

Daniel Fast Meal Plan & Recipes

Created by Megan Primrose

	Breakfast	Snack	Lunch	Snack	Dinner (All 4-6 Servings Each)
Monday	Smoothie or Smoothie Bowl	Cucumbers and hummus	Brussels sprouts Power Bowl	Popcorn	Tuscan Bean Soup
Tuesday	Loaded Toast	Apple with peanut butter	Hummus Veggie Wraps	Almonds or Walnuts	Sheet Pan Dinner
Wednesday	Overnight Oats	Tomato and Avocado	Salad	Roasted Okra	Broccoli and Mushroom Stir Fry
Thursday	Vegan Breakfast Hash	Apple with peanut butter	Brussels sprouts Power Bowl	Berries with Coconut Milk Yogurt	Roasted Garlic and Kale Spaghetti Squash
Friday	Smoothie or Smoothie Bowl	Cucumbers and hummus	Salad	Popcorn	Lentil Soup
Saturday	Sweet Potato Breakfast Bowl	Apple with peanut butter	Hummus Veggie Wraps	Berries with Coconut Milk Yogurt	Leftovers or repeat a favorite meal
Sunday	Overnight Oats	Tomato and Avocado	Salad	Roasted Okra	Leftovers or repeat a favorite meal

Smoothie Bowls

- ~ 10 oz frozen fruit
- ~ 1 banana (frozen) or 1 avocado
- ~ 3-4 Tbsp unsweetened vanilla almond milk
- ~ 1-2 Tbsp pure maple syrup (optional +more if using avocado) *depending on conviction
- ~ 1 cup greens (optional)

Optional add-ins/toppings:

- ~ Chia seeds
- ~ Protein powder, vegan/plant based
- ~ Nut butter
- ~ Acai powder
- ~ Fresh fruit

Color/Flavor Options:

- ~ Pink: strawberries and/or raspberries
- ~ Purple: mixed berries + 1/2 tsp Acai powder
- ~ Green: pineapple and/or mango + 1 cup fresh spinach
- ~ Yellow: pineapple
- ~ Orange: mango or mango + orange

Loaded Toast

- ~ Step 1: Sliced and baked sweet potato with avocado oil, salt, and pepper.
- ~ Step 2: The spread—nut/seed butter, mashed or sliced avocado, jam, cashew cheese, hummus, spinach basil pesto
- ~ Step 3: The topper—sliced vegetables, sliced fruit, kimchi, grilled portobello mushroom cap, tofu
- ~ Step 4: The finishing touch—chopped fresh herbs, salt and pepper, lemon juice, seasonings, olive oil, balsamic vinegar, olives

Some possible combos:

- ~ Avocado, tomato, fresh basil, balsamic vinegar, salt & pepper
- ~ Almond butter and strawberries
- ~ Hummus, cucumber, everything but the bagel seasoning
- ~ Spinach basil pesto (homemade so you can leave out the cheese) and grilled portobello mushroom

Overnight Oats

Base Recipe:

- ~ 1/2 cup rolled oats
- ~ 1 Tbsp chia seeds
- ~ 3/4 cup non-dairy milk

Lemon Blueberry:

- ~ Juice of half a lemon
- ~ Small handful of fresh or frozen blueberries
- ~ 1-3 tsp pure maple syrup *depending on conviction

Strawberry Shortcake:

- ~ 1/2 cup sliced strawberries
- ~ 1-3 tsp pure maple syrup
- ~ Day of: top with sliced almonds

Cinnamon Apple:

- ~ 1/2 apple, grated
- ~ A dash of cinnamon
- ~ Day of: top with chopped walnuts

Vegan Breakfast Hash

Ingredients:

- ~ 1 cup potatoes, peeled and cubed
- ~ Salt and pepper, to taste
- ~ 1/4 can pinto beans
- ~ 1/2 cup zucchini and/or yellow squash, chopped
- ~ 1/4 red bell pepper, chopped
- ~ A few mushrooms, sliced
- ~ 1/4 tsp each garlic powder, onion powder, paprika
- ~ Pinch of chili flakes

Instructions:

1. Preheat oven to 425 degrees
2. Toss potatoes with salt and pepper and spread out on parchment-lined baking sheet. Bake for about 25 minutes.
3. Push the potatoes to one side of the pan. Mix remaining veggies, beans, and spices together and place next to the potatoes. Bake for 15 minutes.
4. Stir potatoes and veggies together and add more salt and pepper if desired.

Sweet Potato Breakfast Bowl

Ingredients:

- ~ 1/2 cup riced sweet potato
- ~ 4 kale leaves, washed and ripped into bite sized pieces
- ~ 1/2 cup black beans, rinsed
- ~ Pinch of garlic powder
- ~ 2 Tbsp avocado oil
- ~ Salt and pepper, to taste
- ~ Salsa

Instructions:

1. Heat 1 Tbsp avocado oil over medium heat and add sweet potato rice. Cook until sweet potato starts to get tender, and then throw in the kale. Season with salt and pepper.
2. Cook until the kale is wilted, remove from heat, and transfer to your bowl.
3. Add black beans to hot pan with a little more avocado oil. Season with salt, pepper, and garlic powder. Smash beans with the back of a wooden spoon and then add to the bowl.
4. Top with salsa and mix it all up!

