



COOKED WITH FAITH,
SERVED WITH PURPOSE

Fast Cook Book

10-Day Fasting Cookbook · April 13–22,
2026

30 inspired recipes across Soul Food,
Mediterranean, American Comfort, and
International cuisines. Fasting-friendly · Fish
allergy substitutes included.

*"Test your servants for ten days; let us be given
vegetables to eat and water to drink." — Daniel
1:12*

Liberty Temple Chicago · 2nd Quarter
Corporate Fast · 2026



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Chef Note

This cookbook was born from a sacred intention: to honor the body as a temple while honoring God through the discipline of fasting. Inspired by the Daniel 1:12 model, every recipe is crafted from fresh fruits, vegetables, whole grains, legumes, and fish — ingredients that nourish deeply and sustain the spirit through ten days of consecration.

Each day carries a specific prayer theme. The recipes are not merely meals — they are edible prayers, each one inspired by the spiritual work being done in the unseen realm. As you prepare and eat these dishes, let them be a reminder that nourishing your body is an act of worship.

— *The Fasting Table*



DAY 01

Altars & Foundations

"I renounce every ungodly altar speaking over my life. I establish the altar of the Lord as the governing authority."

Scripture: Judges 6:25–26

Charge: What was rooted in error is uprooted in truth.

Meals in this section:

- Righteous Foundation — Root Vegetable Hash
- Uprooted Truth — Mediterranean Quinoa Salad
- Established Altar — Blackened Salmon & Collard Greens





DAY 1 • AMERICAN COMFORT • BREAKFAST
RIGHTEOUS FOUNDATION

Root Vegetable Hash

A hearty, grounding breakfast to start the fast on a solid foundation — just as we lay our altar before the Lord.

INGREDIENTS

- Sweet potatoes
- Parsnips
- Carrots
- Onions
- Olive oil
- Smoked paprika
- Sea salt
- Black pepper

DIRECTIONS

Dice all root vegetables into even cubes. Toss with olive oil, smoked paprika, salt, and pepper. Spread on a baking sheet and roast at 400°F for 25–30 minutes, turning once halfway through, until golden and crispy on the edges.



DAY 1 • MEDITERRANEAN • LUNCH

UPROOTED TRUTH

Mediterranean Quinoa Salad

A light, refreshing salad that pulls from the earth's bounty — symbolizing the clarity that comes when falsehood is removed.

INGREDIENTS

- Quinoa
- Cucumber
- Cherry tomatoes
- Kalamata olives
- Red onion
- Lemon juice
- Olive oil
- Fresh parsley

DIRECTIONS

Cook quinoa according to package directions and let cool completely. Chop all vegetables and combine with quinoa in a large bowl. Dress with fresh lemon juice, olive oil, salt, and pepper. Garnish generously with fresh parsley and serve.



DAY 1 • SOUL FOOD • DINNER
ESTABLISHED ALTAR

Blackened Salmon & Collard Greens

A strong, flavorful dinner that establishes a healthy routine — a fitting tribute to the altar we build before God each day.

INGREDIENTS

- Salmon fillets
- Blackened seasoning
- Collard greens
- Vegetable broth
- Garlic
- Onions
- Olive oil

Fish Allergy Sub: Thick-cut Portobello mushroom caps, seasoned and seared the same way.

DIRECTIONS

Rub salmon generously with blackened seasoning. Sear in a hot cast-iron skillet 3–4 minutes per side until cooked through. Separately, sauté diced onions and garlic in olive oil until fragrant. Add collard greens and vegetable broth, cover and simmer 20 minutes until tender.

Altars & Foundations

Judges 6:25–26 (NIV)

“That same night the LORD said to him, ‘Take the second bull from your father’s herd, the one seven years old. Tear down your father’s altar to Baal and cut down the Asherah pole beside it. Then build a proper kind of altar to the LORD your God on the top of this stronghold.’”

Reflection

Every structure in your life was built by someone — or something. Some altars were erected by your family, your culture, your past, or your pain. They have been speaking over you, shaping your decisions, and governing your outcomes without your permission. Today, God is calling you to do what Gideon did: tear down what was built in error and raise up what belongs to the Lord. This is not a small act. It is an act of courage, consecration, and covenant. As you fast today, allow the Holy Spirit to identify every ungodly altar still operating in your life — and declare with authority: this ground belongs to God.

