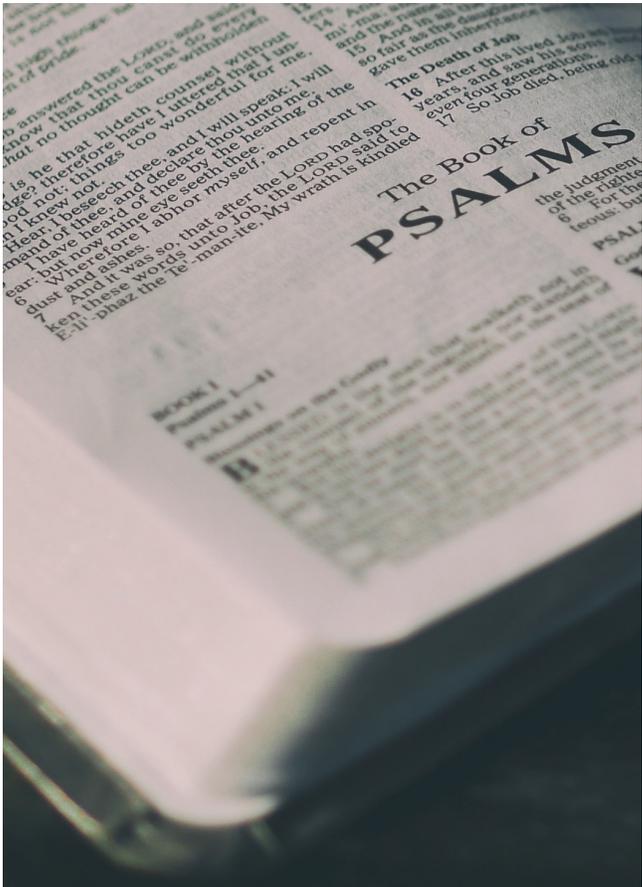


21-DAY

CONSECRATION

JAN. 31 - FEB. 20, 2022

**COMMITMENT TO HEALTHY LIVING
SPIRITUALLY, PHYSICALLY
AND MENTALLY**



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DRAWING NEARER, SEEING CLEARER

Consecration is for cleansing. Through fasting we cleanse our hands from sin and unproductive activities. We also clean our bodies of unhealthy and toxic foods.

Consecration is also for purification. The Bible mentions double-minded. This implies that there are two opposing forces in the mind. **Jesus says in Matthew 6:24, "No man can serve two masters..."** The command is to "make up your mind". Decide which way you will go. When we consecrate ourselves, we are making the decision to let go of one to have more of the another. As long as we are double-minded, we will not be able to be fully committed to one thing. **James 1:8 says "A double minded man is unstable in all his ways."** It is not possible to be consecrated and carnal at the same time. Consecration causes us to choose who we will serve.

When we make the choice to serve the Lord, we then began to come closer to Him. As we get closer to God, He then comes closer to us. As a result, we enjoy the benefits of the presence God and have a clearer vision of who He is and what He wants for us. Let's choose Jesus!

You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

Psalms 16:11

Ezra Howard

ELDER EZRA HOWARD
PASTOR

21-DAY CONSECRATION

TWENTY-ONE DAY CONSECRATION

Join with us in 21 days of consecration, by fasting, praying, meditating and eating healthily. The purpose of this consecration is to unite our church in prayer, to spend focused time in reading the Word of God and hearing from God, to cleanse our temple from toxins, both naturally and spiritually, and to motivate us to break bad habits and form good habits that produce healthy lifestyles.

The consecration is scheduled for 21 days. (January 31- February 20, 2022.) A suggested guide for fasting, eating, drinking, reading and praying is given for your convenience.

During the entire consecration we are asking that you refrain from sodas, sweets (candy, cakes, cookies, pies, etc.), video games, card games, games on tablets and cell phones, secular TV, unnecessary Facebook and other forms of social media (Till I come, give attendance to reading, to exhortation, to doctrine. (1 Timothy 4:13 KJV). Encourage children to do the same.

Please read and reflect on each daily theme and Scripture and adhere to the short prayer instruction for that day. Our prayer line ministry leaders will use the themes as their focus for praying.

Additionally, a color code will indicate the suggested eating program for each day.

The Consecration is voluntary and this consecration guide consists of suggested principles for you to follow. PLEASE CONSULT YOUR PHYSICIAN for wise eating principles before engaging in radical dietary changes, especially if you have health challenges.



BLUE indicates “free days.” Please feel free to eat normally on these days. However, it is suggested that you abstain from sweets, sodas, and desserts.

GREEN indicates days during which the congregation will eat only fruits, vegetables, nuts, whole grains. Only fruit juices (no added sugar) and water are allowed to drink. The majority of the consecration will consist of this partial fast. If you need to, you may add healthily prepared chicken or fish (4-6 ounces, not fried).

PURPLE indicates days in which we will eat only one meal. You are free to choose what meal you will eat. Meals are to follow the healthy eating guidelines.

RED indicates days during which the congregation will totally abstain from food. Only water will be allowed to drink on these days. If this portion of the fast proves to be too difficult, you are invited to eat a single meal following the “Green” principles above.

DETOX YOUR SOUL - FOUR SPIRITUAL HABITS FROM THE PSALMS

1. Detox Your Heart

"A spiritual detox enables us to more clearly hear the Spirit's voice and see our Savior's face."

My heart is always the first thing in desperate need of a detox. I have learned that we can't effectively fight the Lord's battles in the world while neglecting the ones in our hearts. Countless times I've tried to advance in haste or self-righteousness, not realizing until later that it's my own heart that I'm fighting. I must go to my knees to stop, repent, and reset. When times are tumultuous and emotions high, we must be particularly vigilant about sin creeping in.

