

# DANIEL FAST MEAL PLAN IDEAS

VINE CHURCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<p><b>OVERNIGHT OATMEAL:</b></p> <ul style="list-style-type: none"> <li>- 1 CUP OATS</li> <li>- 1-2 BANANAS</li> <li>- 1 CUP SOY/ALMOND/COCONUT MILK</li> <li>- 2 TBSF SEEDS OR NUTS (E.G. CHIA SEEDS + WALNUTS)</li> <li>- 1/4 TSP OF SPICES LIKE CARDAMOM, CINNAMON, VANILLA, OR NUTMEG</li> </ul> <p>-&gt; MIX THE INGREDIENTS AND LET IT REST IN THE FRIDGE OVERNIGHT</p>	<p><b>SWEET POTATO TOAST:</b></p> <ul style="list-style-type: none"> <li>- 1 SWEET POTATO, SLICED</li> <li>- BUTTER</li> <li>- BANANA</li> </ul> <p>-&gt; SLICE THE SWEET POTATO IN TOAST-THICK SLICES AND BAKE IT IN THE OVEN ON 420F UNTIL CRISP (ABOUT 15MIN). TOP THE SWEET POTATO TOAST WITH PEANUT BUTTER AND SLICED BANANA</p>	<p><b>BLUEBERRY SMOOTHIE BOWL:</b></p> <ul style="list-style-type: none"> <li>- 1 CUP FROZEN BLUEBERRIES</li> <li>- 1/2 BANANA</li> <li>- 2 TBSF WATER</li> <li>- 1 TBSF CASHEW/ NUT BUTTER</li> <li>- 1 TSP VANILLA EXTRACT</li> </ul> <p><b>TOPPINGS:</b></p> <ul style="list-style-type: none"> <li>- 1/2 BANANA, BERRIES, NUTS, SEEDS</li> </ul> <p>-&gt; BLEND BLUEBERRIES, 1/2 BANANA, WATER, CASHEW BUTTER, AND VANILLA EXTRACT TOGETHER IN A BLENDER UNTIL SMOOTH. POUR INTO A BOWL AND ADD TOPPINGS</p>	<p><b>BAKED OATS:</b></p> <ul style="list-style-type: none"> <li>- 1 CUP OATS</li> <li>- 1-2 BANANAS</li> <li>- 1/2 TSP BAKING POWDER</li> <li>- 1 CUP SOY/ALMOND/COCONUT MILK</li> <li>- 2 TBSF COCONUT FLAKES</li> </ul> <p>-&gt; ROLL WATER IN THE MICROWAVE OR SAUCEPAN AND ADD ALL INGREDIENTS.</p> <p>-&gt; FELL THE MIXTURE IN AN OVEN SAFE BOWL AND BAKE ON 370F FOR 20-30MIN OR UNTIL CRISP ON THE TOP. ADD ADDITIONAL BERRIES OR NUT BUTTER AS TOPPINGS.</p>	<p><b>COCONUT DATE BARS:</b></p> <ul style="list-style-type: none"> <li>- 1/2 CUP DICED ALMONDS</li> <li>- 1/2 CUP COCONUT</li> <li>- 10 PITTED DATES</li> <li>- 1/4 CUP CASHEW</li> <li>- 1 TSP COCONUT OIL</li> </ul> <p>-&gt; BLEND ALMONDS AND COCONUT IN A BLENDER. ADD DATES AND PULSE UNTIL COMBINED. ADD CASHEWS AND COCONUT OIL &amp; BLEND</p> <p>TRANSFER TO A SHEET &amp; FORM INTO A SQUARE. REFRIGERATE UNTIL SOLID, AT LEAST 30 MINUTES.</p>	<p><b>SMOKEBOODIE SMOOTHIE:</b></p> <ul style="list-style-type: none"> <li>- 1/2 CUP UNSWEETENED ALMOND OR RICE MILK</li> <li>- 1/4 CUP DATE HONEY</li> <li>- 2 FROZEN BANANAS, PEELLED, SLICED (ABOUT 2 CUPS)</li> <li>- 1 TEASPOON CINNAMON</li> <li>- 1/4 TEASPOON NUTMEG</li> <li>- 1 TBSF NUT BUTTER</li> </ul> <p>-&gt; MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH. IF SMOOTHIE IS TOO THICK, ADD A LITTLE MORE LIQUID UNTIL YOU REACH THE DESIRED CONSISTENCY.</p>	<p><b>BERRY BLAST SMOOTHIE:</b></p> <ul style="list-style-type: none"> <li>- 1 CUP UNSWEETENED ALMOND MILK</li> <li>- 1 CUP MIXED BERRIES</li> <li>- 1 BANANA, PEELLED</li> </ul> <p>-&gt; MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH. IF SMOOTHIE IS TOO THICK, ADD A LITTLE MORE LIQUID UNTIL YOU REACH THE DESIRED CONSISTENCY.</p>
