



7-DAY

DANIEL FAST

MEAL PLAN

SAMPLE DANIEL FAST MENU

This e-book contains a full week's menu and grocery list for the Daniel Fast. This serves 2-3 people and should make enough food for 6 dinners, plus a leftover night. Feel free to adjust accordingly, depending on family size, dietary needs, etc.

This is not medical advice. This is a sample meal plan to help give you ideas for your 21-day Daniel Fast.

BREAKFAST

- Oatmeal with fruit and nuts
- Breakfast smoothie

LUNCH

- Kidney bean salad
- Black bean bowls

DINNER

- Vegetarian chili
- Burrito bowls
- Chickpea curry
- Mexican sweet potatoes
- Spaghetti squash spaghetti
- Lentil soup

GROCERY LIST

REFRIGERATED

- 1/2 cups prepared hummus
- 14 cups unsweetened almond milk

FROZEN

- 2 16-ounce bags frozen stir fry vegetables

PRODUCE

- 2 cups baby spinach
- 2 medium carrots
- 3-pound spaghetti squash
- 4 medium sweet potatoes
- 10 cups shredded Romaine
- 5 tomatoes
- 1 cucumber
- 3 green bell peppers
- 1 red bell pepper
- 1 zucchini
- 2 avocados
- 1 red onion
- 3 yellow onions
- 1 cup white mushrooms
- 9 cloves garlic
- 1 bunch cilantro
- 14 bananas

GROCERY LIST

DRIED GOODS

- 3 3/4 cups uncooked brown rice
- 3 15-ounce cans kidney beans
- 6 15-ounce cans black beans
- 3 15-ounce cans chickpeas
- 5 15-ounce cans diced tomatoes
- 1 28-ounce can crushed tomatoes
- 1 6-ounce can tomato paste
- 2 15-ounce cans corn
- 1 15-ounce can coconut milk
- 1/2 cup sliced olives
- 1 cup salsa
- 6 cups vegetable broth
- 1 cup dried brown lentils
- 3/4 cup sunflower kernels
- 1 3/4 cup peanuts
- 7 tablespoons peanut butter

BAKING/SPICES

- 4 tablespoons lime juice
- 4 tablespoons olive oil
- Salt
- Black pepper
- 3 tablespoons chili powder
- 2 tablespoons and 2 teaspoons cumin
- 1 tablespoon and 1 teaspoon curry powder
- 1 teaspoon oregano
- 1 teaspoon basil
- 5 1/4 cups rolled oats

SIMPLE OATMEAL

Serves: 1

INGREDIENTS

- ½ cup rolled oats
- 1 cup water or unsweetened almond milk
- 1 banana, sliced
- 1/4 cup peanuts

INSTRUCTIONS

01

In a bowl, mix the oats and water/milk. Microwave for approximately 1:45.

02

Add the sliced banana and peanuts.

Instead of peanuts, use another type of nut or seed for the healthy fats!

BREAKFAST SMOOTHIE

Serves: 1

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 banana
- 1/4 cup rolled oats
- 1 tablespoon peanut butter
- 1 cup ice cubes

INSTRUCTIONS

- 01** Add all ingredients to a blender and blend until smooth.

Use a frozen banana instead of ice to make the smoothie more creamy!

KIDNEY BEAN SALAD

Serves: 6

INGREDIENTS

- 6 cups shredded Romaine lettuce (About 2 hearts)
- 2 tomatoes, diced
- 1 1/2 cups uncooked brown rice
- 2 15-ounce cans kidney beans, drained and rinsed
- 1 cucumber, diced
- 3/4 cup sunflower kernels
- 1 1/2 cups prepared hummus

INSTRUCTIONS

01

Cook rice according to package directions.

02

In a large bowl, combine the lettuce, tomato, kidney beans, and cucumber.

03

Divide into 6 bowls or containers. To each one, add 1/2 cup cooked rice, 2 tablespoons sunflower kernels, and 1/4 cup hummus.

If you're storing extra for later, consider keeping the sunflower kernels separate until ready to eat. This will keep them crisp.

BLACK BEAN BOWLS

Serves: 6

INGREDIENTS

- 2 15-ounce cans black beans, drained and rinsed
- 1 cup chopped green bell peppers
- 1 cup chopped red bell peppers
- 1 cup chopped tomatoes (1 large)
- 1 avocado, diced
- 1/2 cup red onions, diced
- 1/4 cup cilantro, chopped

- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon salt

INSTRUCTIONS

- 01** In a large bowl, combine beans, peppers, tomato, avocado, onions, and cilantro.
- 02** In a small bowl, combine the lime juice, olive oil, garlic, and salt.
- 03** Add the dressing to the bean mixture and divide into 6 servings (About 1 cup each).

