

What will God do for you in just 10 days?

“God has given us the power of choice; it is ours to exercise. We cannot change our hearts, we cannot control our thoughts, our impulses, our affections. We cannot make ourselves pure, fit for God’s service. **But we can choose to serve God; we can give Him our will...**” (Ellen G. White, Temperance, page 112)

GETTING STARTED

“Daniel’s clearness of mind and firmness of purpose, his power in acquiring knowledge and in resisting temptation, were due in great degree to the **plainness of his diet, in connection with his life of prayer.**” (Ellen G. White, Temperance, page 156)

The Bible tells us clearly that Daniel and his friends requested a diet of pulse (see “What is pulse?” below) and water. It was a Plant Based Diet and as such it included **no animal products**. We are also told of Daniel’s strong prayer life. These practices led to the superior physical and spiritual health that the 4 friends enjoyed. And it is these practices that we will adopt during the 10-day plan.

The week before you begin, you are encouraged to do the following.

- 1. Begin praying for the Holy Spirit to give you overcoming power to make necessary changes in your life.**

2. If you have any chronic medical conditions (like diabetes, heart disease, stroke, and high blood pressure), take medication for any reason, or are pregnant, it is recommended that you **speak with your health care provider BEFORE beginning the program.**
3. **Choose a Daniel Diet partner** so that you may pray together and encourage each other during the 10 day diet.
4. **Write down your health condition.** Be specific about how you are feeling, both physically and spiritually.
5. **Create a meal plan for the 10 day period.** The Daniel Diet may be very different to the way you have been eating. If you don't plan each meal, you will find it very easy to return to your former eating habits. A sample meal plan and delicious vegan recipes have been included in this guide. Early in the week you can stock up on the nonperishable items you need and then 1-2 days before the diet, procure perishable items. **He who fails to plan, plans to fail.**
6. **Remove the temptations.** If possible, rid your home, office, and car of any items that you don't want as part of your diet.
7. **Keep a journal** and record daily the miraculous changes that you are experiencing in your physical and spiritual life.
8. Participate in the **general conference call for all participants on Tuesday December 27, 2011 at 8PM** (610-214-0000, enter PIN 722175# when directed.)
9. Join us in a prayer **conference call on Friday, December 30 at 8 PM.** (610-214-0000, enter PIN 722175# when directed.)
10. A **Conference Call will be held on Thursday, January 5, at 7:30 PM** so we can encourage each other through the process.

11. Do not miss the excitement and Joy that will be generated on our reporting call at the end of the 10 Days January 29, at 8PM.

12. During these 10 days we are asking you to make a commitment to fast from listening to and sharing in all Gossip, including TV Gossip. If you have some withdrawal symptoms that is normal. Phil 4:8-9

What was the constituent of Daniel's Diet?

PULSE--What is Pulse?

Pulse comes from the Hebrew word Hazeero` iym meaning, seed or grain, such as barley, wheat, rye, and peas, etc (Adam Clarke's Commentary). Pulse would also refer to any kind of seed and plants that bear seeds as well as vegetables.

The Daniel Diet would include items from the following four food groups.

1. The Whole Grain Group: This group includes brown rice, oats, barley, millet, and products made from whole grain. Grains are filling with little fat and no cholesterol.

2. The Legume, nuts and seeds Group: This category includes peas, beans and lentils. Legumes are hearty, high protein foods with a low glycemic index. They are rich in calcium, iron, and cholesterol-lowering soluble fiber.

3. The Vegetable Group: The green vegetables--asparagus, broccoli, spinach, kale, collards, and many others are packed with iron and except for spinach, high in absorbable calcium. Orange-colored vegetables are loaded with beta-carotene, a cancer fighter. Good examples are carrots and yams. These foods are very low in fat, and like all plants foods, they have no cholesterol.

4. The Fruit Group: Fruits are loaded with vitamins and they have no fats or cholesterol. Nearly all fruits: apples, bananas, blue

berries, cherries, oranges, peaches and most others have a low glycemic index. The exceptions are watermelon and pineapple.