Prayer Declaration

I renounce every ungodly altar speaking over my life. I establish the altar of the Lord as the governing authority.

Charge: What was rooted in error is uprooted in truth.

DAY 02

Identity & Image Restoration

"I reject every false identity placed on me by culture, trauma, or past experiences. I receive my true identity as established by God."

Scripture: [Genesis 1:27](#)

Charge: Misidentification is broken.

Meals in this section:

- True Identity — Berry & Chia Seed Pudding
- Divine Image — Rainbow Veggie Wraps
- Restoration — Lemon Herb Baked Cod & Asparagus





DAY 2 • INTERNATIONAL • BREAKFAST
TRUE IDENTITY

Berry & Chia Seed Pudding

Vibrant, clear, and authentic — this pudding reflects the colorful, true identity God placed within each of us.

INGREDIENTS

- Chia seeds
- Almond milk
- Maple syrup
- Strawberries
- Blueberries
- Raspberries

DIRECTIONS

Whisk together chia seeds, almond milk, and maple syrup in a jar or bowl. Refrigerate overnight or at least 4 hours until thick and pudding-like. Top with a generous handful of fresh mixed berries before serving.



DAY 2 • AMERICAN COMFORT • LUNCH
DIVINE IMAGE

Rainbow Veggie Wraps

Reflecting the beautiful, colorful image of God's creation — every color represents a facet of who He made you to be.

INGREDIENTS

- Collard green leaves
- Hummus
- Shredded carrots
- Bell peppers (red, yellow, orange)
- Purple cabbage
- Avocado

DIRECTIONS

Lay large collard leaves flat on a cutting board. Spread a generous layer of hummus down the center. Layer with shredded carrots, sliced bell peppers, purple cabbage, and sliced avocado. Roll tightly and slice diagonally to reveal the colorful cross-section.



DAY 2 • MEDITERRANEAN • DINNER
RESTORATION

Lemon Herb Baked Cod & Asparagus

A clean, restorative meal that nourishes deeply — as God restores our true image, this dish restores the body.

INGREDIENTS

- Cod fillets
- Asparagus
- Lemon
- Garlic
- Olive oil
- Fresh dill
- Sea salt
- Black pepper

Fish Allergy Sub: Hearts of Palm steaks or firm tofu, baked the same way.

DIRECTIONS

Place cod fillets and trimmed asparagus on a parchment-lined baking sheet. Drizzle with olive oil, minced garlic, fresh lemon juice, and dill. Season with salt and pepper. Bake at 375°F for 15–20 minutes until fish flakes easily with a fork.

Identity & Image Restoration

Genesis 1:27 (NIV)

“So God created mankind in his own image, in the image of God he created them; male and female he created them.”

Reflection

You were not made in the image of your trauma. You were not formed in the likeness of your failures, your family's dysfunction, or the labels society placed on you. You were made in the image of God — the Creator, the Sovereign, the All-Sufficient One. When identity becomes distorted, everything downstream is affected: your relationships, your decisions, your sense of worth, and your willingness to walk in purpose. Today, as you fast, allow God to restore the original image. Let Him strip away every counterfeit version of you and reveal the authentic, God-breathed person He designed from the beginning. You are His image-bearer — walk like it.

Prayer Declaration

I reject every false identity placed on me by culture, trauma, or past experiences. I receive my true identity as established by God.

Charge: Misidentification is broken.

DAY 03

Mind Renewal & Thought Governance

"I take authority over my thoughts. Every negative, limiting thought is brought into captivity. I establish the mind of Christ."

Scripture: 2 Corinthians 10:5

Charge: My thoughts align with truth.

Meals in this section:

- Renewed Mind — Walnut & Apple Oatmeal
- Thought Captivity — Stuffed Bell Peppers
- Truth Alignment — Greek Salad with Grilled Mahi-Mahi





DAY 3 · AMERICAN COMFORT · BREAKFAST
RENEWED MIND

Walnut & Apple Oatmeal

Walnuts resemble the brain — a reminder that what we feed our minds matters as much as what we feed our bodies.

INGREDIENTS

- Rolled oats
- Plant-based milk
- Chopped walnuts
- Diced apples
- Ground cinnamon
- Pinch of sea salt

DIRECTIONS

Bring plant-based milk to a boil and stir in rolled oats. Cook 5 minutes over medium heat, stirring frequently. Fold in diced apples and ground cinnamon. Serve in a warm bowl topped with a generous handful of chopped walnuts.