As the psalmist pours out his soul, I'm encouraged to do the same as I search my heart before the Lord.

"Prove me, O Lord, and try me; test my heart and my mind" (Psalm 26:2).

Ask the Lord to examine, prove, and try your heart and mind, as if testing metal to determine value and genuineness. We are prone to be partial to ourselves, making allowances where we should not.

"Who can discern his errors? Declare me innocent from hidden faults. Keep back your servant also from presumptuous sins; let them not have dominion over me!" (Psalm 19:12-13).

Our greatest temptations come not from without, but from within. Our heart's secret sins give birth to almost every evil deed and gradually enslave us. Sin disguises itself: pride can be seen as conviction, self-sufficiency as industriousness, fear as attentiveness, skepticism as discernment, timidity as humility, and the list can go on and on.

"Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name" (Psalm 86:11).

Ask that the Lord teach us to live and act in accordance to his truth, pursuing his will. We need him to join all the purposes, resolutions, and affections of our hearts into a singular purpose to worship, obey, and honor him. Every day, every hour. If our hearts are divided, all will be wrong.

2. Detox Your Eyes

Amidst the million things we could look to, the psalmist reminds us where to set our gaze. Like a compass in need of recalibration, we will inevitably wander if our eyes are set on the wrong things.

"Turn my eyes from looking at worthless things; and give me life in your ways" (Psalm 119:37).

Our view of what is real and true and life-giving is so easily blocked. Our prayer should be that of the nineteenth-century theologian Albert Barnes, "Make my eyes to pass rapidly from such objects, that I may not look at them, may not contemplate them, may not dwell upon them."

"I have set the Lord always before me; because he is at my right hand, I shall not be shaken" (Psalm 16:8).

May we act and regard ourselves as always in the Lord's presence, for what is continually before our eyes is what shapes us. If our gaze is locked upon the Lord in the struggle, pain, and change, we will be anchored and not disturbed by fear.

"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore" (Psalm 16:11).

In the words of Augustine, "Lord, show me the road I must travel that I may see you." God's path alone leads to life, and his hand provides not just pleasure, but eternal pleasure. And not merely joy, but full joy.

DETOX YOUR SOUL

3. Detox Your Words

"We cannot effectively fight the Lord's battles in the world while neglecting the ones in our hearts." The psalmists knew the power of words. They used them to create beautiful poems of praise, to pierce the soul, and paint glorious pictures of God's character. Words have the power to build or break, to decimate or create — choose them with wisdom. They flow out of our hearts, so if they are a continual struggle, we should take the time to examine our core.

"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer" (Psalm 19:14).

May our lips always speak in ways that draw others to our rock and redeemer. Meditate on the Lord, the fountain and origin of good things, so words pleasing him might overflow from your mouth. These words carry power and eternal impact when offered in his strength, rather than our own efforts.

"We will not hide them from their children, but tell to the coming generation the glorious deeds of the Lord, and his might, and the wonders that he has done" (Psalms 78:4).

Let us be a generation faithful in speaking the truths we've been entrusted with, handing them off to the future generations. Not hiding these truths in fear or corrupting them to fulfill our own agendas, but speaking them for his glory, purposes, and praise. May his great works ever be on our lips!

"I say to the Lord, 'You are my Lord; I have no good apart from you'" (Psalms 16:2).

God is our good — all of it. And we can't add to his goodness in any way. Through the gospel, the entirety of our sin and death can be exchanged for the entirety of his goodness and life, and our redeemed souls can rest in him for eternity. He is our portion, our hope, and our stay.

4. Detox Your Actions

When the world is weighing heavily on my soul, my first instinct is usually to retreat. I pull away from the heaviness and stop rowing — forgetting that God's way may not be ending the storm, but giving me the strength to row in my weariness. If he is our rock and our strength, we needn't be paralyzed.

The truth about his love should lead us to action. Not that we must never rest, but contrary to the world's ceaseless message of self-focus and self-care, we are told to give up our own battles, rest in Christ, and use his strength to fight for and serve others, so that they can enjoy the rest and peace we've been given. When we purge ourselves of pride and sin, our actions have the potential to bring great hope and healing.

"Turn away from evil and do good; seek peace and pursue it" (Psalm 34:14).

Act intentionally to shun the evil that is near, while searching out the good to be done. Our deeds will have eternal impact when directed by God's word, in love for God's glory, and in the strength and grace of Christ. Initiate the pursuit of peace, for we know its source.

"Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute" (Psalm 82:3).

Over and over throughout the Psalms, we are commanded to be the natural protectors under God of the weak, the poor, and the oppressed. Since they often have no one to defend them, we are to see that right is done for those who need an advocate.

"Keep steady my steps according to your promise, and let no iniquity get dominion over me" (Psalm 119:133).

May not just our life, but our daily life — not just our paths, but each of our steps — be habitually obedient to God's will. For this is how we brightly reflect God's glory, even in the small, seemingly mundane spaces through which we are led. The Lord must order our steps, clearing the sinful brambles that impede our way, for we have no hope of properly arranging them apart from him.

FASTING FOR BEGINNERS

FASTING FOR BEGINNERS

Chances are you are among the massive majority of Christians who rarely or never fast. It's not because we haven't read our Bibles or sat under faithful preaching or heard about the power of fasting, or even that we don't genuinely want to do it. We just never actually get around to putting down the fork.

Part of it may be that we live in a society in which food is so ubiquitous that we eat not only when we don't need to, but sometimes even when we don't want to. We eat to share a meal with others, to build or grow relationships (good reasons), or just as a distraction from responsibility. And of course, there are our own cravings and aches for comfort that keep us from the discomfort of fasting.