Note the similarity between these groups and God's original Diet (Genesis 1:29). Christian author, Ellen G. White says, "Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthy and nourishing". (Ellen G. White, Counsels on Diet and Foods, p. 81)

WATER: *Drink 8-10 glasses of water daily thorough out these 10 day and no other liquids*

WALKING: *Do 30-60 minutes of moderately intense walking 5 to 7 days a week. This can be done in 15 minutes (twice) or 10 minutes segments (three times). Having a walking buddy is strongly encouraged*

MEAL PLANNING

The American Dietetic Association confirms that a well-planned vegetarian diet provides adequate nutrition at all stages of life. In planning meals, consider the following.

1. **As much as possible, try to eat your meals around the same time every day.** The body functions best when we stick to a regular schedule. This really requires planning and commitment but it's worth the effort.
2. **Eat breakfast like a king or queen, lunch like a prince or princess and dinner like a pauper.**

3. **Choose a variety of foods.** The colors of our foods (reds, yellows, oranges, greens and blues) indicate the presence of phytochemicals, substances which provide color and taste and are beneficial to health. They can help to strengthen the immune system and prevent diseases like cancer diabetes and heart disease. The average adult should consume

	Servings/day	1 serving is...
Whole grains	4-11	1 slice of bread or ½ bagel or ½ cup cooked cereal or grain
Vegetables	3-5	1 cup raw or ½ cup cooked
Fruits	2-4	1 medium piece or 1 cup fresh or ½ cup cooked or ¼ cup dried
Legumes	2-3	½ cup cooked or 1 cup soymilk or 4 oz. tofu
Nuts	1-2	2 oz. (1/4 - 1/3 cup)

4. **Choose to eat foods high in fiber.** Fiber is the indigestible part of plant foods.
5. **Eliminate animal products.** This includes beef, chicken, fish, eggs, milk, cheese, butter and any products containing these foods.
6. **Avoid processed foods.** Processing generally removes fiber and nutrients and adds salt, sugar, fat and calories. Aim to eat foods as grown – as close to the original state as possible. For example, choose the orange over orange juice. Avoid “white” foods – white sugar, white flour, white rice, white pasta – all of which are highly processed.
7. **Eat 2-3 meals per day.** The digestive system functions optimally when it is given a 5-6 hour rest between meals. Research shows that food eaten in between meals interferes with digestion of the previous meal. And the body considers

any food as a meal, no matter how healthy it is. The third meal of the day is optional. If taken, the third meal of the day should be eaten at least 3 hours before going to bed. And it should be a light meal so that the digestive system is able to finish its work before the night's rest.

8. **Make water your drink of choice.** You should drink at least 30 minutes before a meal or 2 hours after a meal so the water does not interfere with digestion.

SAMPLE MENU

	Breakfast	Lunch	Dinner (optional)
Day 1	Fruit smoothie* 2 slices whole grain bread 1 tablespoon almond butter 5 grain Crockpot cereal*	½ cup whole grain pasta 1 cup ratatouille* Green salad	2 servings fruit Whole grain crackers
Day 2	½ cup granola* 1 cup soymilk 2 servings fruit Handful of almonds	Vegetarian chili* Raw sweet corn salad* Cornbread	2 servings fruit Whole grain muffin
Day 3	2 slices whole grain bread Fruit and nut butter* 2 servings fresh fruit	Lentil soup Baked potato Green salad with cucumber dressing*	2 servings fruit Whole grain crackers Handful of pecans
Day 4	Apple oat casserole* Golden smoothie* 1 serving fruit	Stir fry or oven- roasted vegetables Brown rice or couscous Whole wheat roll	Handful of walnuts Tomato and cucumber salad*
Day 5	Oatmeal with raisins Cashew milk 2 servings of fruit	Whole grain pita Hummus* Lettuce, tomato, cucumber, avocado, alfalfa sprouts	2 servings of fruit Whole grain muffin Handful of pistachios

*sample recipes included

MY MEAL PLAN

	Breakfast	Lunch	Dinner (optional)
Sunday Jan 2			
Monday Jan 3			
Tuesday Jan 4			
Wednesday Jan 5			
Thursday Jan 6			
Friday Jan 7			
Saturday Jan 8			
Sunday Jan 9			
Monday Jan 10			
Tuesday Jan 11			

5 Grain Crockpot Cereal

- ¼ c. oat groats
- ¼ c. brown rice, uncooked
- ¼ c. quinoa, uncooked
- ¼ c. millet, uncooked
- ¼ c. barley, uncooked
- 3 c. water
- ½ c. dates
- ½ teaspoon salt
- ½ tsp. coriander (optional)
- 1 c. soymilk
- ¼ c. flax seed, lightly ground



Place all ingredients except soymilk and flaxseed in a crock pot on low, overnight. In the morning stir in the soymilk and ground flax seed. Serve hot with your favorite fruit.