DAY 3 · SOUL FOOD TWIST · LUNCH
THOUGHT CAPTIVITY

Stuffed Bell Peppers

Bringing every good ingredient into a captive, beautiful vessel — just as we bring every thought into alignment with Christ.

INGREDIENTS

- Bell peppers (assorted)
- Brown rice
- Black beans
- Corn
- Diced tomatoes
- Cumin
- Chili powder
- Garlic

DIRECTIONS

Halve and hollow out bell peppers; set aside. Mix cooked brown rice, drained black beans, corn, diced tomatoes, cumin, chili powder, and garlic. Stuff peppers generously with the mixture. Bake at 375°F for 30 minutes until peppers are tender and filling is heated through.



DAY 3 • MEDITERRANEAN • DINNER

TRUTH ALIGNMENT

Greek Salad with Grilled Mahi-Mahi

Sharp, clear, and focused — a dinner that brings every element into perfect alignment, just as truth aligns our minds.

INGREDIENTS

- Mahi-Mahi fillets
- Romaine lettuce
- Cherry tomatoes
- Cucumber
- Red onions
- Kalamata olives
- Greek vinaigrette

Fish Allergy Sub: Roasted chickpeas seasoned with oregano and lemon.

DIRECTIONS

Season Mahi-Mahi with olive oil, lemon, and oregano. Grill 4–5 minutes per side until cooked through. Toss salad ingredients with Greek vinaigrette and arrange on a platter. Top with the grilled fish and serve immediately.

Mind Renewal & Thought Governance

2 Corinthians 10:5 (NIV)

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

Reflection

The battlefield of your life is your mind. Every limitation you have accepted, every fear you have entertained, every lie you have believed — they all began as a thought. The enemy does not need to destroy your body if he can occupy your mind. But God has given you authority over your thought life. The word 'demolish' is a warfare term — it means to aggressively dismantle. Today, you are not passively hoping your thoughts improve. You are actively taking them captive. You are governing your mental landscape with the Word of God. As you fast, ask the Holy Spirit to reveal every thought pattern that has been limiting your progress — and replace it with the mind of Christ.

Prayer Declaration

I take authority over my thoughts. Every negative, limiting thought is brought into captivity. I establish the mind of Christ.

Charge: My thoughts align with truth.

DAY 04

Emotional Healing & Internal Cleansing

"I release every wound, offense, disappointment, and trauma. I command my soul to come into alignment with peace, wholeness, and stability."

Scripture: Psalm 23:3

Charge: What wounded me no longer controls me.

Meals in this section:

- Internal Cleansing — Green Detox Smoothie
- Wholeness — Hearty Lentil Soup
- Restored Soul — Pan-Seared Tilapia & Sweet Potato Mash





DAY 4 · INTERNATIONAL · BREAKFAST
INTERNAL CLEANSING

Green Detox Smoothie

A soothing, cleansing blend to start the day fresh — releasing what no longer serves you, one sip at a time.

INGREDIENTS

- Fresh spinach
- Green apple
- Cucumber
- Fresh ginger
- Lemon juice
- Coconut water

DIRECTIONS

Combine all ingredients in a high-speed blender. Blend on high until completely smooth and vibrant green. Serve immediately over ice, garnished with a thin cucumber slice on the rim of the glass.



DAY 4 • AMERICAN COMFORT • LUNCH
WHOLENESS

Hearty Lentil Soup

A warm, comforting bowl that feels like a hug for the soul — nourishing from the inside out, just as God heals us from within.

INGREDIENTS

- Brown lentils
- Carrots
- Celery
- Onions
- Vegetable broth
- Fresh thyme
- Bay leaf
- Olive oil

DIRECTIONS

Sauté diced onions, carrots, and celery in olive oil until softened, about 8 minutes. Add rinsed lentils, vegetable broth, fresh thyme, and bay leaf. Bring to a boil, then reduce heat and simmer 30–40 minutes until lentils are tender. Remove bay leaf, season, and serve.



DAY 4 • SOUL FOOD • DINNER
RESTORED SOUL

Pan-Seared Tilapia & Sweet Potato Mash

Comforting, grounding, and deeply satisfying — a meal that speaks restoration to every layer of the soul.

