



The Daniel Fast

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	1. Strawberries, Cherries, Orange 2. Steel Cut Oatmeal 3. Handful of Pistachios	1. Mango, Pear 2. Brown Rice Cereal 3. Small Handful of Brazil Nuts	1. Apple, Banana, Peach 2. Cooked Cornmeal 3. Handful of Almonds	1. Watermelon, Melon, Nectarine 2. Cream of Wheat 3. Handful of Walnuts	1. Pineapple, Kiwi 2. Oatmeal 3. Handful of Peacans
Lunch	1. Steamed Carrots, Cut Green Beans 2. Black Beans 3. Handful of Cashews	1. Green Salad (romaine lettuce, spinach, red onion) 2. Brown Rice 3. Lentils	1. Fruit Salad 2. Corn, Sweet Peas 3. White Potato Wedges 4. Pinto Beans	1. Steamed Broccoli and Corn 2. Cooked Garbanzos 3. Sweet Potatoes	1. Collard Greens 2. Mashed Potatoes 3. Black Eye Peas
Supper	Tomatoes, Cucumber, and Bell Pepper Salad (red, yellow, orange peppers)	Mango, raspberries, grapes	Pineapple, blueberries, plums	Tomatoes, Cucumber, and Bell Pepper Salad (red, yellow, orange peppers)	Grapefruit, Banana, peach

	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	1. Grapefruit, Tangerines, 2. Cooked Millet 3. Handful of Almonds	1. Cantelope, Kiwi 2. Cornmeal Porridge 3. Small Handful of Brazil Nuts	1. Pears, Blueberries, Raspberries 2. Barley Flakes 3. Handful of Cashews	1. Nectarines, Plums, Strawberries 2. Brown Rice Cereal 3. Handful of Pecans	1. Papaya, Kiwi, Mangoes 2. Whole Grain Cream of Wheat 3. Handful of Almonds
Lunch	1. Fruit Salad 2. Plantains White Beans	1. Green Salad 2. Sweet Potato Wedges 3. Red Kidney Beans	1. Green Salad 2. Cous Cous with vegetable Handful of Nuts	1. Steamed Cabbage 2. Brown Rice 3. Kidney Beans	1. Cooked Greens 2. Brown Rice 3. Pinto Beans
Supper	Orange, Pear	Strawberries, bananas	Kiwi Fruit, grapes	Cantelope, Apple	Plums, bananas