Hummus

- 2 c. cooked garbanzo beans
- 1/3 -1/2 c. garbanzo juice or water
- 3 T. lemon juice
- 1 T. olive oil
- 2 T. tahini
- 1 t. salt
- 1 T. onion powder
- 1 clove garlic
- 1 t. basil

Place all ingredients in blender, adding enough garbanzo juice or water to facilitate blending. Blend to a smooth spread. Serve with whole wheat pita bread, chopped tomato and cucumber and sliced avocado for tasty pita bread sandwiches.

Ratatouille with Penne Pasta

1 onion, thinly sliced
2 cloves garlic, minced
1 green pepper, julienne cut
1 T. olive oil

1 eggplant, cubed
1 zucchini, sliced
1 qt. chopped tomatoes, with liquid

1 t. salt
1 tsp. honey
1 tsp. basil
1 tsp. parsley
Pinch of thyme
1 t. flour
¼ c. water

Sauté onion, garlic and green pepper in olive oil until tender. Add eggplant and zucchini. Sprinkle with salt. Add tomatoes, salt, honey and herbs. Simmer uncovered until eggplant is tender. Stir in thoroughly and continue to simmer until flour thickens. Serve over cooked whole grain pasta, brown rice or whole wheat couscous.

Makes 12 - ½ c. servings

Apple Oat Casserole

2 c. quick oats
1 c. raisins

1 c. shredded coconut
2 c. soy milk
2 c. water
2 large baking apples, chopped (for example, red delicious)
1 T. date butter
1 t. vanilla
1 t. salt

Mix all ingredients together and place in a casserole dish sprayed with non-stick spray. Bake covered for 60 minutes at 350°F until all the liquid is absorbed and oats are set.

Date Butter

Place 1 cup of chopped or pitted whole dates in a bowl and barely cover with boiling water. Allow to stand until dates are soft. Pour off and reserve liquid. Place dates in a blender or food processor and blend with enough of the water to blend smooth.

Golden Smoothie

2 Kiwi fruit
1 Banana
1/2 cup Orange juice
1/2 cup frozen Mango chunks (or other frozen fruit chunks)

Peel and slice the Kiwi fruit, and blend. Add Banana, Orange juice and frozen fruit.

Blend until smooth. Pour over ice cubes in two long glasses.

Serves 2

Fruit Smoothie

1 c. pineapple juice
2-3 frozen bananas
2 c. frozen fruit of your choice (peaches, strawberries, mangoes, berries, etc.)
1 t. vanilla
Pinch salt
½ c. soy milk
2 t. honey (optional)

Place all ingredients in a blender and blend until thick, smooth, and creamy. Add additional soy milk, if necessary, to facilitate blending. Makes approximately 3 – 8 oz. servings.

Almond Sunflower Cereal by Jennifer Cornbleet

2 tablespoons soaked Raw Almonds
2 tablespoons soaked Raw Sunflower Seeds
1 tablespoon soaked Raw Walnuts o Pecans (optional)
½ cup chopped or sliced fresh fruit (i.e. apple, banana, berries, kiwifruit, mango, peach, pineapple)
½ cup Almond Milk

Combine Almonds, Sunflower seeds, Walnut/Pecans (optional), and fruit in a small bowl. Serve immediately with Almond milk.

No-oil Granola

Mix well in a large bowl and set aside

- 7 c. large oat flakes
- 1 c. quick oats
- 1 c. unsweetened desiccated coconut
- 1 c. sliced raw almonds
- 1 t. salt

Blend in a blender till creamy

- $\frac{3}{4}$ c. raw sunflower seeds
- 1 c. water
- $\frac{1}{2}$ c. honey, maple syrup or agave
- 2 t. vanilla

Pour the liquid over the dry ingredients. Mix well with your hands. Spread evenly on a nonstick baking sheet. Bake at 250–275° F for 1–2 hours, till golden and crunchy. Watch carefully and stir every 20 minutes. Time varies, depending on oven, pans, etc.