<b>LUNCH</b>	<p>ROASTED PLANTAIN &amp; BLACK BEAN VEGAN BOWL LEFTOVER</p>	<p>EASY SHEET PAN DINNER LEFTOVER</p>	<p>BLACK BEAN SOUP LEFTOVER</p>	<p>SWEET POTATO FRIES LEFTOVER</p>	<p>ROASTED CAULIFLOWER SOUP LEFTOVER</p>	<p><b>ROASTED CAULIFLOWER SALAD:</b></p> <ul style="list-style-type: none"> <li>- 1 MEDIUM HEAD CAULIFLOWER</li> <li>-&gt; ROAST WITH OLIVE OIL AND SEASONINGS</li> <li>- 1 CUP BABY SPINACH LEAVES</li> <li>- 1/2 CUP ALMONDS - CHOPPED ROASTED OR SLICED ALMONDS</li> <li>- 1/4 CUP SUNFLOWER SEEDS - ROASTED</li> <li>- 1/2 CUP PARSLEY - FRESH, CHOPPED</li> <li>- 1 CREEPY TOMATOES - HALVES</li> </ul> <p>-&gt; MIX AND SERVE WITH THE CAULIFLOWER. SERVE WITH A <b>TARHINI LEMON DRESSING:</b> 1/2 CUP TARHINI PASTE, 1/4 CUP LEMON JUICE, 1/4 CUP WATER, 1/2 TSP CUMIN, 2 GARLIC CLOVES, 1/2 TSP PEPPER</p>	<p>LEMONT KALE, AVOCADO, AND CHICKPEA SALAD LEFTOVER</p>
<b>SNACK</b>	<p>HUMMUS AND VEGETABLE STECKS</p>	<p><b>BANANA STACKS:</b></p> <ul style="list-style-type: none"> <li>- 1-2 BANANAS, CUT IN SLICES</li> <li>- SPREAD PEANUT BUTTER ON EVERY OTHER SLICE. TOP WITH THE REMAINING SLICES AND EAT LIKE MEND SANDWICHES</li> </ul>	<p>PLANTAIN CRIPS</p>	<p>GUACAMOLE AND VEGETABLE STECKS</p>	<p><b>FROZEN BANANA POPS</b></p> <ul style="list-style-type: none"> <li>- STECK 1/2 A BANANA ON A POPSICLE STICK AND FREEZ MIN 1-2 HOURS</li> </ul>	<p>PLANTAIN CRIPS</p>	<p>BANANA-COCONUT ICE CREAM</p> <ul style="list-style-type: none"> <li>- 2 14-OUNCE CANS COCONUT MILK</li> <li>- 2 BANANAS, PEELLED, SLICED</li> <li>- 6-7 SOAKED DATES</li> </ul> <p>-&gt; BLEND INGREDIENTS AND PLACE IN A COVERED GLASS BOWL IN FREEZER 5-6 HOURS OR UNTIL FIRM</p>
<b>DINNER</b>	<p><b>EASY SHEET PAN DINNER:</b></p> <ul style="list-style-type: none"> <li>- 1 CROWN BROCCOLI (1/2 POUND)</li> <li>- 1 MEDIUM RED ONION</li> <li>- 1 1/2 POUNDS SWEET POTATOES (ABOUT 2 MEDIUM LARGE)</li> <li>- 1 POUND RED POTATOES (ABOUT 2 MEDIUM)</li> <li>- 1 RED PEPPER</li> <li>- 1 15-OUNCE CAN CHICKPEAS (OR 1 1/2 CUPS COOKED)</li> <li>- 4 TABLESPOONS OLIVE OIL</li> <li>- 2 TEASPOONS GARLIC POWDER, ITALIAN SEASONING</li> <li>- 1 LEMON</li> </ul> <p>-&gt; BAKE ON 450F FOR 20-30 MIN AND SERVE ON: RICE OR QUINOA</p>	<p><b>BLACK BEAN SOUP:</b></p> <ul style="list-style-type: none"> <li>- 1 LB. DRIED BLACK BEANS (OR 3 CANS - 15 OZ.) - COOKED</li> <li>- 1 LARGE WHITE ONION, CHOPPED</li> <li>- 4 GARLIC CLOVES, CHOPPED</li> <li>- 2 STALKS CELERY, CHOPPED</li> <li>- 2 MEDIUM CARROTS, CHOPPED</li> <li>- 1 MEDIUM RED BELL PEPPER, CORED AND CHOPPED</li> <li>- 8AY LEAF, CUMIN, SMOKED PAPRIKA</li> <li>- 3 CUPS WATER OR VEGETABLE BROTH</li> <li>- JUICE OF ONE ORANGE + ORANGE HALVES</li> </ul> <p>-&gt; MIX AND SIMMER FOR 40 MINUTES TO ONE HOUR, OR UNTIL BEANS AND VEGETABLES ARE TENDER, STIRRING OCCASIONALLY</p> <p><small>-&gt; BEANS ARE ORGANIC WASH AND RINSE. BATH BEANS.</small></p>	<p><b>SWEET POTATO FRIES:</b></p> <ul style="list-style-type: none"> <li>- 2 LB. SWEET POTATO, SLICED</li> <li>- 2 TBSF OIL</li> </ul> <p>-&gt; BAKE SWEET POTATO ON 420F FOR 30-40MIN.