NOT SO FAST

Fasting is voluntarily going without food — or any other regularly enjoyed, good gift from God — for the sake of some spiritual purpose. It is markedly counter-cultural in our consumerist society, like abstaining from sex until marriage.

If we are to learn the lost art of fasting and enjoy its fruit, it will not come with our ear to the ground of society, but

with Bibles open. Then, the concern will not be whether we fast, but when. Jesus assumes his followers will fast, and even promises it will happen. He doesn't say "if," but "when you fast" (Matthew 6:16). And he doesn't say his followers might fast, but "they will" (Matthew 9:15).

We fast in this life because we believe in the life to come. We don't have to get it all here and now, because we have a promise that we will have it all in the coming age. We fast from what we can see and taste, because we have tasted and seen the goodness of the invisible and infinite God — and are desperately hungry

for more of him.

Radical, Temporary Measure

Fasting is for this world, for stretching our hearts to get fresh air beyond the pain and trouble around us. And it is for the battle against the sin and weakness inside us. We express our discontent with our sinful selves and our longing for more of Christ.

When Jesus returns, fasting will be done. It's a temporary measure, for this life and age, to enrich our joy in Jesus and prepare our hearts for the next — for seeing him face to face. When he returns, he will not call a fast, but throw a feast; then

all holy abstinence will have served its glorious purpose and be seen by all for the stunning gift it was.

Until then, we will fast.



HOW TO START FASTING

HOW TO START FASTING

Fasting is hard. It sounds much easier in concept than it proves to be in practice. It can be surprising how on-edge we feel when we miss a meal. Many an idealistic new fast-er has decided to miss a meal and only found our belly drove us to make up for it long before the next mealtime came.

Fasting sounds so simple, and yet the world, our flesh, and the devil conspire to introduce all sorts of complications that keep it from happening. In view of helping you start down the slow path to good fasting, here are six simple pieces of advice. These suggestions might seem pedantic, but the hope is that such basic counsel can serve those who are new at fasting or have never seriously tried it.

1. Start small.

Don't go from no fasting to attempting a weeklong. Start with one meal; maybe fast one meal a week for



several weeks. Then try two meals, and work your way up to a daylong fast. Perhaps eventually try a two-day juice fast.

A juice fast means abstaining from all food and beverage, except for juice and water. Allowing yourself juice provides nutrients and sugar for the body to keep you operating, while also still feeling the effects from going without solid food. It's not recommended that you abstain from water during a fast of any length.

2. Plan what you'll do instead of eating.

Fasting isn't merely an act of self-deprivation, but a spiritual discipline for seeking more of God's fullness. Which means we should have a plan for what positive pursuit to undertake in the time it normally takes to eat. We spend a good portion of our day with food in front of us. One significant part

of fasting is the time it creates for prayer and meditation on God's word or some act of love for others.

Before diving headlong into a fast, craft a simple plan. Connect it to your purpose for the fast. Each fast should have a specific spiritual purpose. Identify what that is and design a focus to replace the time you would have spent eating. Without a purpose and plan, it's not Christian fasting; it's just going hungry.

3. Consider how it will affect others.

Fasting is no license to be unloving. It would be sad to lack concern and care for others around us because of this expression of heightened focus on God. Love for God and for neighbor go together. Good fasting mingles horizontal concern with the vertical. If anything, others should even feel more loved and cared

for when we're fasting.

So as you plan your fast, consider how it will affect others. If you have regular lunches with colleagues or dinners with family or roommates, assess how your abstaining will affect them, and let them know ahead of time, instead of just being a no-show, or springing it on them in the moment that you will not be eating. Also, consider this backdoor inspiration for fasting: If you make a daily or weekly practice of eating with a particular group of friends or family, and those plans are interrupted by someone's travel or vacation or atypical circumstances, consider that as an opportunity to fast, rather than eating alone.

4. Try different kinds of fasting.

The typical form of fasting is personal, private, and partial,

HOW TO START FASTING (cont'd)

but we find a variety of forms in the Bible: personal and communal, private and public, congregational and national, regular and occasional, absolute and partial.

In particular, consider fasting together with your family, small group, or church. Do you share together in some special need for God's wisdom and guidance? Is there an unusual difficulty in the church, or society, for which you need God's intervention? Do you want to keep the second coming of Christ in view? Plead with special earnestness for God's help by linking arms with other believers to fast together.

5. Fast from something other than food.

Fasting from food is not necessarily for everyone. Some health conditions keep even the most devout from the traditional course. However,



fasting is not limited to abstaining from food. As Martyn Lloyd-Jones said, "Fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose."

If the better part of wisdom for you, in your health condition, is not to go without food,

consider fasting from television, computer, social media, or some other regular enjoyment that would bend your heart toward greater enjoyment of Jesus. Paul even talks about married couples fasting from sex "for a limited time, that you may devote yourselves to prayer" (1 Corinthians 7:5).

6. Don't think of white elephants.

When your empty stomach starts to growl and begins sending your brain every "feed me" signal it can, don't be content to let your mind dwell on the fact that you haven't eaten.

If you make it through with an iron will that says no to your stomach, but doesn't turn your mind's eye elsewhere, it says more about your love for food than your love for God.

Christian fasting turns its attention to Jesus or some great cause of his in the world. Christian fasting seeks to take the pains of hunger and transpose them into the key of some eternal anthem, whether it's fighting against some sin, or pleading for someone's salvation, or for the cause of the unborn, or longing for a greater taste of Jesus.

