

Daniel Fast Sample Menu

Breakfast

Fruits, Vegetables, Juices and Water
Fruit smoothie with whey protein

Mid-morning Snack

Fresh fruit or fresh vegetables

Lunch

Raw vegetable salad with light, organic dressing and vegetable broth soup

Mid-afternoon Snack

Fresh fruit or fresh vegetables

Dinner

Fresh salad with light, organic dressing and steamed or grilled vegetables

Water

Drink plenty of water - at least 100 ounces

Modified Daniel Fast

Breakfast

1-2 servings whole grains with fresh fruit juice

Mid-morning Snack

Fresh fruit or fresh chopped vegetables

Lunch

1-2 servings whole grains: fresh salad with legumes and light organic dressing

Mid-afternoon Snack

Fresh fruit juice or fruit smoothie with whey protein

Dinner

1-2 whole grains: fresh salad with legumes & light, organic dressing

Water

Drink plenty of water - at least 100 ounces