Brussels Sprout Power Bowl

Makes 4 servings.

Ingredients:

- ~ 1 pound Brussels sprouts
- ~ 1/2 yellow onion
- ~ 2 Tbsp olive oil
- ~ 1/2 Tbsp lemon juice
- ~ 1 1/2 cups quinoa
- ~ 3 cups vegetable broth
- ~ 1 can kidney beans
- ~ 1/4 tsp garlic powder
- ~ Salt and pepper
- ~ 2 avocados

Instructions:

1. Preheat the oven to 400 degrees.
2. Wash and cut Brussels sprouts lengthwise, and slice 1/2 yellow onion. Toss with oil, lemon juice, garlic powder, salt, and pepper. Bake 20-30 minutes, until crispy.
3. Bring the vegetable broth to a boil, add quinoa, sprinkle with salt and pepper, cover, and cook on low about 15 minutes, until liquid is absorbed.
4. Drain and rinse kidney beans.
5. Add ingredients to four bowls, and top with sliced avocado.

Hummus Veggie Wraps

Makes 4 servings.

Ingredients:

- ~ 4 tortillas (either homemade, or check ingredients for added sugar and whole grains)
- ~ 1 cup hummus
- ~ 1/2 cucumber
- ~ 2 small tomatoes
- ~ yellow bell pepper, sliced thin
- ~ 1 carrot julienned (can be bought pre-cut in the produce section)
- ~ 1 cup mixed salad greens
- ~ Optional: balsamic vinegar

Instructions:

1. Warm tortillas in the microwave.
2. Spread about 4 tablespoons of hummus on each tortilla.
3. Layer all other ingredients, and top with mixed salad greens.
4. Drizzle with balsamic vinegar, wrap tightly like a burrito, and cut in half

Salad Suggestions

Start with a base of lettuce:

~ Romaine, Spring mix, Spinach or Kale

Throw in some extra veggies:

~ Cucumber, Tomato, Carrots, Broccoli, Onion

Maybe some fruit:

~ Berries (strawberry, blueberry, raspberry, etc), Apple, or Pear

Proteins/grains/nuts and seeds:

~ Rice or quinoa

~ Black beans, chickpeas, etc.

~ Walnuts, sliced almonds, pumpkin seeds, sunflower seeds

Don't forget some healthy fats:

~ Avocado

~ Olive oil and balsamic vinegar

~ Most store bought dressings have added sugar.

Popcorn Suggestion

Popcorn is a whole grain, but the pre-measured and seasoned bags that you get at the store will most likely not fit into the fast. *Here's a tip:*

~ Buy a large container of popcorn and measure 1/5 cup

~ Place in a paper lunch bag and fold the bag over twice on top

~ Pop as usual and then add melted coconut oil and salt for flavor

Tuscan Bean Soup

Ingredients:

- ~ 2 Tbsp avocado oil
- ~ 1 medium yellow onion, diced
- ~ 2 medium carrots, diced
- ~ 2 stalks of celery, diced
- ~ 1 medium zucchini and 1 medium yellow squash, diced
- ~ 4 cloves of garlic, minced
- ~ Tiny dash of cayenne pepper, optional
- ~ 1/4 tsp dried thyme
- ~ 1/2 tsp dried rosemary
- ~ 1 quart vegetable
- ~ 2 cans cannellini beans, drained and rinsed
- ~ 1 can diced tomatoes with juices
- ~ 3 cups chopped kale or spinach
- ~ Salt and pepper, to taste

Instructions:

1. Saute onions, carrots, celery, zucchini, and squash in avocado oil about 4 minutes.
2. Add garlic, cayenne, thyme, and rosemary. Cook 30 seconds.
3. Add all other ingredients except kale/spinach. Bring to a boil. Then, add kale/spinach, cover, and simmer for 15 minutes.

Sheet Pan Dinner

Ingredients:

- ~ 2 lbs baby red potatoes, sliced in half lengthwise
- ~ 3 cups petite baby carrots
- ~ 2 cans chickpeas, drained and rinsed
- ~ 2 tsp each dried basil, dried thyme, dried oregano, paprika
- ~ 1 tsp garlic powder
- ~ 4 - 6 Tbsp avocado oil
- ~ 2 lbs asparagus, ends trimmed and cut into thirds
- ~ 1 large yellow onion, sliced
- ~ Salt and pepper, to taste

Instructions:

1. Preheat oven to 425 degrees, and line baking sheet with parchment paper, or lightly grease with oil.
2. Add potatoes, carrots, and chickpeas to pan, and toss with 1 1/2 tablespoons oil and 3/4 of the spices. Roast for 20-25 minutes.
3. Push potato mixture to one side of the pan. Add the onion, asparagus, and remaining oil and spices. Roast for another 10-15 minutes.
4. Let cool a few minutes.
5. Optional: serve with avocado, quinoa, and/or fresh parsley.

