

Daniel Fast Diet - Meal Plan Ideas



Breakfasts

- Fresh fruit
- Whole oats, with fruit or almond mash
- Bananas mashed with a tablespoon of natural peanut butter
- Ezekiel sprouted grain toast with sliced avocado
- _____
- _____
- _____
- _____

Dinners

- Veggie chili
- Southwestern black bean tacos
- Lentil soup (without the turkey bacon or wine)
- Roasted vegetables over short grain brown rice
- White bean soup with greens
- Curried vegetables over long grain brown rice

Snacks

- Fresh fruits
- Veggies and garlic hummus
- Nuts
- Raisins
- Roasted sweet potato “fries” (made in the oven)
- Popcorn (made fresh, not microwavable; there are tons of additives in microwavable popcorn)
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- _____

Find more ideas and links to these recipes at Like a Bubbling Brook, likeabubblingbrook.com