WAYS TO EAT HEALTHIER



1. COOK A BIG BATCH OF GRAIN OR BEANS ONCE A WEEK.

Then you can use that as a base for tons of other healthy meals throughout the week. A single pot of quinoa can turn into everything from a veggie bowl to breakfast cereal.

2. DRINK YOUR COFFEE AND TEA BLACK.

No cream, no sugar. You'll get used to it. And it will encourage you to drink good coffee that doesn't taste like burning!

3. REMEMBER THIS HANDY GUIDE TO HELP KEEP YOUR PORTION

SIZES REASONABLE.

Fist = 1/2 cup, palm = 3 oz. meat, fingertip = teaspoon, thumb = tablespoon.

4. HARNESS THE POWER OF SECRET (HEALTHY) INGREDIENTS.

You're more likely to stay on the Good Nutrition Train long term if you learn how to make healthier versions of foods you really enjoy eating, instead of ditching them entirely for virtuous (but sad) alternatives.

For instance: Swap half (not all) of the potatoes in mashed potatoes for cauliflower — they'll still taste like delicious mashed potatoes, but will be way less of a starch-bomb.

5. ROAST INSTEAD OF FRY.

This goes for pretty much everything, from chicken fingers and french "fries" to vegetables at large. Roasting at high temperatures still gives



food a flavorful crispy outside with vastly less oil required, and way less mess.

6. START OBSERVING MEATLESS MONDAYS.

Cooking without meat forces you to get more creative and eat more vegetables, both of which are life skills that will serve you well all seven days of the week. If you're already vegetarian, try eating vegan on Mondays and see how it goes.

7. ALWAYS PICK NON-PROCESSED SNACKS.

Stick with fruits and veggies, nuts, or food you made yourself. Even when it has more calories, you'll get more nutritional bang for your buck, avoid all the junk that comes in processed food (fat, sugar, salt, artificial dyes, preservatives, etc., etc., etc.) and skip the wasteful packaging.

8. BRING LUNCH TO WORK AT LEAST ONCE A WEEK.

Anything you make yourself is likely to be

healthier than what you'd buy instead. But it's hard to make the time, so start slow: Make a lunch for yourself on Sunday to bring to work the next day. The more you do it, the more you'll get into the habit.

9. MAKE SMARTER SNACKING CHOICES.

These simple 100-calorie food swaps (Find them on <http://www.cookinglight.com/eating-smart/smart-choices/100-calorie-food-swaps>) are easy enough to become part of your regular routine.

10. EAT ALL THE VEGETABLES ON YOUR PLATE BEFORE YOU EAT ANYTHING ELSE.

Preventative measures: Fill up on the healthy stuff and then only eat as much mac 'n' cheese as you have room for. Adding a regular salad course to your dinner every day is a great way to do this.

11. USE AT LEAST HALF WHOLE-GRAIN FLOUR IN BAKING RECIPES.

A life without cake and

A Handy Guide to Portion Size



Palm = 3 ounces
Poultry, Meat & Fish



Fist = 1 cup
Rice, Pasta, Fruit, Veggies & Ice Cream



Cupped Hand = 1/2 cup
Beans & Potatoes



2 Cupped Hands = 1 ounce
Chips, Popcorn & Pretzels



Thumb = 1 ounce
Peanut Butter & Hard Cheese



Thumb tip = 1 teaspoon
Cooking Oil, Mayo & Butter

WAYS TO EAT HEALTHIER

cookies is no life at all. But you'd be surprised at the number of treats that taste just as good (or better) with whole grain flour as they do with plain old all-purpose. You'll get more fiber, more protein, and less of an empty-calorie crash.

That said, baking is tricky; changing flours can change the structure and texture of what you're making, so start by subbing just part of the flour and see how it works. Also play around with flours that aren't made with wheat (corn, oat, rye, spelt, etc) or not even made from grain (almond or coconut).

12. GROW A VEGETABLE GARDEN OR BUY FROM A NEARBY FARMER'S MARKET.

This is a good way to get more fresh food and to cook more in general.

13. DRINK SELTZER INSTEAD OF SODA.

Even diet soda isn't so hot for your teeth or your waistline. Stick with seltzer or water and dress it up with lime or lemon, a sprig



of a fresh herb, or a few drops of cocktail bitters to add flavor without adding sugar.

14. EAT SAVORY PROTEINS AND VEGETABLES FOR BREAKFAST INSTEAD OF CARBS AND SWEETS.

This kind of food will keep you full longer and avoid a sugar crash halfway through the morning. People in Japan and tons of other countries around the world have been up on this jam for centuries; get with it!

15. USE SMALLER PLATES.

Science says: Large plates make you think you have a relatively smaller amount of food, so you'll feel less satisfied and want more. So game your own brain by serving rich food on little dishes.

16. WHEN YOU'RE COOKING EGGS, USE TWICE AS MANY WHITES AS YOLKS.

Going all-egg-white on a scramble, omelet or frittata isn't much fun

for anyone, but you can cut out a lot of saturated fat and still end up with something delicious by ditching around half the yolks and adding extra whites instead.

17. EAT AS MANY COLORS AS YOU CAN EVERY DAY.

Bright colors in fruits and vegetables usually signify concentrated nutrients (vitamins, minerals, antioxidants, etc.), which are very good for you. The more different colors you eat, the more diverse the range of nutrients you're getting.

18. MAKE SMART INGREDIENT SWAPS.

Put fruit compote on pancakes or waffles instead of butter and syrup. Upgrade sandwiches by spreading them with avocado instead of mayo. Snack on frozen grapes instead of candy or cookies. Cut the fat in dip way down by using Greek yogurt instead of sour cream.

Use oatmeal instead of breadcrumbs to make healthier meatballs and meatloaf.