Broccoli and Mushroom Stir Fry***Ingredients:***

- ~ 2 cups broccoli florets
- ~ 1/4 cup red onion, chopped
- ~ 3 cloves garlic, minced
- ~ 2 cups mushrooms, sliced
- ~ 1/4 tsp ground ginger
- ~ 1/4 cup vegetable broth
- ~ 1/2 cup carrot, shredded
- ~ 1/4 cup cashews or water chestnuts
- ~ 2 Tbsp coconut aminos (soy sauce is not included in the Daniel Fast)
- ~ 1 Tbsp sesame seeds, optional

Instructions:

1. In a large skillet, add broccoli, onion, garlic, mushrooms, and ginger. Cook, stirring often until broccoli is soft and onions are translucent. Add broth while cooking to prevent vegetables from sticking.
2. Stir in the carrots, cashews, and coconut aminos. Stir well, and simmer for about 2 minutes.
3. Sprinkle with sesame seeds.
4. Serve alone or over brown rice.

Roasted Garlic and Kale Spaghetti Squash

Ingredients:

- ~ 2 medium spaghetti squash
- ~ 2 small heads kale, chopped
- ~ 4 Tbsp olive oil
- ~ 2/3 cup sun-dried tomatoes, drained (check for ingredients)
- ~ 2/3 cup raw walnuts
- ~ 2 bulbs garlic
- ~ 1 tsp salt

Instructions:

1. Poke holes in spaghetti squash and roast at 400 degrees 30 minutes. Flip and roast another 30 minutes. Wrap garlic in foil and roast with the spaghetti squash for the last 30 minutes.
2. Once cool, cut open and scoop out seeds from spaghetti squash. Use a fork to pull out the strands of spaghetti squash and place in a large bowl.
3. Peel garlic cloves, give them a rough chop, and add to the spaghetti squash.
4. Heat oil in a large skillet over medium heat, and add chopped kale. Cover and cook 3-4 mins.
5. Add sun-dried tomatoes, spaghetti squash, roasted garlic, and walnuts. Cook, stirring it until the ingredients are well combined and heated through.
6. Sprinkle with salt, to taste. Drizzle with lemon juice for a citrusy flavor.

Crock Pot Lentil Soup

Ingredients:

- ~ 15 oz can diced tomatoes
- ~ 16 oz bag dry lentils
- ~ 2 large, sliced carrots
- ~ 2 stalks celery, sliced
- ~ 2 cups baby spinach
- ~ 1 medium white onion, diced
- ~ 1 large, peeled and diced sweet potato
- ~ 8 cups vegetable broth
- ~ Salt and pepper, to taste
- ~ Optional: turmeric, cinnamon, cumin, ginger, paprika for a more Moroccan flavor

Instructions:

1. Add all ingredients, except spinach, to the crock pot. Cook on low 6-7 hours.
2. Add spinach for the last 10 minutes

Tips for checking your ingredients

- ~ Pure Maple Syrup: This is considered an added sugar, but depending on personal conviction may be added as it does have nutritional benefit, including being a source of iron. Meat is typically a good source of iron, but so are green leafy vegetables. You may not experience low iron on the fast, but pure maple syrup may be helpful. Check the ingredients list on syrup bottles as typical breakfast syrup is primarily just processed sugar, not actual pure syrup.
- ~ Almond (or other non-dairy) milk: Check ingredients lists. Many alternative milks are sweetened, so make sure to buy unsweetened options or make your own.
- ~ Hummus: Most store bought hummus consists of chickpeas, oil, tahini, and seasonings. You will want to avoid any that includes dairy products. Pesto, for example, is made with parmesan cheese typically.
- ~ Nut butters: Check ingredient labels to make sure there is no added sugar.
- ~ Coconut milk yogurt: If you normally consume yogurt as a protein source, this is not a good substitute. It is much lower in protein than regular yogurt. You will also need to buy the unsweetened options. Adding cinnamon can help cut the tartness a little.
- ~ Salad Dressings: Store bought salad dressings usually contain added sugar. A good alternative is just a drizzle of olive oil and balsamic vinegar. Depending on conviction, you may also try apple cider vinegar, but because of the fermentation, you may want to choose to refrain from apple cider vinegar and other vinegars

What if I am also cooking for children who are not participating in the fast?

- ~ For smoothie bowls and oatmeal: Consider adding in healthy sweeteners like honey or pure maple syrup.
- ~ For loaded toast: Consider adding in some lunchmeat.
- ~ For breakfast bowls: Considering adding in some sausage (cook plenty in advance, so you can just throw it in).
- ~ For salads or wraps: Consider adding in lunch meat or baked chicken (bake plenty in advance).
- ~ For snacks: Consider allowing them to continue with simple packaged snacks that they are used to.
- ~ For soups: Consider including ground beef or ground turkey (cooked in bulk in advance).
- ~ For sheet pan dinners: Consider adding baked chicken (baked in bulk in advance).