

Note: Drink (3) 8oz glasses of water with every meal. You may add a lemon or a lime.

Sample Menu

Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast Oatmeal Juice	Breakfast High fiber or grain cereal Natural applesauce	Breakfast Fruit Smoothie	Breakfast Fruit Handful of nuts or raisins	Breakfast Whole wheat toast w/ peanut butter Juice
Lunch Vegetable Soup Whole grain crackers	Lunch Potato Soup Rye bread	Lunch Broccoli Soup Whole wheat bread	Lunch Bean Soup Whole grain crackers	Lunch Chili w/o meat Rye bread
Dinner Baked white or sweet Potato Vegetable	Dinner Salad with oil & vinegar or Caesar Salad	Dinner Rice w/ Vegetable Stir-fry	Dinner Stuffed green pepper	Dinner 3 choice vegetable platter
Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast Baked hash browns or tater tots Juice	Breakfast High fiber or grain cereal Natural applesauce	Breakfast Cinnamon Apples Whole Wheat Toast	Breakfast Oatmeal Juice	Breakfast Fruit Handful of nuts or raisins
Lunch Tomato Soup Whole wheat bread	Lunch Broccoli Soup Rye bread	Lunch Bean Soup Fruit juice	Lunch Vegetable Soup	Lunch Whole wheat bread w/ peanut butter Vegetable juice
Dinner Baked white or sweet Potato	Dinner Salad with oil & vinegar or Caesar Salad w/ vinaigrette	Dinner Rice w/ Vegetable Stir-fry	Dinner Black Bean Burrito w/ natural salsa	Dinner 3 choice vegetable platter

Daniel Fast

The following items are permitted for a Daniel Fast:

<u>Fruits:</u>	<u>Vegetables:</u>	<u>Misc.</u>
Apples	Limes	Any 100% Fruit Juice
Apricots	Mangos	Any 100% Veg. Juice
Bananas	Nectarines	Dried Legumes
Any Berries	Peaches	Honey for sweetening
Cantaloupe	Pears	Milk-whole
Cherries	Pineapple	Nuts*
Grapes (any)	Plums	Peanut Butter-natural
Grapefruit	Prunes	Rye Bread
Kiwi	Raisins	Water
Lemons	Tangerines	Rice, but not white rice
Figs	Watermelon	Whole wheat bread
Basically All Fruits		Olive Oil
		Natural Jelly (no sugar)
		Natural Salsa
		Sea Salt / Spices
		Real Butter
		Use all natural products
		No additives or preservatives
Basically All Vegetables		

*Almonds, Walnuts, Cashews, Pecans

The following items are NOT permitted during a Daniel Fast:

Carbonated beverages	Refined sugar or sugar substitutes	Meats	Cheese	Candy
Coffee, cola or caffeine	White rice	Fish	Eggs	Chips
Fried foods	White bread	Seafood	Margarine	Party Foods