how to do back. (Ephesians 4: 26)

The Bible says we should refrain from anger and forsake wrath (Psalms 37:8), I know we don't wake up most mornings planning on how to get angry, but once something happens to upset you, just remember you're fasting and ask God for strength. You can also leave the environment and go to a corner to calm down. I promise you, it would get better.

What I'm learning about anger and all the other things God has asked us not to do is the negative side effects these things we see as normal have on our physical and mental lives. You can also do your own research, there are so many mind-blowing articles and research on what anger does to you. The vexation of a fool is known at once, but the prudent ignores an insult. (Proverbs

12:16).

You can read more passages on anger – Proverbs 14:29 | Proverbs 15:18 | Ephesians 4:31 | Proverbs 15:1 | James 1: 19-20 | Ecclesiastes 7:9

Mistreating people is also an issue, some people mistreat others that are below them or under their care like domestic staff and even their children. This is a time to self-reflect, are you treating people that God has allowed you to be in charge of terribly?

## FORGIVE

Have you wronged someone or has someone wronged you, during this fast, please learn to forgive and let go. I know it's hard for some people, but whatever you're asking for is more important than the grudge you're hoarding. Tell God during this fast that you need the spirit of forgiveness and also pray blessings on the person that has hurt you. (Ephesians 4:31 | Mark 11:25 | Luke 23:34)

**FORGIVENESS:** I was sick in 2020 and almost died, at that point I was so sure that if I died, I would go to hell. I listened to Ellen White's Steps To Christ book and one of the things I learned was that I had to forgive all those that had wronged me and also apologize to people I had wronged. At the time, I didn't have a diagnosis, no one could figure out what was causing my body to react in different ways and all the tests were coming out clean.

I called a friend to forgive her for what she did to me in January of 2020, I had made up my mind never to have anything to do with her, but I was more worried about my eternal life than any grudge, I ended up calling her and I said, "Anything I did to you that made you do what you did to me, I'm sorry. And as for today, I'm letting go of any resentment I have towards you." You won't believe, that we had a good conversation after that which prompted her to ask me what was wrong with me, I explained to her and she told me she would pick me up the next day and take me to a heart specialist, this man was the first person to help in my diagnosis.

There's this quote, "Resentment is like swallowing poison and expecting the other person to die", imagine if I didn't forgive her, I might not be writing this



today. God who knows everything says we should forgive everyone despite what they have done to us. For the next 21 days, that's exactly what we would do. Follow God in everything. **BAD LANGUAGE & TAKING THE NAME OF GOD IN VAIN:** Cursing or abusive words during this time of fasting is a no-no. Ephesians 4:29, Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. If this is a norm for you, please abstain during this time. The bible says in Colossians 3:8, "But now you must put them all away: anger, wrath, malice, slander and obscene talk from your mouth. Try it for yourself and see the benefits.

Calling Jesus and God's name for no reason, when you're laughing, when you're surprised or when you're just in conversation, this is very wrong. Please refrain from using a Holy God's name for random exclamations. Exodus 20:7, "Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain"

From the same mouth come blessing and cursing. My brothers, these things ought not to be so. (James 3:10) The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence (Proverbs 10:11).

## **LYING, STEALING OR ANY OTHER THING YOU KNOW IS WRONG**

Satan told the first lie in the garden of eden and Jesus said satan is the father of all lies. So what does that make you that won't stop lying and deceiving people. There's nothing like small lie or big lie, a lie is a lie in the eyes of God.

Stealing doesn't mean going to rob the bank alone, you could be stealing someone's time or someone's idea (you get the point). Also, in your workplace, taking money that the company doesn't know you are taking because everyone is doing it, please stop. If you jokingly lie or seriously lie, please refrain from such during this period. If you say you would call someone back, please call them back! (Exodus 20: 15-17 | Proverbs 20:23 | Ephesians 4:25 & 28)

False promises to men and women or marriage, stealing people's spouses are also part of things that are wrong. If you are involved in this, this is the time to stop doing them.

## COMPLAINING:

The biggest issue God had with the Israelites was that they would not stop complaining, (Numbers 11: 1-10 | Exodus 16:2-3 | Numbers 14: 27), In verse 28 of Numbers 14, God says, "So tell them, As surely as I live, declared the Lord, I will do to you the very thing I heard you say". While we are complaining, God is seeing you and is hearing you and this is a slap to his face and amplifies your problem when God is bigger than your problem. (Romans 8:28 | Isaiah 41:10 | Psalm 46:1 | Philippians 4:19)

This is not the time to remember all the things you don't have or could have had or wish you had. Look for the good side in every bad situation as much as you can. You can even start from, "See how this thing didn't work out like I planned, but I thank God that I'm alive." You can always ask God to help you see the positive side of every situation. You will be surprised what would be revealed to you. You have to taste and see. (Philippians 2: 14-16)

False promises to men and women or marriage, stealing people's spouses are also part of things that are wrong. If you are involved in this, this is the time to stop doing them.