INGREDIENTS

- Tilapia fillets
- Sweet potatoes
- Almond milk
- Garlic powder
- Smoked paprika
- Olive oil
- Sea salt

Fish Allergy Sub: Cauliflower steaks, seasoned and roasted at 400°F for 25 minutes.

DIRECTIONS

Boil sweet potatoes until fork-tender. Mash with a splash of almond milk, garlic powder, and salt until creamy. Season tilapia with smoked paprika and salt. Sear in olive oil over medium-high heat, 3–4 minutes per side until golden. Serve over the mash.

Emotional Healing & Internal Cleansing

Psalm 23:3 (NIV)

“He refreshes my soul. He guides me along the right paths for his name's sake.”

Reflection

The soul — your mind, will, and emotions — can become weary, wounded, and weighed down by the accumulation of life's experiences. Grief that was never processed. Offenses that were buried but not healed. Disappointments that quietly became beliefs about what you deserve. God's promise is not simply that He will comfort you — it is that He will restore you. The word 'refreshes' speaks of a complete renewal, a turning back to wholeness. Today, as you fast, open every room of your inner life to the healing presence of God. Release what you have been carrying. Let Him lead you back to the right path — not because of your performance, but for His name's sake.

Prayer Declaration

I release every wound, offense, disappointment, and trauma. I command my soul to come into alignment with peace, wholeness, and stability.

Charge: What wounded me no longer controls me.

DAY 05

Breaking Cycles & Patterns

"I break every cycle of lack, delay, confusion, and repeated failure. I disconnect from patterns that have repeated across generations."

Scripture: Galatians 3:13

Charge: What repeated stops here.

Meals in this section:

- Cycle Breaker — Fresh Tropical Fruit Salad
- New Pattern — Zucchini Noodles with Pesto
- Generational Blessing — Black-Eyed Pea Stew





DAY 5 • INTERNATIONAL • BREAKFAST
CYCLE BREAKER

Fresh Tropical Fruit Salad

Breaking the fast with fresh, vibrant, unhindered energy — a declaration that the old cycle is over and a new season has begun.

INGREDIENTS

- Pineapple
- Mango
- Kiwi
- Red grapes
- Fresh mint leaves
- Lime juice

DIRECTIONS

Chop all fruit into bite-sized pieces and combine in a large bowl. Add a generous squeeze of fresh lime juice and torn mint leaves. Toss gently and serve chilled as a bright, energizing morning meal.



DAY 5 • MEDITERRANEAN • LUNCH
NEW PATTERN

Zucchini Noodles with Pesto

A new twist on a classic — breaking the pattern of heavy, processed meals and replacing it with something vibrant and life-giving.

INGREDIENTS

- Zucchini (spiralized)
- Fresh basil
- Pine nuts
- Garlic
- Olive oil
- Nutritional yeast
- Cherry tomatoes

DIRECTIONS

Blend basil, pine nuts, garlic, olive oil, and nutritional yeast into a smooth, vibrant pesto. Toss with raw or lightly sautéed zucchini noodles until well coated. Top with halved cherry tomatoes and extra pine nuts. Serve immediately.



DAY 5 • SOUL FOOD • DINNER
GENERATIONAL BLESSING

Black-Eyed Pea Stew

A traditional dish symbolizing prosperity and the breaking of lack — honoring the generations before us while stepping into a new inheritance.

INGREDIENTS

- Black-eyed peas
- Vegetable broth
- Diced tomatoes
- Onions
- Garlic
- Smoked paprika
- Fresh spinach

DIRECTIONS

Sauté diced onions and garlic in olive oil until golden. Add black-eyed peas, diced tomatoes, vegetable broth, and smoked paprika. Simmer 25–30 minutes until flavors meld and stew thickens. Stir in fresh spinach until wilted. Serve over brown rice.

Breaking Cycles & Patterns

Galatians 3:13 (NIV)

“Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: ‘Cursed is everyone who is hung on a pole.’”

Reflection

Some patterns are not just habits — they are cycles with deep roots. Generational poverty. Repeated relational failure. Chronic delay. Addiction that skips no generation. These are not coincidences; they are inherited structures that require a redemptive interruption. The cross of Christ is that interruption. Jesus did not just forgive your sins — He absorbed the curse so that you could walk in freedom. Today, as you fast, identify the cycles that have followed your family line. Call them by name. Declare that the blood of Jesus has already broken their legal right to operate in your life. What repeated stops here — in this generation, in your body, in your bloodline.