19. SNEAK SEEDS INTO EVERYTHING.

These little guys pack serious nutritional punch. Chia seeds have all kinds of secret powers; pumpkin seeds add value to granola and desserts; flax seeds are great in cereal or for sprinkling.

20. HAVE A PIECE OF FRUIT WITH BREAKFAST INSTEAD OF A GLASS OF JUICE.

It's all about that fiber, baby (and juice doesn't have any).

21. TRY TO EAT MEALS THAT ARE AT LEAST HALF VEGETABLES.

Yes, even breakfast (here are some ideas). Add sauteed spinach or kale to an open-face egg sandwich. Make a carrot-mango smoothie. Mix spinach into savory oatmeal. Make a hearty vegetable omelette.



HEALTHY RECIPES



Black-Eyed Peas & Okra

Cook: 15m **Ready In:** 50m

Recipe By: Eating Well Test Kitchen

“This bean and okra recipe is a classic Southern side dish perfect for potlucks.

Adding the okra toward the end of cooking guarantees a tender—not mushy— texture.”

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, coarsely chopped
- 1 large clove garlic, finely chopped
- 3 cups low-sodium chicken broth
- 2 small bay leaves, preferably fresh
- 2 cups black-eyed peas, fresh or frozen (thawed)
- 1 pound fresh okra, stem ends trimmed, cut into 1-inch pieces
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon cayenne pepper, or to taste

Directions

1. Heat oil in a large saucepan over medium heat. Add onion; cook, stirring, 3 to 5 minutes. Add garlic; cook 1 minute. Add broth and bay leaves; bring to a boil. Stir in peas.
2. Reduce heat; simmer, stirring occasionally, for 20 minutes. Add okra, salt, pepper and cayenne. Simmer until tender, about 15 minutes.



Simple Seasoned Grilled Fish

Prep Time 1 minute
Cook Time 4 minutes
Total Time 5 minutes
Servings 4 servings
Calories 150kcal

Ingredients

- 16 ounces fish fillets (four 4-ounce fillets, see notes)
- teaspoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Old Bay seasoning
- 1/2 teaspoon paprika
- ½ lemon
- chopped parsley for garnish, optional

Instructions

1. Start by preheating your pan or grill. Place the grill pan, skillet, or saute pan on the stovetop over medium-high heat and let it warm while you prep the fish fillets. If you're using an indoor electric grill, go ahead and heat it according to the manufacturer's instructions.
2. Brush one side of the fish fillets lightly with olive oil.
3. Sprinkle with salt and pepper, Old Bay, and paprika.
4. Place the fillets on the pan or grill with the seasoned side down.
5. Brush the second side with olive oil and sprinkle with additional seasonings.
6. Cook the fillets for about 2 minutes. Use a wide spatula to turn the fillets over and cook an additional 2 minutes. (Note: If using an indoor grill, place the fillets on the preheated grill and cook according to the manufacturer's instructions. For the George Foreman grill, it takes approximately 4 minutes.)

Transfer the cooked fillets to a plate. Sprinkle with chopped parsley (optional) and drizzle.



Juicy Baked Chicken Breast

How to bake chicken breast? Bake it for a short time at a high temperature. You will get delightful results, every time.

Prep Time 10 minutes
Cook Time 20 minutes
Rest time 5 minutes
Total Time 35 minutes
Servings 2 servings
Calories 252kcal
Author Vered DeLeeuw

Ingredients

- 2 boneless skinless chicken breasts 8 oz each
- Olive oil cooking spray
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon paprika

Instructions

1. Preheat your oven to 450 degrees F. Line a baking dish with foil.
2. Generously spray both sides of each chicken breast with olive oil, and sprinkle them with the seasonings.
3. Bake, uncovered, until the internal temperature reaches 160-165 degrees F and juices run clear when pierced with a fork, about 20 minutes. The center of the chicken breasts should be white and opaque.
4. Transfer the chicken to a platter. Loosely cover it with foil and allow it to rest for 5-10 minutes before slicing and serving.



Steamed Asparagus with Butter and Lemon

Prep Time 10 minutes
 Cook Time 5 minutes
 Total Time 15 minutes
 Servings 4 servings
 Calories 70kcal
 Author Vered DeLeeuw

Ingredients

- 1 bunch fresh asparagus, medium thickness (about 20 spears)
- 2 tablespoons melted butter
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon Diamond Crystal kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon garlic powder

Instructions

1. Pour 1 inch of water into a saucepan. Fit a steamer basket into the saucepan. Bring the water to a boil.
2. Chop off about an inch from the bottom of the asparagus. There's generally no need to peel them since we're using medium-thickness spears, but if some of the spears are very thick or woody, go ahead and peel the bottom.
3. Once the water has boiled, place the asparagus in the steamer basket. Cover and steam until the asparagus are just barely tender, about 5 minutes. Thinner spears will require just 3 minutes of steaming.
4. Immediately remove the asparagus from the steamer and transfer to a serving platter. Drizzle it with melted butter and lemon juice, and sprinkle with kosher salt, black pepper, and garlic powder. Serve immediately.



Perfect Oven-Baked Salmon

Prep Time 15 minutes
 Cook Time 15 minutes
 Total Time 30 minutes
 Servings 4 servings
 Calories 346kcal
 Author Vered DeLeeuw

Ingredients

- 4 (6 oz) wild salmon fillets skin on or skinless, about 1 inch thick
- 2 tablespoons olive oil
- 1 teaspoon kosher salt (or 1/2 teaspoon sea salt)
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried thyme

Instructions

1. Preheat the oven to 425 degrees F. Position a rack in the middle of the oven. Line a baking dish with parchment paper.
2. Run your finger across the salmon fillets to check for bones. If your fish have bones in them, remove the bones with fish bone tweezers (I found mine on Amazon).
3. Brush the salmon fillets all over with olive oil. Arrange them on the baking dish, skin side down. Sprinkle with kosher salt, black pepper, garlic powder, and thyme.
4. Bake the salmon until it's opaque and cooked through, and the internal temperature reaches 145 degrees F. Depending on your oven, this should take about 12-15 minutes. Serve immediately.