## RETURN YOUR TITHES & OFFERINGS:

Please, return your tithes and offerings if you have not yet done so. This is also tied to a lot of financial problems you are having. Have you noticed how you never seem to have money no matter how much you work and save? Have you noticed how sometimes you would save and suddenly sickness or one issue from someone or family would come and take the money? Or you finally got a job and the company has closed down? Or is it debt that has piled up over the years? You keep owing people left and right meaning to pay back. Even if you return tithes sometimes, that is not it, please return the complete tithe consistently and not just from your salary, also from money that is gifted to you. Please return in full, God can see you. Isaiah 29:15

Everything belongs to God and all we have is not ours. Psalms 24:1 | Haggai 2:8, the owner says return 10%, this is just to show that you trust God even in your finances.

For those that don't know where to start, calculate everything you have with you, in your home, pockets, wallets and bank accounts. (Not money that isn't yours please) Remove your 10% tithe, I'm a Seventh Day Adventist so my church advises that our offerings shouldn't be less than our tithes so I remove 20% and return 10% tithe and 10% offering. The bible says that the more we give, the more we would receive, I've not lacked since I started doing this.  
2 Corinthians 9:6-8

It would be hard for most but notice the story of the widow of Zarephath from 1Kings 17:7-16, Elijah told her to make for him first before making for herself when he knew it was the last she had. God's way is simple, 'Seek first the kingdom of God and it's righteousness and all other things would be added unto you", Matthew 6:33. You have to put God first not at the end of the month when you would have a lot. Luke 14:33

Read Malachi 3:6-12 and Haggai 1: 5-9. When I understood this, my life changed. Please read it prayerfully, it would click.

TITHING TIP: Open a digital bank account and remove your tithes into a separate account everytime you get paid or someone gives you money. You can also buy an envelope and label it, this way you can always separate your personal funds from the tithe and not mix it up.

## PRAYER OF CONFESSION & SELF ACCOUNTABILITY

Pray a prayer of confession. When Daniel prayed in Daniel 9, he confessed his sins and that of the Israelites. If you're single, confess your sins and tell God how you got there. If you're married and have kids, confess your sins and that of your children before God. If you think you don't have, ask God to reveal to you the sins you're harboring, trust me, you will be shocked what you would find out.

This prayer of confession can be done before, during or after the fast but It's very important. This would help you to dig deep to find out why you are in the position you're in and give you clarity on how to move forward.

The Bible is filled with examples of people that confessed, fasted and God performed wondrous things after. Please read the following to get a better sense of confession. **Luke 18:13-14, Psalms 51, Leviticus 16:21, Nehemiah 1: 4-11, Proverbs 28:13, James 5:16, 1 John 1:9**

God loves when we are accountable, not blaming others for where we are. I came to realize that we are a sum of all the choices we have made in our past, no one can do anything to us unless God allows it, and to be under the complete protection of the almighty God, we have to love Him and keep His commandments, John 14: 15 & 21. it's as simple as that. I'm not telling you to do this forever, I'm only asking you to taste God for 3 weeks and see with your eyes that He is good. Psalms 34:8, if you start seeing changes in your health, finances, work/business, or any other aspect of your life, please take these instructions and continue practicing them.

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\*Please remember this is only for 21 days, what you want to achieve from the fast is greater than the food you can eat or the music you would miss or the gist from social media you can't watch. These things would be there even after you're done with the fast.

When temptation comes, always remember these verses: "I can do all things through Christ who gives me strength." Philippians 4:13. "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." 2 Timothy 1:7

## DANIEL FAST FOOD SUGGESTIONS

**BASE STEW:** This stew is very important as you would use it for almost everything you're eating. So please make a big batch and store it.

### STEW RECIPE

**INGREDIENTS;** Tomatoes, Onions, Cayenne Pepper (shombo), Yellow Ata rodo pepper (scent pepper), Garlic, Ginger.

I blended it all and steamed it down. Then I added fenugreek powder, curry powder (Ama Wonda curry powder, you can use anyone if it doesn't have additives and preservatives), salt and iru for taste, I also then poured olive oil on it to finish cooking. (You can also add other dry or fresh seasonings like Rosemary, Thyme, Bay Leaves, Garlic, Ginger Powder but please read the ingredients and make sure that they are not mixed with additives.)If you have

any other nice natural or local spice that hasn't been listed, please add them to your taste.

### **MEAT ALTERNATIVES:**

- 1) Tofu
- 2) Mushrooms
- 3) Soya Chunks

### **SUGAR ALTERNATIVES**

- 1) Dates
- 2) Fruits (Like grapes, berries, pineapple etc.)

### **MAGGI ALTERNATIVES**

- 1) Iru (Locust Beans)
- 2) Ogiri ( Local Maggi)
- 3) Local spices - Uda, Alligator pepper seeds, Uziza Seeds etc.
- 4) Natural spices – Rosemary, thyme, garlic, ginger, fenugreek, bay leave, curry spice (read the back and make sure it has no additives) I use Ama wonda Curry, scent leave, parsley, curry leave, etc.

