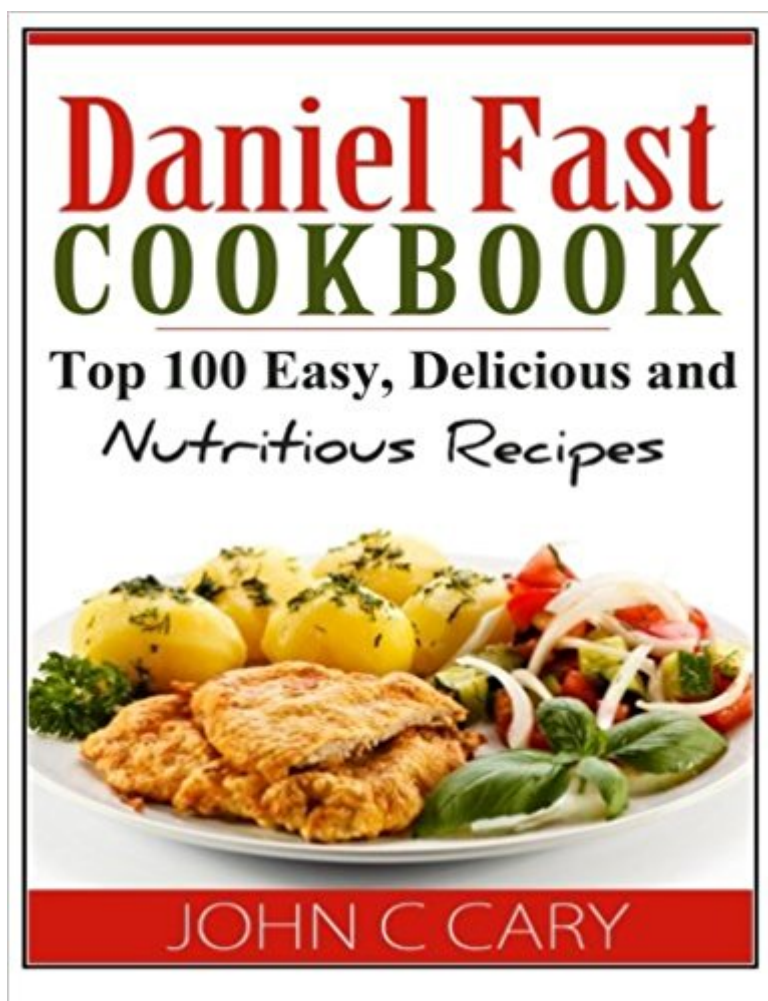


The book was found

Daniel Fast Cookbook: Top 100 Easy, Delicious And Nutritious Recipes



Synopsis

What You Will Find In This Book? Daniel Fast brightens up every part of your life. Your body, your soul, your spirit, your lifestyle; it improves the way you live. It brings goodness to your entire self, both physically and spiritually. If you don't know what it is that we are talking about or if you have heard about it but could not find a complete Daniel fast diet plan, in either case you have landed on the right page. From the basics of Daniel fast diet, its benefits and 100 recipes, this book tells you all you need to know about this spectacularly healthiest form of diet. Daniel fast diet is unlike any other type of boring diet. Here you have a recipe for every age and mealtime. Having said that, Daniel fast diet is not at all difficult to maintain. The recipes are pretty easy to make and tastes very delicious. You will soon find out yourself after going through this book. This cookbook contains the following.

1. A detailed guide on Daniel Fast Diet; what it includes, what should you avoid and how is it beneficial.
2. Daniel fast recipes for breakfast, soups, side dishes, dips, main course, desserts and many more
3. Cooking time with every recipe so that you can plan your other chores accordingly.
4. Serving size and nutritional facts along with every recipe. And much more

So don't just stop here. Keep on reading and find a way to a healthier and happier lifestyle.

Book Information

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Customer Reviews

This is strictly a recipe book. A fast has to include a bible study. This does not. It does refer to Daniel 10:2-3, but that is all the spiritual teaching it has. As I have come to understand the Daniel Fast in my studies, there is no leavening agents allowed, however his first recipe has baking soda and there is a recipe that calls for Greek yogurt. Greek yogurt is dairy (however you can get

non-dairy yogurt which would probably work). Most of these recipes are very healthy, but do not follow a strict Daniel Fast. Beware as you use it and don't compromise on the walk God is leading you on. God Bless you on your journey!

Not well illustrated and has a lot of spelling errors. Recipes are bland and mostly common sense. Not at all what I thought. If it was worth the shipping and handling fee I would return it.

Received some great Daniel Fast recipes but most recipes required soooooo many spice ingredients and one recipe took 2 - 3 hours. It gets cumbersome and expensive!

This cookbook provides a great deal of recipes that have similar ingredients so as not to waste money on items that may not be used again. Also, provides for all aspects of daily meal planning.

There was not enough illustrations in the cook book pertaining to the recipes. Also the pictures were in black & white.

Don't care for the recipes. Not for me.

I like it but like everything else it takes a lot of time and effort to implement it into your life, but of all I have reviewed this one seems to be the best

Great cookbook. Food is tasty. I wish there had been pictures, so I could know what the food was to look like before I prepared it.

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