Chili Taco Salad

Ingredients

- 1 lb ground beef or ground turkey
- 1 envelope taco seasoning mix
- 1 16-oz can tomatoes
- 1 15-oz can kidney beans
- 1/2 cup water

Directions

1. Brown meat; pour off excess fat.
2. Stir In taco mix, tomatoes, beans and water.
3. Simmer for ten minutes, stirring occasionally.
4. Place atop a green salad with plain corn chips and cheese

Ginger Glazed Carrots

Ingredients (4 Servings)

- 3/4 cup water
- 1 pound baby carrots
- 2 tablespoons butter, divided
- 2 tablespoons honey
- 2 tablespoons orange juice
- 3/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1/2 teaspoon parsley flakes

Instructions

1. Place carrots, water and 1 tablespoon of the butter in skillet on medium heat. Cook, uncovered, 5 to 6 minutes or until carrots are slightly tender. Add honey, orange juice, remaining 1 tablespoon butter, ginger, nutmeg and salt to skillet.
2. Cook 4 to 5 minutes longer, stirring frequently to glaze carrots. Sprinkle with parsley, just before serving.

Turkey Leg Pot Roast

MAKES: 3 servings

TOTAL TIME:

Prep: 15 min. Cook: 5 hours

Ingredients

- 3 garlic cloves, peeled and quartered
- 2 cups fresh baby carrots
- 1 medium onion, peeled and quartered
- 1/2 cup chicken broth
- 3 turkey drumsticks (about 1/2 pound each)
- 2 teaspoons seasoned salt
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon pepper

Directions

In a greased oval 5 or 6-qt. slow cooker, combine the first six ingredients. Place drumsticks over vegetables. Sprinkle with seasoned salt, thyme, parsley and pepper. Cover; cook on low for 5 to 5-1/2 hours or until a meat thermometer reads 180°.

Yield: 3 servings.

NUTRITIONAL FACTS

1 serving: 460 calories, 7g fat (2g saturated fat), 202mg cholesterol, 1416mg sodium, 44g carbohydrate (10g sugars, 6g fiber), 54g protein.

Baked Sweet Potato Fries

15 minutes

Ingredients

- 2 sweet potatoes, raw
- 5 tsp Kosher Salt
- 5 tsp Black Pepper
- 2.5 tbsp Olive Oil, Extra Virgin

Directions

1. Peel and slice the sweet potatoes, putting them into a Ziploc bag.
2. Mix together the salt, pepper, and olive oil all together in the bag.
3. Dump the contents onto a baking sheet and bake the fries until desired texture is achieved at 350F.



Everyday Vegetable Soup

Martha Stewart

Ingredients

- 2 tablespoons olive oil
- 2 cups chopped onions or thinly sliced leeks (whites only)
- 1 cup thinly sliced celery
- 2 cans (14 1/2 ounces each) reduced-sodium vegetable or chicken broth
- 1 can (28 ounces) diced tomatoes, with juice
- 1 tablespoon tomato paste
- 8 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, lima beans, peas, potatoes, and zucchini (cut larger vegetables into smaller pieces)
- Italian seasoning
- Coarse salt and ground pepper
- 4 cans (14 1/2 ounces each) reduced-sodium vegetable or chicken broth
- 1 can (28 ounces) diced tomatoes, with juice
- 1 tablespoon tomato paste
- 8 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, lima beans, peas, potatoes, and zucchini (cut larger vegetables into smaller pieces)

Directions

1. Heat oil in a large stockpot over medium heat. Add onions or leeks, celery, and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5 to 8 minutes.
2. Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer, and

cook, uncovered, 20 minutes.

3. Add vegetables to pot, and return to a simmer. Cook, uncovered, until vegetables are tender, 20 to 25 minutes.
4. Season with salt and pepper, as desired. Let cool before storing.

Baked Potato Wedges

Total Time: 35 minutes

Healthier potato wedges baked in the oven. This recipe uses onion and garlic powder, but you can use other seasoning or even dried herbs.

Ingredients

Serves: 4

Ingredients

- 2 tbsps Parmesan cheese, grated
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 large potatoes, scrubbed and cut into eighths

Directions

Preparation: 10min › Cook: 25min ›

Ready in: 35min

1. Preheat an oven to 425 degrees.
2. Place Parmesan cheese, olive oil, onion powder, garlic powder, pepper, salt and potatoes into a resealable plastic bag.
3. Seal the bag, then shake to coat the potatoes with the seasoning. Spread the potatoes out on a baking tray.
4. Bake in the preheated oven until the potatoes are easily pierced with a fork, about 25 minutes.



SMOOTHIE RECIPES

Spinach, Grape, and Coconut Smoothie

By SARAH COPELAND
Total Time - 5 Mins Serves 1

Ingredients

- 1 cup seedless green grapes 1/2 cup ice
- 1 cup packed baby spinach 1/4 cup coconut milk

Place the grapes, spinach, ice, and coconut milk in a blender. Blend until smooth and frothy.