Raw Spaghetti (Compliments of Rick Dina, D.C.)

2 medium green Zucchini, as thick (fat) and straight as possible (or “spiralize” in [Saladacco Spiral Slicer](#), or similar machine. Shredded Zucchini can work also, but the authentic “pasta effect” is not as notable. Arrange on plate similar to pasta.

Pasta Sauce

10–12 “sundried” Tomatoes, allow to soak for several minutes in warm water to soften.

- 1 large fresh Tomato
- 1 large Red Pepper
- 1–2 stalks of Celery
- 1 clove Garlic
- (4–5 fresh Basil leaves)

Blend all of the sauce ingredients in a blender or Food Processor. Add the soaked sundried Tomatoes last, a few at a time. Pour nicely over the zucchini “pasta”. Some fresh curly Parsley sprinkled over the top adds a nice touch!

Monkey Shake by Cherie Calbom

(This juicing recipe will act as an aid for indigestion)

½ Orange, peeled (leave white pithy part on)

½ Papaya peeled

1 Banana

Orange twist for garnish Juice Orange with Papaya.

Place juice and Banana in to a blender or food processor, and blend until smooth.

Garnish with the Orange twist. Pour into a tall glass and enjoy!!

Sprouted Sunflower Seed Veggie Patties Compliments of Rick Dina

½ lb. (1 + ¾ cups) raw, unsalted Sunflower Seeds

Soak for 8 hours in purified water. Rinse and allow to sprout for 1 day.

1 head Celery

1 large Red Onion

4 Carrots

3 cloves Garlic

2 Lemons, juiced

Add Lemon juice, Celery, Garlic and Onion to Food Processor. Blend thoroughly with the S-Blade. Then add the carrots and blend thoroughly again. Add the sprouted Sunflower Seeds last and mix for several minutes. (You may have to do this in 2 batches if the Food Processor is not large enough.) At this point, this “batter” is great as a sprouted seed pate. You can stuff half a pepper with it, use as a dip, or roll it in nori sheets.

Now take a ½ cup measure, and put scoops of the mixture onto dehydrator sheets, with either “teflex”, or wax paper covering. Arrange into nice patty shapes, or whatever shape you desire. Dehydrate at less than 110 degrees Fahrenheit for about 12–14 hours. Then “flip” the patties, and dehydrate for another few hours so the bottoms are not too soggy. Now you have live sprouted sunseed veggie patties!! You can also make them into raw sandwiches.

Raw Sandwiches

Place one large or two small pieces of Red/Green Leaf Lettuce on a plate. Place one of the Sunseed patties on the Lettuce. Next place one slice of a Tomato on top of the patty, a few slices from ¼ of an Avocado on top of the Tomato. For extra flavor add a little bit of soaked and rinsed Dulse (Seaweed). Wrap everything up in the Lettuce and eat!

Fruit and Nut Butter

1 Med Banana
1 Med Apple
2 Tbsp Raw Peanut/Almond Butter
1 oz Raisins

Cut the Banana and Apple into bite sized pieces. Drizzle the fruit with the Peanut butter and sprinkle with Raisins and enjoy

Cashew Milk

Blend in a blender until creamy, about 1 minute
2/3 c. raw cashews
1/8 t. salt
2/3 c. water
1 T. honey

Add 3 1/3 c. water. Mix well and refrigerate. Shake well before serving.

Cucumber dressing

Blend in a blender till creamy

1/3 c. raw cashews

1/3 c. diced cucumber

¼ t. onion salt

1 T. fresh lemon juice (may add another t. if you like it more “lemony”)

1 T. honey

¼ t. garlic salt

Store in refrigerator.

