

Lighthouse Ministries International – Annual Prayer & Fasting

10727 Tucker Street, Beltsville MD 20705 | prayer@lhmiinc.org |
www.LHMIinc.org/prayerandfasting

FOODS WE MAY EAT

1. **Whole Grains :** Oats, Barley, (brown rice) optional
2. **Legumes :** Dried beans, pinto beans, split peas, black-eyed peas, red peas, gungo peas, peanuts, soya beans
3. **Fruits :** Apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, oats, figs, grapefruit, grapes, guava, honey dew melon, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches pears, pineapples, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelons.
4. **Vegetables :** Artichokes, avocado, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, egg plant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, radishes, rutabagas, scallion, spinach, sprouts, squashes tomatoes, turnips, watercress, zucchini, callaloo, cho-cho, pumpkin. (*You may use virgin olive oil to prepare vegetables, no other oils, butter, and margarine*)
5. **Liquids:** Spring water, distilled water 100% all natural fruit juice, 100% all natural vegetable juice, herbal teas, and jell-o.

FOODS WE MAY NOT EAT

1. Meats (no beef, veal lamb, pork, chicken turkey, goat, fish)
2. White rice
3. Fried Food
4. Caffeine (no food or beverages containing caffeine),
5. Carbonated beverages (no carbonated water)
6. Foods containing additives or preservatives
7. Refined sugar
8. Sugar substitute
9. White flour (all products using it)
10. Margarine, shortening, high fat products
11. Dairy products
12. Coconut

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MENU SUGGESTIONS

Remember our purpose:

Defeating the “belly god” and experiencing spiritual fullness. (Read Phil 3: 18-21)

Breakfast:

- *Fruits (any amount)*
- *Herbal tea*
- *Juice and Fruit smoothie (Blended fruits and juice)*
- *Water*

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- *Herbal tea*
- *Jell-O*
- *Peanuts (fresh dry roasted, no salt) (you may add raisins)*
- *Bean Soup (homemade) (try 15 bean soup)*
- *Sautéed Vegetables (virgin olive oil)*
- *Fresh fruit*
- *Smoothie*
- *Juice*
- *Water*

Lunch:

- *Salad vegetable*
- *Fruit salad*
- *Fruit smoothie*

Dinner:

- *Steamed Vegetables*
- *Soup Vegetable (homemade)*

Salad dressing: homemade (virgin olive oil, apple cider vinegar, fresh seasonings, small amount of brown unprocessed sugar or honey).

SUGGESTED MID-DAY MEAL for YOUNG PEOPLE IN SCHOOL / WORKING ADULTS

BREAKFAST: Same as above

LUNCH:

1. *Fruit Salad*
2. *Trail Mix (buy ingredients make trail mix to your taste)*
3. *Salad with tuna (no meat)*
4. *Soup*
5. *Applesauce*
6. *Jell-O*
7. *Juice*
8. *Water*
9. *Popcorn (salt& butter free, low/no fat)*
10. *Water*

DINNER: Same as above

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SNACKABLES & SALADS

Wedge Salad w/ Simple Vinaigrette

1. 1 whole iceberg lettuce
2. 1 tomato diced
3. 1 large onion diced
4. 1 avocado diced
5. *Simple Vinaigrette
6. 1/2 cup apple cider vinegar
7. 2 teaspoons salt
8. 1 cup extra virgin olive oil
9. Black pepper to taste

Preparation Guide: Clean and cut iceberg lettuce into wedges.

Serve wedges on individual plates then add tomatoes, onions and avocados as desired.

*Combine vinegar, salt and black pepper into a bowl. Gradually whisk in the oil.

Drizzle vingrette over individual salads as desired. *Adapted by Andrae Cadogan*

Easy Vegetable Salad

1. 1 head romaine, Boston or red lettuce (or mixed greens)
2. ½ zucchini (chopped)
3. ½ cucumber (chopped)
4. 2 tomatoes (chopped)
5. ½ red onion sliced (optional)
6. Lay lettuce on the bottom of bowl, and then add a layer each of the other items, then another layer of lettuce, repeating the process until all the ingredients are used up.
7. Add black beans and avocado for a Mexican taste

From: The Lazy Person's Whole Food Cookbook, Stephen Byrnes

Italian Salad

1. Romaine Lettuce
2. Watercress
3. Red pepper
4. Cucumber
5. 1 heart of celery
6. 1 small red onion
7. ½ cup sprouts
8. 2 carrots, (grated)
9. 1 cup red cabbage (finely shredded)
10. 1 cup cooked chickpeas

Chop lettuce, watercress, red pepper, cucumber, celery, onion and sprouts, add other ingredients and dressing shake and serve. **NB: Goes well with 15 bean soup**

From: Nourishing Traditions by Sally Fallon

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15 Bean Soup

- Boil beans until soft, add cut up butternut squash, cho-cho, carrots, celery, scallion, garlic, and thyme. Boil until it thickens.
- Season to taste using only fresh seasonings, add any vegetable from list above.

Make soups to your specifications.

Sweet Pumpkin Lentil Stew

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| 1. 1 cup dried lentil peas *(measurement prior to blanching in warm water for an hour) | 4. 2 cloves garlic minced |
| 2. 1 cup diced pumpkin/1 can crushed pumpkin | 5. 2 tablespoons chopped parsley |
| 3. 1 medium onion diced | 6. 1 teaspoon ground cumin |
| | 7. Pepper (as desired) |
| | 8. 2 1/2 cups water |

Preparation Guide: Bring water to boil then allow to simmer.

Add lentils and a small pinch of salt then allow to simmer for 20 mins.

Add onions, garlic, pumpkin, cumin and pepper. Stir then allow to simmer for 15 mins.

Add parsley. Allow to simmer for 5 mins.

Add pepper to taste. Serve either by itself as a soup or over cooked brown rice.

Adapted by Andrae Cadogan

Red, Yellow and Green Chilli

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| 1. 1 can red beans | 7. Ground cayenne pepper to taste |
| 2. 1 can whole sweet corn | 8. Ground chili pepper to taste |
| 3. 1 cup diced green peppers | 9. Black pepper to taste |
| 4. 1 medium onion diced | 10. Salt to taste |
| 5. 2 cloves garlic minced | 11. 2 1/2 cups water |
| 6. Ground cumin to taste | |

Preparation Guide: Bring water to boil then allow to simmer. A

dd red beans, corn and green peppers then allow simmer for 15 mins.

Add cumin, onions, garlic, cayenne and chili pepper then allow to simmer for 5 mins.

Add green peppers then allow to simmer for 5 mins.

Add pepper to taste.

Adapted by Andrae Cadogan