

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) | 6. Foods containing additives or preservatives |
| 2. White rice | 7. Refined sugar |
| 3. Fried Food | 8. Sugar substitute |
| 4. Caffeine (no food or beverages containing caffeine), | 9. White flour (all products using it) |
| 5. Carbonated beverages (no carbonated water) | 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

- Water
- 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
- Herbal tea

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 vinaigrette 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

1. 1 cup dried lentil peas *(measurement prior to blanching in warm water for an hour)
2. 1 cup diced pumpkin/1 can crushed pumpkin
3. 1 medium onion diced
4. 2 cloves garlic minced
5. 2 tablespoons chopped parsley
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

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

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 chilli 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