Raw Sweet Corn Salad by Rhonda of Hallelujah Acres

1 large ear of raw Sweet Corn

1/2 Red Bell Pepper, chopped

1 large ripe Tomato, diced

3 tablespoons Parsley, minced

1 Celery stalk, diced

1/4 cup Sweet Red Onion, chopped

Wash all vegetables, remove kernels of Corn from cob, dice Tomato, dice Celery, chop Red Pepper and Onion, and mince the Parsley. Combine in a bowl, cover and set in refrigerator while preparing Avocado dressing.

Avocado Dressing

1 ripe Avocado

1 Lemon, juiced

Mash the Avocado until smooth; add the Lemon juice until a creamy consistency is obtained. To Serve: Place leaf Lettuce on a plate, spread with Avocado mixture, top with raw Sweet Corn salad

Four Berries by Norma Miller

3 Green eating Apples
3 oz Blackberries
6 oz Raspberries
6 oz Blueberries
3 oz Cranberries
Chilled Water

Wash and remove stalks from the Berries and Apples. Cut Apples into wedges.

Juice the Apples, Blackberries, Raspberries, Blueberries, and Cranberries.

Pour the juice into glasses, if preferred add a little water or ice. Serve immediately.

Green Taco

4 Romaine Lettuce/Cabbage leaves
1 cup thinly shredded Green Lettuce of your Choice
½ Carrot (shredded)
½ cup thinly shredded Cabbage (red or green)
1 ripe Haas Avocado
3 tbsp Lemon Juice
⅛ teaspoon Salt
¼ C Chopped Raw Walnuts (optional)

In one large bowl, add the Lettuce Carrots and Cabbage

In a small bowl mash the Avocado, add the Lemon juice and salt. Then add the mashed Avocado into the big bowl.

(Optional) Fold the Walnuts into the salad.

Fill the Romaine Lettuce/Cabbage leaves with the salad mixture and roll.

Use toothpicks to hold the Green taco together and enjoy.

Tomato and Cucumber Salad

1 Cucumber
Medium Tomato
2 teaspoons Olive oil
1 clove Garlic, minced
3–5 fresh Basil leaves
1–3 fresh Oregano leaves
1 teaspoon Lemon juice
Salt (to taste)
Raw Slivered Almond

Tomato/Cucumber Salad: Roughly chop Tomatoes and Cucumbers (seed or not, but I usually peel). Roll up leaves and slice into little strips (chiffonade). Chop and add to your bowl. Season with Olive oil, Salt, Pepper and a squeeze of Lemon juice. Toss and let sit for 5 minutes, then enjoy.

Crock Pot Chili

(This recipe may also be done on stove top.)

Put in a crock pot
10 c. water
2 ½ – 3 c. dried kidney beans
1 whole potato, peeled
1 whole onion

Cook on high overnight or till beans are done. Remove potato and onion from the beans and discard them. Drain the beans. Add

4 T. mock chili seasoning
2 T. cumin
2 t. onion powder
1 t. onion salt
½ t. garlic salt
2 t. dried onions
½ t. dried garlic
8 c. canned whole tomatoes
½ c. rehydrated TVP (optional)

Cook on medium low till warmed or ready to eat.

Mock Chili Seasoning

Blend in a small coffee grinder or blender until powdered

6 bay leaves
2 t. basil
1/3 c. parsley flakes
1 T. oregano

Transfer to a small mixing bowl and add

1 ½ t. onion powder
½ t. garlic powder
¼ c. paprika
5 t. cumin

Mix well. Store in an airtight container.

Muesli

7 medium Apples
1 cup of Rolled Oats
1/4 cup of Raisins
1/4 cup Almonds (optional)
1/2 teaspoon Cardamom seasoning

Cut the Apples into wedges and remove the core. Juice the Apple wedges and reserve 2 1/4 cups of the juice and 1/2 cup of the pulp.

In a medium size bowl, combine the Apple juice and pulp with the Oats, Raisins, Almonds and Cardamom; mix well. Cover the bowl and place in the refrigerator. Allow the Muesli to soak overnight.

To serve, pour some of the muesli into a bowl and add fresh Berries or Banana slices.

Yield: 3 1/2 cups

Preparation time: 10 minutes

Chill overnight.