Raspberry and Nut Smoothie

Ingredients

- 3/4 cup low-fat milk 1/2 banana
- 1 tbsp natural almond or peanut butter 3/4 cup frozen raspberries
- 1 tablespoon agave nectar or honey

Place the milk, raspberries, banana, almond butter, and agave nectar in a blender. Blend until smooth and frothy

Healthy Green Juice

“Great healthy drink for detoxing after the holidays or whenever you have overdone it. Worth it to buy the organic celery, even if you buy conventional for everything else. Adjust fruit and veggie amounts to suit your personal taste. More apple equals a sweeter drink. Store any extra in a glass jar in the fridge for up to a day. Shake before drinking.”

10 m 2 servings 143 cal

Ingredients

- 2 green apples, halved
- 4 stalks celery, leaves removed 1 cucumber
- 6 leaves kale
- 1/2 lemon, peeled
- 1 (1 inch) piece fresh ginger

Directions

Process green apples, celery, cucumber, kale, lemon, and ginger through a juicer.



Add 1/2 cup oatmeal and vanilla protein and 1cup unsweetened almond milk. Use frozen fruit or freeze your fresh fruit so you won't need to add ice. For energy add a scoop of almond butter or peanut butter.

By Jeree Howard

GROCERY LIST



Vegetables

- spinach
- arugula
- kale
- broccoli
- cauliflower
- bell peppers
- brussels sprouts
- zucchini
- carrots
- asparagus
- cabbage
- cucumbers
- celery
- onions
- garlic
- fresh herbs like basil and parsley
- potatoes and sweet potatoes
- beets
- butternut squash

Fruits

- avocados (choose at different stages of ripeness)
- fresh blueberries, strawberries, blackberries, or raspberries
- oranges, lemons, limes, and grapefruit
- pomegranate
- grapes (green or red)
- bananas
- pineapple
- cherries
- mango, papaya, and star fruit
- apples

Condiments & Spices

- apple cider vinegar
- balsamic vinegar
- honey, hot sauce
- pure maple syrup
- tamari, soy sauce,
- salsa, mustard
- vanilla extract
- salt and pepper
- turmeric, ginger
- cinnamon, sage
- red pepper flakes
- garlic powder
- nutmeg, saffron
- paprika, curry powder
- chili powder
- baking soda
- baking powder

Dairy products

- eggs (preferably pasture-raised)
- pasture butter
- grass-fed full fat or 2 percent yogurt or coconut yogurt
- dairy milk, almond milk, or coconut milk (unsweetened, nondairy milks that contain limited ingredients)
- full fat cheeses such as goat cheese, cheddar, and feta

Fats & Oils

- olive oil
- avocado oil
- ghee or grass-fed butter
- coconut oil

Canned Goods, etc

- canned full fat coconut milk
- sardines
- crushed tomatoes
- pumpkin purée
- Chicken broth

Meat, fish, and vegetarian proteins

- whole chicken or skin-on chicken breasts
- canned wild-caught salmon
- fresh fish fillets such as flounder or cod
- shellfish such as shrimp or crab
- ground turkey or grass-fed beef or pork
- vegetarian protein sources such as
- extra-firm tofu or tempeh
- frozen skin-on chicken breast
- frozen ground turkey
- frozen wild-caught fish and shellfish

Beverages

- tea bags (green and black herbal teas such as peppermint, hibiscus, and ginger)
- sparkling water
- coffee

Legumes and grain products

- canned beans such as garbanzo beans, black beans, or kidney beans
- canned or dried lentils
- grains such as quinoa,
- brown rice, buckwheat,
- barley, and millet
- rolled or steel-cut oats (Stay away from sugary instant oatmeal — instead choose plain rolled or steel-cut oats and add your own toppings.)
- corn tortillas made with minimal ingredients

Bread & Flour

- Ezekiel bread
- almond flour
- coconut flour
- wheat germ
- whole wheat flour

Nuts and nut butters

- almonds
- pumpkin seeds
- natural peanut butter
- almond butter
- sunflower seeds
- chia seeds
- walnuts
- pistachios
- hemp seeds (*These tiny seeds are packed with vitamins, minerals, and healthy fats. They make an excellent addition to smoothies, yogurt, and oatmeal.*)
- ground flaxseed

Snack Foods

- dark chocolate
- unsweetened dried fruits like raisins, figs, mango, or apple rings
- grass-fed, nitrite- and sugar-free meat or turkey sticks or jerky
- pickles
- olives

SAMPLE MENUS

BLUE DAY

Breakfast

Steel cut oatmeal
Vegetable Omelet
Very Berry Smoothie
Water

Lunch

Chili Taco Salad
Fresh fruit w/cottage cheese
Green Tea

Dinner

Steamed Asparagus with Butter and Lemon
Ginger Carrots
Simple Seasoned Grilled Fish
Water

PURPLE DAY

Every Day Vegetable Soup
Air Fried Chicken Strips
Fresh Fruit Salad
Herb Tea
Water