### **MEAL SUGGESTIONS**

Please note that these are just suggestions, you can add, remove and be creative. I don't eat a lot of soup or paps, so I don't have a lot of suggestions in those areas to give. The things you usually eat, start making them in a Daniel Fast way.

You can also check YouTube for vegan Nigerian food recipes, this would also help to expand your mind. When you're frustrated, please don't forget to ask God for food suggestions, he will shock you don't worry.

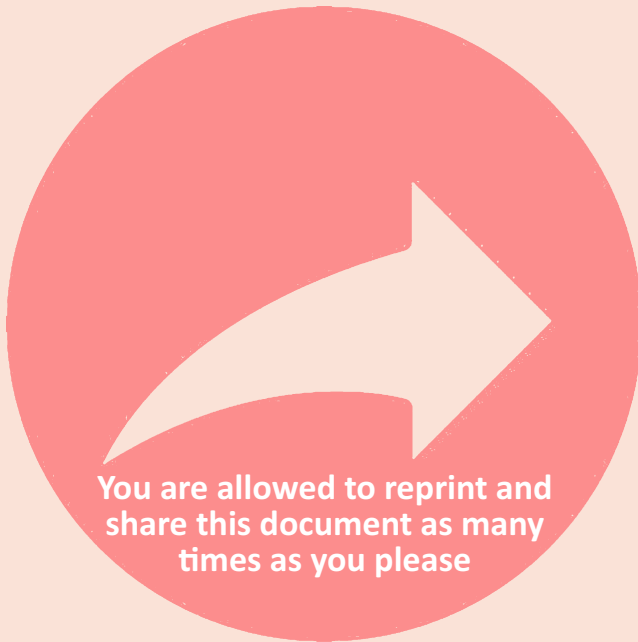
# FOOD SUGGESTIONS

<p><b>Oats With Fruit</b> : It's best to blend or mash the fruits like berries, grapes, bananas inside the oats so they can also be a sweetner. You can also sweeten with dates. You can add Soymilk, Coconut Milk or Tigernut Milk to it. Add Salt to taste.</p>	<p><b>Boiled Yam / Sweet Potato / Plantain / Irish Potato or any other tuber foods with stew and steamed ugwu</b> : You can make the steamed ugwu with just water, onions and salt, if you would like to add other natural spices, please go ahead.</p>	<p><b>Roasted Yam / Sweet Potato / Plantain / Irish Potato or any other tuber foods with vegetable sauce or stew</b> : Veggie sauce can be made with Onions, tomatoes, carrots, peas, peppers, cabbage, and any other veggie you like, season with natural spices &amp; salt</p>
<p><b>Roasted Corn with Pear or Coconut</b></p>	<p><b>Tapioca &amp; Coconut</b></p>	<p><b>Roasted plantain &amp; Groundnut or Pepper sauce:</b> Please make your own sauce as bole sauce is not allowed.</p>
<p><b>Okro Soup with Wheat/ Pounded Yam / Plantain Or Oat Fufu</b> : Make the okro with water, salt, pepper and mix with your stew and enjoy. You can add mushrooms or tofu.</p>	<p><b>Beans or Lentil Moi Moi</b> : Blend the beans or lentils with yellow pepper, long pepper, Iru, curry spice, salt and onions. You can then add a bit of your stew and olive oil / coconut oil to the mix then steam.</p>	<p><b>Brown Rice / White Rice / Ofada Rice with stew and salad</b> : Make a bowl and add olive oil, lemon, salt, cayenne pepper and drizzle this on the salad, you can also add avocados mashed into your salad to form a cream.</p>
<p><b>Rice &amp; Plantain (Boiled or roasted) with vegetable sauce Beans Porridge &amp; Roasted Plantain</b> : Boil the beans with onions, salt pepper (shombo &amp; yellow scent pepper) once It's really soft, remember that stew you made? Add it to the beans and keep stirring, you can add more seasoning if needed.</p>	<p><b>Rice &amp; Beans with stew you can add plantain or salad Yam / Sweet Potato / Plantain Porridge</b> : Once its boiled with salt (you can also boil with blended onions, ginger, garlic and peppers), remember your stew? Add and keep turning, you can add scent leaves and ugwu to it. You can also add more spices to your taste.</p>	<p><b>Garden egg or cucumber with groundnut Egusi soup with any swallow of your choice:</b> Blend onions, tomatoes, peppers and steam them, add iru, salt and water, then put egusi and bitter leaf. You can also add local spices or any other spice of your choice.</p>
<p><b>Efo riro (spinach soup) &amp; Swallow</b> : put water and oil with onions in a pan, blend pepper and onions and add then add iru, salt and lastly spinach.</p>	<p><b>Yam Pepper soup:</b> Blend tomato with onions, pepper, ginger, garlic and lots of water and boil, then add salt and pepper soup spices. Also add carrots, tofu &amp; mushrooms</p>	<p><b>Jollof rice</b> : Use your stew and cook them together adding steamed carrots, peas, spring onions, mushrooms and cabbage. Eat with plantain or salad.</p>

## CONTACT INFORMATION

If you need to contact me to ask questions or for prayers, please use the following information

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**“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers”**

**3 John 1:2**