Prayer Declaration

I break every cycle of lack, delay, confusion, and repeated failure. I disconnect from patterns that have repeated across generations.

Charge: What repeated stops here.

DAY 06

Authority & Dominion

"I step into spiritual authority. I take dominion over my environment, my decisions, and my future. I refuse to be passive."

Scripture: Genesis 1:28

Charge: I govern what was trying to govern me.

Meals in this section:

- Dominion — Avocado Toast on Ezekiel Bread
- Spiritual Authority — Power Bowl
- Governing — Baked Halibut & Roasted Brussels Sprouts





DAY 6 • AMERICAN COMFORT • BREAKFAST
DOMINION

Avocado Toast on Ezekiel Bread

Taking charge of the morning with a strong, sustaining breakfast — a declaration that you govern your day, not the other way around.

INGREDIENTS

- Ezekiel sprouted bread
- Ripe avocado
- Red pepper flakes
- Fresh lemon juice
- Sea salt
- Olive oil

DIRECTIONS

Toast Ezekiel bread until golden and firm. Mash ripe avocado with fresh lemon juice and sea salt until creamy. Spread generously on toast. Drizzle with a touch of olive oil and finish with a pinch of red pepper flakes for heat.



DAY 6 • INTERNATIONAL • LUNCH
SPIRITUAL AUTHORITY

Power Bowl

A commanding bowl packed with nutrient-dense ingredients — every element working in authority and harmony.

INGREDIENTS

- Quinoa
- Roasted sweet potatoes
- Black beans
- Avocado
- Pumpkin seeds
- Tahini
- Lemon juice
- Garlic

DIRECTIONS

Cook quinoa. Cube and roast sweet potatoes at 400°F for 25 minutes. Assemble quinoa, sweet potatoes, and black beans in a wide bowl. Top with sliced avocado and pumpkin seeds. Whisk tahini with lemon juice and garlic for dressing; drizzle over the bowl.



DAY 6 • MEDITERRANEAN • DINNER
GOVERNING

Baked Halibut & Roasted Brussels Sprouts

A regal, authoritative dinner — bold flavors that command the palate, just as we are called to command our domain.

INGREDIENTS

- Halibut fillets
- Brussels sprouts
- Olive oil
- Balsamic glaze
- Garlic
- Sea salt
- Black pepper

Fish Allergy Sub: Thick eggplant steaks, seasoned and baked at 400°F for 30 minutes.

DIRECTIONS

Halve Brussels sprouts, toss with olive oil and minced garlic, and roast at 400°F for 20–25 minutes until caramelized. Season halibut and bake at 400°F for 12–15 minutes until opaque. Drizzle Brussels sprouts with balsamic glaze before serving alongside the fish.

Authority & Dominion

Genesis 1:28 (NIV)

“God blessed them and said to them, ‘Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.’”

Reflection

Dominion is not arrogance — it is assignment. God did not bless mankind and then leave them to wander. He gave them a mandate: subdue, rule, govern. This is your original design. You were not created to be overwhelmed by your circumstances. You were created to govern them. But dominion must be walked in — it must be exercised. Passivity is the enemy of authority. Today, as you fast, identify the areas of your life where you have been passive, reactive, or intimidated. Step into your God-given authority. Speak to your environment. Govern your decisions. You were made to rule — not to be ruled.

Prayer Declaration

I step into spiritual authority. I take dominion over my environment, my decisions, and my future. I refuse to be passive.

Charge: I govern what was trying to govern me.

DAY 07

Alignment with Purpose & Assignment

"I align with my divine assignment. Every distraction, delay, or detour is removed. I walk in what God has called me to do."

Scripture: Jeremiah 1:5

Charge: Misalignment is corrected.

Meals in this section:

- Divine Assignment — Sunrise Smoothie Bowl
- Corrected Path — Mediterranean Chickpea Salad
- Purposeful — Smothered Cabbage with Flounder





DAY 7 • INTERNATIONAL • BREAKFAST
DIVINE ASSIGNMENT

Sunrise Smoothie Bowl

A bright, focused start to align with the day's purpose — each topping placed with intention, just as God places each of us with purpose.