Bell Peppers Stuffed with Sunflower Herb Pate (Jennifer Cornbleet)

1 cup soaked raw Sunflowers seeds
2 tablespoons Water
1 tablespoon fresh Lemon juice
½ teaspoon crushed Garlic (1 clove)
¼ teaspoon Salt
Dash Cayenne or Black pepper
1/3 cup soaked or oil-packed Sun Dried Tomatoes (optional)
1 tablespoon minced Red or Green Onion
2 teaspoons minced fresh Dill weed, Basil, or Parsley

½ Red Bell Pepper, seeded (or ¼ Red Bell Pepper, if large)
½ teaspoon minced fresh Parsley, for garnish (optional)

Place Sunflower Seeds, Water, Lemon juice, Garlic, Salt, Cayenne, and Tomatoes in a food processor and process to a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Transfer to a small mixing bowl. Stir in the Red Onion and Dill weed, mix well, and set aside.

Trim the white membranes from the Bell Pepper using a paring knife. Fill the Pepper with the pate and garnish with the Parsley, if desired. Serve immediately.

The Bible doesn't mention all the specifics of Daniel's health plan. However, we know there are several components of a well-rounded health program. You are encouraged to include these components during the Daniel Diet.

1. **Engage in daily exercise.** Walking is the simplest but also the best exercise. It is low-impact, inexpensive and almost everyone can participate in this activity. A sample walking program has been included. Please consult your medical provider before engaging in any form of exercise.
2. **Let the sun kiss your face.** Research shows that vitamin D, which we can manufacture in our bodies with the sun's help, is very necessary for good health. Try to spend 30-45 minutes in the sun every day.
3. **Be temperate.** Use good things in moderation and completely avoid anything which is harmful.
4. **Take a deep breath.** Most of us take very shallow breaths. Practice taking full, deep breaths in order to provide your body with all the oxygen it needs.
5. **Sleep, sleep, sleep.** The average adult needs to sleep 7-9 hours per night. And every hour of sleep before midnight is as effective as 2 hours after midnight. Try to get to bed by 10 PM.

SAMPLE WALKING PROGRAM

- **Walking** is low impact, can tone your muscles, relax your mind, & strengthen your back.
- **Pass the talk test.** If you can't talk while walking, you are exercising too hard. Slow down.
- **Wear bright clothing.** Strive to be seen, not part of an accident scene.
- **Walk up hills** if you need to increase the intensity of your walking program

	Warm Up	Target HR Zone	Cool Down	Total Time
Week 1	Walk 5 min.	Walk briskly 5 min.	Walk 5 min.	15 min.
Week 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
Week 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
Week 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
Week 5	Walk 5 min.	Walk briskly 13 min.	Walk 5 min.	23 min.
Week 6	Walk 5 min.	Walk briskly 15 min.	Walk 5 min.	25 min.
Week 7	Walk 5 min.	Walk briskly 18 min.	Walk 5 min.	28 min.
Week 8	Walk 5 min.	Walk briskly 20 min.	Walk 5 min.	30 min.
Week 9	Walk 5 min.	Walk briskly 23 min.	Walk 5 min.	33 min.
Week 10	Walk 5 min.	Walk briskly 26 min.	Walk 5 min.	36 min.
Week 11	Walk 5 min.	Walk briskly 28 min.	Walk 5 min.	38 min.
Week 12	Walk 5 min.	Walk briskly 30 min.	Walk 5 min.	40 min.

Week 13 and on: Check your pulse periodically to see if you are exercising within your target heart rate. As you become more fit, try exercising within the upper range your target. Gradually increase your brisk walking time to 30 – 60 minutes, 3-4 times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity.

Describe your health condition before beginning The Daniel Diet. Be specific.

Sunday, January 1, 2012

Monday, January 2, 2012

DAILY JOURNAL

Tuesday, January 3, 2012

Wednesday, January 4, 2012

DAILY JOURNAL

Thursday, January 5, 2012

Friday, January 6, 2012

DAILY JOURNAL

Saturday, January 7, 2012

Sunday, January 8, 2012

DAILY JOURNAL

Monday, January 19, 2012

Tuesday, January 12, 2012

Describe the changes in your health since completing The Daniel Diet.

**FOR MANY MORE DANIEL'S DIET RECIPES VISIT NECHEALTH.ORG
AND LOOK UNDER DANIEL'S MENU**