VEGETARIAN CHILI

Serves: 6

INGREDIENTS

- 1 yellow onion, diced
- 3 garlic cloves, minced
- 1 cup white mushrooms, chopped
- 1 green bell pepper, chopped
- 1 zucchini, chopped
- 2 15-ounce cans diced tomatoes
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 2 tablespoons chili powder
- 1 tablespoon cumin

INSTRUCTIONS

- 01** In a large pot, heat olive oil and saute the onion for 1-2 minutes. Add garlic and cook another minute.
- 02** Add the remaining ingredients and bring to a boil. Turn down the heat and simmer for 20-25 minutes until the vegetables are soft.

Add diced avocado on top for extra healthy fats!

BURRITO BOWLS

Serves: 4

INGREDIENTS

- 2 15-ounce cans black beans, drained and rinsed
- 1 cup uncooked brown rice
- 1 15-ounce can corn, drained and rinsed
- 1 cup salsa
- 4 cups shredded Romaine
- 1 large tomato, diced
- 1 green bell pepper, diced
- 1/2 cup sliced olives
- 1 avocado, diced
- 1 tablespoon chili powder
- 1 tablespoon cumin
- Salt and pepper, to taste

INSTRUCTIONS

- 01** Cook the rice according to package directions.
- 02** In a large pan, add black beans, corn, bell pepper, salsa, chili powder, cumin, and salt. Cook on low heat for 10 minutes.
- 03** In 4 bowls or containers, divide the lettuce, tomato, olives, avocado, and rice. Divide the bean mixture into each one and serve.

You're not limited to these ingredients! Add as many of your favorite veggies as you'd like!

CHICKPEA CURRY

Serves: 5

INGREDIENTS

- 2 15-ounce cans chickpeas, drained and rinsed
- 1 15-ounce can coconut milk
- 2 16-ounce bags frozen stir fry vegetables
- 1 15-ounce can diced tomatoes
- 1 1/4 cups uncooked brown rice
- 1 tablespoon curry powder
- Salt and pepper, to taste

INSTRUCTIONS

- 01** Cook the rice according to the package directions.
- 02** Add all other ingredients to a large pot and bring to a boil. Turn down the heat and let simmer for 20 minutes.
- 03** Divide cooked rice into 5 bowls, and divide the curry mixture into each bowl.

Frozen vegetables are allowed on the Daniel Fast! Just make sure there are no added sauces.

MEXICAN SWEET POTATOES

Serves: 4

INGREDIENTS

- 4 medium sweet potatoes
- 1 tablespoon olive oil
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can corn, drained and rinsed
- 1 large tomato, diced
- 1/2 red onion, diced
- 1/4 cup cilantro, chopped
- 2 tablespoons lime juice
- 1/2 teaspoon salt

INSTRUCTIONS

- 01** Preheat the oven to 400 degrees.
- 02** Wash the sweet potatoes and slice in half. Place them on a baking sheet and rub with olive oil and 1/4 teaspoon of the salt. Bake 25-30 minutes until potatoes are tender.
- 03** Meanwhile, combine the black beans, corn, tomato, red onion, cilantro, lime juice, and the other 1/4 teaspoon of salt.
- 04** Divide sweet potatoes onto 4 plates and top with the black bean mixture.

SPAGHETTI SQUASH SPAGHETTI

Serves: 6

INGREDIENTS

- 3-pound spaghetti squash
- 1 yellow onion, diced
- 1 tablespoon olive oil
- 1 28-ounce can crushed tomatoes
- 1 6-ounce can tomato paste
- 1/2 cup water
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 15-ounce can chickpeas, drained and rinsed

INSTRUCTIONS

- 01** Preheat the oven to 375 degrees. Poke holes in the spaghetti squash with a fork or knife. Place on a baking sheet and bake for 1 hour until the squash is soft.
- 02** Meanwhile, add olive oil to a large pot and saute the onions 2-3 minutes. Add crushed tomatoes, tomato paste, water, oregano, basil, and salt and pepper. Bring to a boil, then let simmer for 20-30 minutes.
- 03** About 5 minutes before the sauce is done, add the chickpeas.
- 04** Cut the spaghetti squash in half with a large knife, and scoop out the seeds. Use a fork to scoop out the flesh and divide onto 6 plates. Top with spaghetti sauce and serve.

LENTIL SOUP

Serves: 4

INGREDIENTS

- 1 yellow onion, chopped
- 2 medium carrots, chopped
- 4 garlic cloves, minced
- 1 tablespoon olive oil
- 2 teaspoons cumin
- 1 teaspoon curry powder
- 2 15-ounce cans diced tomatoes
- 1 cup dried brown lentils, rinsed
- 4 cups vegetable broth
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups chopped spinach

INSTRUCTIONS

- 01** In a large pot, add olive oil and saute onions and carrots for 4-5 minutes. Add garlic and cook another 1-2 minutes.
- 02** Add cumin, curry powder, salt, pepper, diced tomatoes, lentils, and broth, and bring to a boil.
- 03** Reduce heat and let simmer for 25 minutes until lentils are tender.
- 04** Add the spinach and stir in, then serve.

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[Meal Planning and Healthier Eating!](#)

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and join FREE monthly challenges!