INGREDIENTS

- Frozen mango
- Banana
- Coconut milk
- Sliced almonds
- Coconut flakes
- Fresh berries

DIRECTIONS

Blend frozen mango, banana, and coconut milk until thick and creamy — thicker than a smoothie. Pour into a wide bowl. Arrange toppings in a deliberate, beautiful pattern: sliced almonds, toasted coconut flakes, and fresh berries.



DAY 7 • MEDITERRANEAN • LUNCH
CORRECTED PATH

Mediterranean Chickpea Salad

Simple, direct, and perfectly aligned flavors — a reminder that the corrected path is often the most straightforward one.

INGREDIENTS

- Chickpeas
- Diced cucumber
- Cherry tomatoes
- Red onion
- Fresh parsley
- Lemon juice
- Olive oil
- Sea salt

DIRECTIONS

Drain and rinse chickpeas thoroughly. Combine with diced cucumber, halved cherry tomatoes, thinly sliced red onion, and fresh parsley. Dress generously with lemon juice, olive oil, and salt. Let sit 10 minutes for flavors to align before serving.



DAY 7 • SOUL FOOD • DINNER
PURPOSEFUL

Smothered Cabbage with Flounder

A purposeful, comforting meal that hits the spot — every ingredient serving its intended role, nothing wasted.

INGREDIENTS

- Green cabbage
- Onions
- Vegetable broth
- Flounder fillets
- Cajun seasoning
- Olive oil
- Garlic

Fish Allergy Sub: Seasoned tempeh slices, pan-fried until crispy.

DIRECTIONS

Sauté sliced onions and garlic in olive oil until softened. Add chopped cabbage and vegetable broth. Cover and simmer 20 minutes until tender and flavorful. Season flounder with Cajun seasoning and pan-fry in olive oil 3 minutes per side until golden. Serve over the smothered cabbage.

Alignment with Purpose & Assignment

Jeremiah 1:5 (NIV)

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”

Reflection

Your assignment was not decided after you were born — it was established before you arrived. God knew you before formation, set you apart before birth, and appointed you before you had a chance to qualify or disqualify yourself. This means your purpose is not fragile. It cannot be cancelled by your past, delayed by your failures, or stolen by your enemies. What God ordained, He will complete. Today, as you fast, ask the Lord to realign you with the original assignment He placed in you before time began. Remove every distraction, every detour, every substitute that has been masquerading as purpose. You have a specific lane — get back in it.

Prayer Declaration

I align with my divine assignment. Every distraction, delay, or detour is removed. I walk in what God has called me to do.

Charge: Misalignment is corrected.

DAY 08

Provision & Kingdom Resources

*"I call forth provision tied to my purpose.
Resources, relationships, and opportunities
locate me. I break every mindset of lack."*

Scripture: [Philippians 4:19](#)

Charge: Lack loses its authority.

Meals in this section:

- Kingdom Supply — Overnight Oats with Peaches
- Abundance — Roasted Vegetable & Hummus Wrap
- Provision — Shrimp & Grits





DAY 8 • AMERICAN COMFORT • BREAKFAST
KINGDOM SUPPLY

Overnight Oats with Peaches

Abundant and ready when you wake up — a picture of God's provision that is always prepared before you even ask.

INGREDIENTS

- Rolled oats
- Almond milk
- Chia seeds
- Fresh peaches
- Ground cinnamon
- Maple syrup

DIRECTIONS

Combine rolled oats, almond milk, chia seeds, and a drizzle of maple syrup in a jar or bowl. Stir well, cover, and refrigerate overnight. In the morning, top with fresh sliced peaches and a sprinkle of cinnamon. No cooking required.



DAY 8 • INTERNATIONAL • LUNCH
ABUNDANCE

Roasted Vegetable & Hummus Wrap

Overflowing with colorful, nutrient-rich vegetables — a tangible picture of the abundance God provides when lack loses its authority.

INGREDIENTS

- Whole wheat tortilla
- Hummus
- Zucchini
- Bell peppers
- Red onions
- Fresh spinach
- Olive oil

DIRECTIONS

Slice zucchini, bell peppers, and red onions. Toss with olive oil and salt, then roast at 400°F for 20 minutes until caramelized. Spread hummus generously on a warm tortilla. Layer with roasted vegetables and fresh spinach. Roll tightly and slice on the diagonal.



DAY 8 • SOUL FOOD • DINNER
PROVISION

Shrimp & Grits

A rich, satisfying dish symbolizing God's abundant provision — a Southern classic elevated to celebrate Kingdom supply.

