

# *Daniel Fast Food List and Meal Planner*

This list is for those who are participating in a fast and would like to omit the same foods Daniel abstained from during his time of fasting. Below is a selection of foods you can base your diet around during the next 21 day of surrender.

## GROCERY LIST

1. Any fresh, frozen, dried, or canned fruits which have no added sugars.
2. Fresh, frozen, dried, or canned vegetables.
3. Veggie burgers (optional)
4. Brown Rice
5. Steel-cut oats
6. Natural rice cakes
7. Natural popcorn
8. Any nuts and seeds with no sugars added
9. Natural nut butters with no added sugars
10. Any canned or dried beans
11. Olive, canola, peanut, sesame, or grape-seed oil
12. Herbs and spices
13. Unsweetened almond, rice, or soy milk
14. Spring water/bottled water

\*\*Read food labels on all prepackaged products you use. Avoid those with artificial flavors, additives, and preservatives. \*\*

## SAMPLE MENU PLANNER

Breakfast:

- Fruit Smoothie
- Steel-cut oats
- Fresh Fruit Salad

### Lunch:

- Raw vegetable salad flavored with Oil/Vinegar Dressing
- Sliced Fruit
- Selection of nuts
- Bowl of Legume soup

### Dinner:

- Vegetable soups and stews
- Selection of cooked vegetables or stir-fry
- Brown rice
- Veggie burger (Optional)

### Quick Snacks:

- Popcorn
- Rice cakes with nut butters
- A piece of fruit
- Dried fruits

\*\*\* This sample meal planner holds numerous options for variety! Change up the fruits used in your smoothies, vary the legumes used to make your soup, and combine different vegetables in your soup and stir-fry. Purpose in your heart to use this time to be creative and to try new things. Enjoy the wide selection of choices available to you. Visit [www.IChooseMyBestLife.com](http://www.IChooseMyBestLife.com) for additional resources. \*\*\*