

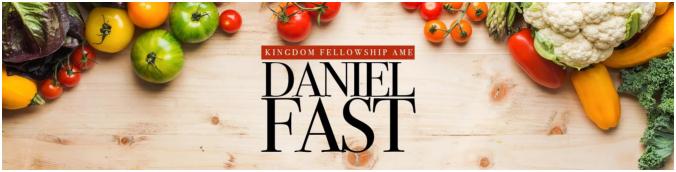
MEAL GUIDE

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



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.

<u>All refined and processed foods products</u> 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.

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

Foods to include during the Daniel Fast

<u>All fruits.</u> 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.

<u>All vegetables.</u> 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.

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

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

<u>All legumes.</u> 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