INGREDIENTS

- Stone-ground grits
- Vegetable broth
- Shrimp
- Bell peppers
- Onions
- Cajun seasoning
- Garlic
- Olive oil

Fish Allergy Sub: Oyster mushrooms sautéed with the same Cajun seasoning, peppers, and onions.

DIRECTIONS

Cook grits in vegetable broth, stirring frequently until thick and creamy, about 20 minutes. Season shrimp with Cajun seasoning. Sauté with diced bell peppers, onions, and garlic in olive oil until shrimp are pink and cooked through. Serve over the creamy grits.

Provision & Kingdom Resources

Philippians 4:19 (NIV)

“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

Reflection

God's provision is not limited by the economy, your employer, your education, or your circumstances. His supply line runs through the riches of His glory — a resource that has no ceiling, no shortage, and no expiration date. The word 'all' is comprehensive. Not some of your needs. Not the needs He deems worthy. All of them. But provision flows to purpose. As you align with your assignment, you position yourself to receive the resources that have been reserved for that assignment. Today, as you fast, break every mindset of lack, scarcity, and self-sufficiency. Declare that your God is Jehovah Jireh — the Lord who sees and provides — and that His provision is already on the way.

Prayer Declaration

I call forth provision tied to my purpose. Resources, relationships, and opportunities locate me. I break every mindset of lack.

Charge: Lack loses its authority.

DAY 09

Protection & Spiritual Covering

"I establish divine protection over my life, family, leadership, property, and vision. Every attack, seen or unseen, is intercepted."

Scripture: Psalm 91:11

Charge: What was sent against me will not prevail.

Meals in this section:

- Spiritual Covering — Warm Apple & Cinnamon Quinoa
- Intercepted — Creamy Tomato Basil Soup
- Secure Dwelling — Baked Trout & Garlic Green Beans





DAY 9 • AMERICAN COMFORT • BREAKFAST
SPIRITUAL COVERING

Warm Apple & Cinnamon Quinoa

A warm, comforting breakfast that feels like a protective blanket — nourishing and shielding from the inside out.

INGREDIENTS

- Quinoa
- Almond milk
- Diced apples
- Ground cinnamon
- Nutmeg
- Maple syrup

DIRECTIONS

Cook quinoa in almond milk instead of water for a creamier, porridge-like result. Stir in diced apples, ground cinnamon, and a pinch of nutmeg. Sweeten lightly with maple syrup. Serve warm in a cozy bowl.



DAY 9 • MEDITERRANEAN • LUNCH
INTERCEPTED

Creamy Tomato Basil Soup

A robust, defensive shield of antioxidants and flavor — intercepting every nutritional deficiency before it can take hold.

INGREDIENTS

- Crushed tomatoes
- Vegetable broth
- Fresh basil
- Garlic
- Onions
- Olive oil
- Sea salt
- Black pepper

DIRECTIONS

Sauté diced onions and garlic in olive oil until golden and fragrant. Add crushed tomatoes and vegetable broth. Simmer 20 minutes. Remove from heat, stir in a large handful of fresh basil, and blend until silky smooth. Season to taste and serve with a swirl of olive oil.



DAY 9 • INTERNATIONAL • DINNER
SECURE DWELLING

Baked Trout & Garlic Green Beans

A safe, secure, and nourishing dinner — dwelling under the shadow of the Almighty, satisfied and protected.

INGREDIENTS

- Trout fillets
- Green beans
- Garlic
- Olive oil
- Lemon
- Fresh dill or parsley
- Sea salt

Fish Allergy Sub: Zucchini boats stuffed with seasoned lentils, baked at 375°F for 25 minutes.

DIRECTIONS

Place trout on a baking sheet, drizzle with olive oil, lemon juice, and fresh herbs. Bake at 375°F for 15–18 minutes until fish flakes easily. Sauté green beans in olive oil with minced garlic over high heat until tender-crisp, about 5 minutes. Serve with lemon wedges.

Protection & Spiritual Covering

Psalm 91:11 (NIV)

“For he will command his angels concerning you to guard you in all your ways.”

Reflection

You are not alone, and you are not unprotected. Before you were aware of the threats around you, God had already issued a command on your behalf. His angels are not passive bystanders — they are active guardians, dispatched by divine order to cover you in every way. This is not a promise for the fearless — it is a promise for those who dwell in the shelter of the Most High. Proximity to God activates protection. Today, as you fast, establish divine covering over your life, your family, your home, your ministry, and your future. Declare that every assignment of the enemy is intercepted, every attack is neutralized, and every open door to harm is shut by the authority of Jesus Christ.

