



MEAL GUIDE

New Beginnings 21-Day Daniel Fast
January 2 – January 23, 2021

**Note: Please consult your physician or health care professional before making changes to your diet.*

SAMPLE MEAL PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast -Apple Oatmeal Try: This recipe! (omit the sugar)	Breakfast -Berry Smoothie with 1cup fruit & almond milk	Breakfast -Tofu Scramble Try: This recipe! -Spinach	Breakfast -Rice Cakes with Peanut Butter, Banana, and Cinnamon	Breakfast -Green Smoothie with apples, spinach & soymilk
Lunch -Vegetable Soup	Lunch -Black Bean Salad Try: This recipe!	Lunch -Avocado Pasta Salad Try: This recipe!	Lunch -Sweet Potato Curry Try: This recipe!	Lunch -Vegetable Soup
Dinner -Creamy Tomato Pasta Try: This recipe!	Dinner -Chipotle-style burrito bowl Try: This recipe!	Dinner -Bean Chili Try: This recipe! -Steamed Kale	Dinner -Veggie Burger Try: Beyond Burger at local grocery store	Dinner -Vegan Jambalaya Try: This recipe!
Snack -Celery & Peanut Butter	Snack -1/4 cup almonds	Snack -Black Bean Chips Try: Trader Joe's Chips	Snack -Simple fruit salad	Snack -Vegan Popcorn Try: Skinny Pop Popcorn



Daniel Fast Guidelines

Foods to avoid on the Daniel Fast¹

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed foods products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Foods to include during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

¹ Adapted from: <https://www.bethanychurch.tv/fasting-guidelines>