Condition-Specific Therapeutic Considerations

If there is...	Reduce these foods	Increase these foods
High Blood Pressure	<ul style="list-style-type: none"> ■ Sodium (limit to 2,000 milligrams—about 1 teaspoon per day) ■ Processed foods (packaged, canned) and frozen meals ■ Fast foods ■ Soft drinks ■ Added sweeteners ■ Caffeinated beverages ■ Alcohol ■ Use of oils in high-heat cooking 	<p>Proteins:</p> <ul style="list-style-type: none"> ■ Soy (fermented) 30 grams daily: natto, tofu, tempeh, miso ■ Hydrolyzed whey (30 grams daily) ■ Legumes (vegetable protein) ■ Cold water fish: sardines, herring, haddock, salmon, or trout ■ Foods high in L-arginine: lentils, hazelnuts, walnuts, peanuts ■ Mixed nuts (unsalted) ■ Cocoa (30 grams dark chocolate per day, or about 1 square of baker's chocolate) <p>Vegetables and Fruit:</p> <ul style="list-style-type: none"> ■ Blueberries ■ Seaweed (hijiki and wakame), 3 to 4 grams per day ■ Garlic, 1-4 fresh cloves/day ■ Mushrooms, ½ cup shitake, maitake ■ Celery, 4 stalks/day ■ Foods high in lycopene: tomatoes, guava, watermelon, apricots, pink grapefruit, papaya ■ Pomegranate juice <p>Fats and Oils:</p> <ul style="list-style-type: none"> ■ Olive, flaxseed, and sesame oils <p>Carbohydrates:</p> <ul style="list-style-type: none"> ■ Increase complex carbohydrates ■ Increase high-fiber whole grains: oatmeal, oatbran, barley, wheat ■ Fiber: psyllium 7gm
Metabolic Syndrome	<ul style="list-style-type: none"> ■ Sucrose and fructose ■ Processed foods ■ Refined carbohydrates like white-flour breads and pasta ■ Fast foods ■ Saturated animal fat ■ Over-cooked foods (e.g., meats) ■ Food or drink in plastic containers ■ Large meals (aim for smaller meals) ■ Eggs (less than one per day if blood sugar is elevated) ■ Fruit juices 	<ul style="list-style-type: none"> ■ Extra-virgin olive oil ■ Cinnamon ■ Green tea ■ Mixed nuts (unsalted) ■ Omega-3 fat sources from food and supplement sources (2 to 4 grams per day, especially in the case of high blood triglycerides) ■ Fiber sources such as whole grains and legumes



ST. LUKE CONSECRATION CALENDAR ~ JANUARY 31 - FEBRUARY 20, 2022

Commitment to Healthy Living, Spiritually, Physically and Mentally

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WORSHIP THE LORD IN THE BEAUTY OF HOLINESS</p> <p>1 Chronicles 16:29</p>	<p>31</p> <p>SANCTIFY A FAST</p> <p>Joel 2:15-17 Isaiah 58:6-8</p>	<p>1</p> <p>CHOOSE AN ACCOUNTABILITY PARTNER</p> <p>James 5:16 Ecclesiastes 4:9-10</p>	<p>2</p> <p>GUARD YOUR TEMPLE</p> <p>1 Corinthians 6:19-20 1 Thessalonians 5:23</p>	<p>3</p> <p>PRAY FOR TEMPERANCE</p> <p>1 Corinthians 9:24 2 Peter 1:6 Galatians 5:22-23</p>	<p>4</p> <p>PRAY FOR HEALING</p> <p>Exodus 15:27 Isaiah 58:8</p>	<p>5</p> <p>THANK GOD FOR HIS STRENGTH</p> <p>Philippians 4:13 Isaiah 40:29-31</p>
<p>6</p> <p>FELLOWSHIP WITH THE SAINTS</p> <p>Psalms 133:1 1 Thessalonians 5:11</p>	<p>7</p> <p>ASK GOD TO SEARCH YOU AND CLEANSE YOU</p> <p>Psalms 139:23-24 2 Corinthians 7:1</p>	<p>8</p> <p>SPEND TIME ALONE WITH GOD</p> <p>Psalms 91:1 Matthew 6:6</p>	<p>9</p> <p>PONDER GOD'S PROMISES</p> <p>1 Kings 8:56 2 Peter 1:4</p>	<p>10</p> <p>MEDITATE IN THE WORD</p> <p>Psalms 1</p>	<p>11</p> <p>CONFESS YOUR FAULTS</p> <p>James 5:16</p>	<p>12</p> <p>PRAY FOR REPENTANCE AND FORGIVENESS</p> <p>2 Corinthians 7:1 Matthew 6:14-15</p>
<p>13</p> <p>PRAY FOR CHURCH GROWTH</p> <p>Matthew 9:37-38 Luke 14:23</p>	<p>14</p> <p>PRAY FOR THE INFILLING OF THE HOLY GHOST</p> <p>Luke 11:13 Acts 2:38-39</p>	<p>15</p> <p>SEEK GOD'S FACE</p> <p>1 Chronicles 16:11 Psalms 105:4</p>	<p>16</p> <p>PRAY FOR GUIDANCE AND DIRECTION</p> <p>Proverbs 3:5-6</p>	<p>17</p> <p>THANK GOD FOR STEADFASTNESS AND ENDURANCE</p> <p>1 Corinthians 10:13 James 1:12</p>	<p>18</p> <p>EXPECT A MIRACLE</p> <p>Isaiah 58:8-9 Mark 11:24</p>	<p>19</p> <p>CELEBRATE THE VICTORY</p> <p>1 Corinthians 15:57 2 Corinthians 2:14</p>
<p>20</p> <p>PRAY THAT WE CONTINUE TO LIVE A DISCIPLINED LIFE</p> <p>1 Corinthians 9:27 2 Timothy 3:14</p>	<p>INSTRUCTIONS FOR EATING: GREEN indicates days during which you will eat only fruits, vegetables, nuts, whole grains. Only fruit juices (no added sugar) and water are allowed to drink. This is a partial fast. If you need to, you may add healthily prepared chicken or fish (4-6 ounces, not fried). PURPLE indicates days in which we will eat only one meal. You are free to choose what meal you will eat. Meals are to follow the healthy eating guidelines. RED indicates days during which you will totally abstain from food. Only water will be allowed to drink on these days. If this portion of the fast proves to be too difficult, you are invited to eat a single meal following the "Green" principles. BLUE indicates "free days." Please feel free to eat normally on these days. However, it is suggested that you abstain from sweets, sodas, and fried and fatty foods.</p>					

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

1 Thessalonians 5:23