Prayer Declaration

I establish divine protection over my life, family, leadership, property, and vision. Every attack, seen or unseen, is intercepted.

Charge: What was sent against me will not prevail.

DAY 10

Manifestation & Establishment

"I call forth manifestation. What was spoken, prayed, and believed is established. I step into visible results, completion, and forward movement."

Scripture: Isaiah 55:11

Charge: What God started, He completes.

Meals in this section:

- Visible Results — Tropical Fruit Platter
- Completion — Roasted Butternut Squash Salad
- Established — Fasting-Friendly Seafood Celebration





DAY 10 • INTERNATIONAL • BREAKFAST
VISIBLE RESULTS

Tropical Fruit Platter

A beautiful, visible manifestation of the earth's sweetness — a celebration of what God has brought forth through ten days of faithfulness.

INGREDIENTS

- Papaya
- Pineapple
- Kiwi
- Dragon fruit
- Coconut flakes

DIRECTIONS

Slice all fruits and arrange beautifully on a large platter, alternating colors and shapes for maximum visual impact. Sprinkle with toasted coconut flakes. Serve as a celebratory morning spread — let the table be a testimony.



DAY 10 • AMERICAN COMFORT • LUNCH
COMPLETION

Roasted Butternut Squash Salad

A fulfilling, complete meal celebrating the end of the fast — rich in flavor and full of the satisfaction that comes from finishing what you started.

INGREDIENTS

- Mixed greens
- Butternut squash
- Pecans
- Dried cranberries
- Balsamic vinaigrette
- Olive oil
- Sea salt

DIRECTIONS

Cube butternut squash, toss with olive oil and salt, and roast at 400°F for 25–30 minutes until caramelized and golden. Toss mixed greens with roasted squash, toasted pecans, and dried cranberries. Dress generously with balsamic vinaigrette.



DAY 10 • SOUL FOOD • DINNER
ESTABLISHED

Fasting-Friendly Seafood Celebration

A celebratory feast to mark the completion of the 10 days — a family-style table of abundance, just as God promised.

INGREDIENTS

- Crab legs
- Shrimp
- Mussels
- Corn on the cob
- Lemon
- Garlic
- Old Bay seasoning
- Olive oil

Fish Allergy Sub: Hearty root vegetables (potatoes, carrots, corn) boiled in the same Old Bay broth.

DIRECTIONS

Fill a large pot with water, Old Bay seasoning, halved lemons, and garlic. Bring to a rolling boil. Add crab legs, shrimp, and mussels in stages. Cook until done. Drain and toss with olive oil and extra seasoning. Serve family-style on parchment paper — a feast of completion.

Manifestation & Establishment

Isaiah 55:11 (NIV)

“So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.”

Reflection

Every word God has spoken over your life is still in motion. Every promise, every prophetic declaration, every scripture you have stood on — none of it has returned void. God's word is not subject to time, circumstances, or opposition. It carries within it the power to accomplish exactly what He intended. You have fasted. You have prayed. You have declared. Now stand in expectation. The tenth day is not the end — it is the threshold of manifestation. What was planted in the spirit is breaking through into the natural. As you close this fast, declare with confidence: it is done. What God said, He will perform. The word has gone out — and it will not return empty.

Prayer Declaration

I call forth manifestation. What was spoken, prayed, and believed is established. I step into visible results, completion, and forward movement.

Charge: What God started, He completes.



LIBERTY TEMPLE CHICAGO
CLOSING

Thank You

A Note from the Apostles

To every member of Liberty Temple Chicago who has participated in this 10-day corporate fast: we are proud of you. You did not just abstain from food — you built an altar. You pressed past comfort, silenced distraction, and positioned yourself before God with intention. Every prayer you prayed, every meal you prepared with purpose, and every declaration you made over your life has been heard. We believe that what was released in the spirit during these ten days will manifest in your life in ways that will leave you without words. Stand firm. Stay expectant. The Word of God does not return void — and neither does your sacrifice.

In His Service,

The Apostle's Turner

Liberty Temple Chicago · 2nd Quarter Corporate Fast
April 13–22, 2026