</p> <p>-&gt; SERVE WITH SELF-MADE SUGAR FREE KETCHUP AND VEGETABLES</p>	<p><b>ROASTED CAULIFLOWER SOUP:</b></p> <ul style="list-style-type: none"> <li>- 1 LARGE HEAD OF CAULIFLOWER</li> <li>- 1 WHITE OR YELLOW ONION</li> <li>- 3-4 GARLIC CLOVES, UNPEELED</li> <li>- 2 TABLESPOONS AVOCADO OIL, OR OLIVE OIL</li> <li>- CUMIN, CORIANDER, PEPPER, TO TASTE</li> <li>- 4 CUPS VEGETABLE BROTH</li> </ul> <p>-&gt; SLICE VEGETABLES, ADD OIL, AND BAKE ON 425F FOR 30-35 MINUTES</p> <p>-&gt; ADD 10% OF VEGETABLES TO A BLENDER WITH BROTH AND BLEND</p> <p>-&gt; SERVE IN A BOWL AND ADD 10% VEGETABLES AS GARNISH</p>	<p><b>SWEET POTATO TOAST:</b></p> <ul style="list-style-type: none"> <li>- 1 SWEET POTATO, SLICED</li> <li>- NUT BUTTER</li> <li>- BANANA</li> </ul> <p>-&gt; SLICE THE SWEET POTATO IN TOAST-THICK SLICES AND BAKE IT IN THE OVEN ON 420F UNTIL CRISP (ABOUT 15MIN). TOP THE SWEET POTATO TOAST WITH PEANUT BUTTER AND SLICED BANANA</p>	<p><b>LEMONT KALE, AVOCADO, AND CHICKPEA SALAD:</b></p> <ul style="list-style-type: none"> <li>- 1 AVOCADO HALVED</li> <li>- 2 TABLESPOONS FRESHLY SQUEEZED LEMON JUICE DIVIDED</li> <li>- 1 BUNCH KALE STEMS REMOVED AND DISCARDED, LEAVES COARSELY CHOPPED</li> <li>- 1 15-OUNCE CAN CHICKPEAS DRAINED AND RINSED</li> <li>- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL</li> <li>- 1/4 TEASPOON FRESHLY GROUND BLACK PEPPER</li> <li>- 1/4 CUP ROASTED PUMPKIN SEEDS</li> </ul> <p>-&gt; MIX ALL VEGETABLES AND CHICKPEAS AND 1 TBSF LEMON JUICE, AND PEPPER</p> <p><small>-&gt; ADD ROASTED PUMPKIN SEEDS.</small></p>	<p><b>ROASTED PLANTAIN &amp; BLACK BEAN VEGAN BOWL:</b></p> <ul style="list-style-type: none"> <li>- 4 LARGE PLANTAINS, SLICED</li> <li>- 1.5 TBSF COCONUT OIL</li> <li>-&gt; BAKE ON 425F FOR 15 MIN</li> <li>- 4 CUPS BROWN OR WHITE RICE - COOKED</li> <li>- 2 15-OUNCE CANS BLACK BEANS (SLIGHTLY DRAINED)</li> <li>- GROUND CUMIN + CHILI POWDER</li> </ul> <p>-&gt; MIX AND LAYER ON PLATE</p> <ul style="list-style-type: none"> <li>- 3 CUPS FINELY SHREDDED GREEN OR PURPLE CABBAGE</li> <li>- 1 CUP FINELY CHOPPED GREEN ONION</li> </ul> <p>-&gt; MIX AND ADD ON PLATE</p> <p>-&gt; ADD BAKED PLANTAINS</p>

## The Daniel Fast Food List

**All fruit** – fresh, frozen, dried, juiced, or canned.

**All vegetables** – fresh, frozen, dried, juiced, or canned.

**All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.

**All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds

**All legumes** – canned or dried, black beans, black-eyed peas, cannellini beans, chickpeas, kidney beans, lentils, pinto beans, and split peas.

**All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

**Beverages** – distilled water, filtered water, and spring water.

**Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, pepper, soy products, and tofu.

## Foods to Avoid on the Daniel Fast

**All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.

**All dairy products** – butter, cheese, cream, milk, and yogurt.

**All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.

**All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).

**All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

**All deep-fried foods** – corn chips, French fries, and potato chips.

**All solid fats** – lard, margarine, and shortening.

**Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.