



DANIEL FAST – APPROVED FOODS LIST

VEGETABLES (ALL KINDS)

- Leafy greens, spinach, kale, collard greens, mustard greens
- Broccoli, cauliflower
- Carrots, celery
- Cucumbers, zucchini, squash
- Bell peppers
- Onions, garlic
- Tomatoes
- Sweet potatoes, potatoes
- Cabbage, Brussels sprouts
- Green beans, peas
- Beets

FRUITS (FRESH, FROZEN, or DRIED – NO ADDED SUGAR)

- Apples
- Oranges, tangerines
- Bananas
- Berries (strawberries, blueberries, raspberries)
- Pineapple, mango
- Peaches, pears
- Watermelon, cantaloupe
- Dates, figs, raisins (check labels)

NUTS & SEEDS (Raw or Dry Roasted)

- Almonds
- Walnuts
- Pecans
- Cashews
- Peanuts
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Flaxseeds

WHOLE GRAINS

- Brown rice
- Quinoa
- Oats (old-fashioned or steel-cut)
- Barley
- Farro
- Whole wheat (100% whole, no yeast if strict)
- Millet
- Bulgur
- Whole grain pasta (check ingredients)

LEGUMES (Plant-Based Protein)

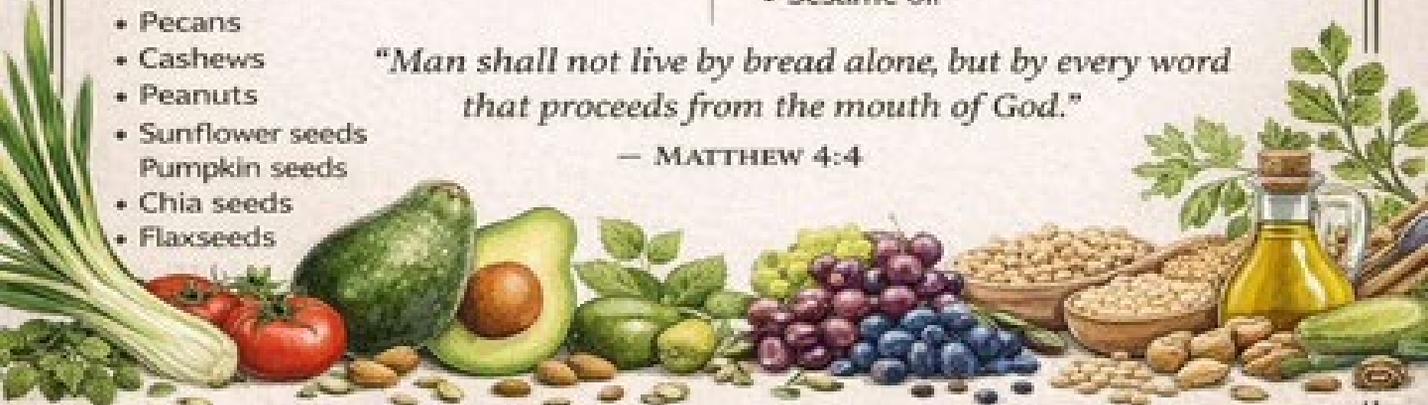
- Lentils
- Chickpeas (garbanzo beans)
- Black beans
- Pinto beans
- Kidney beans
- Navy beans
- Split peas
- Edamame
- Hummus
- (Daniel Fast – ~~not~~ approved ingredients only)

HEALTHY OILS (In Moderation)

- Olive oil
- Avocado oil
- Sesame oil

*“Man shall not live by bread alone, but by every word
that proceeds from the mouth of God.”*

– MATTHEW 4:4





Daniel Fast

WEEK FIVE:
Wednesday, March 18 - Tuesday, March 24
DAILY



SCRIPTURE READINGS

Wednesday, Mar. 18	Ps. 146 Isa. 60:17-22 Matt. 9:27-34
Thursday, Mar. 19	Ps. 130 Ezek. 1:1-3; 2:8-3:3 Rev. 10:1-11
Friday, Mar. 20	Ps. 130 Ezek. 33:10-16 Rev. 11:15-19
Saturday, Mar. 21	Ps. 130 Ezek. 36:8-15 Luke 24:44-53
Sunday, Mar. 22 <i>Fifth Sunday in Lent</i>	Ezek. 37:1-14 Ps. 130 Rom. 8:6-11 John 11:1-45
Monday, Mar. 23	Ps. 143 1 Kgs. 17:17-24 Acts 20:7-12
Tuesday, Mar. 24	Ps. 143 2 Kgs. 4:18-37 Eph. 2:1-10



SUGGESTED RECIPES & SITES

All recipes can be found on:

www.allrecipes.com/gallery/delicious-recipes-daniel-fast/

BREAKFAST

Green Power Smoothie
Cranberry-Orange Spiced Oatmeal
Coconut Date Bars

LUNCH

Ethiopian Cabbage Dish
Refreshing Sweet and Spicy Jicama Salad
Guacamole Salad

DINNER

Vegan Black Bean Quesadillas
Protein-Packed Spicy Vegan Quinoa with Edamame
Vegan Black Bean Soup

“BREAKTHROUGH IS ON THE OTHER SIDE OF OBEDIENCE.”





Daniel Fast

WEEK FOUR:
Wednesday, March 11 - Tuesday, March 17
DAILY



SCRIPTURE READINGS

Wednesday, Mar. 11	Psalm 81 Jer. 2:4-13 John 7:14-31, 37-39
Thursday, Mar. 12	Ps. 23 1 Sam. 15:10-21 Eph. 4:25-32
Friday, Mar. 13	Ps. 23 1 Sam. 15:22-31 Eph. 5:1-9
Saturday, Mar. 14	Ps. 23 1 Sam. 15:32-34 John 1:1-9
Sunday, Mar. 15 <i>Fourth Sunday in Lent</i>	1 Sam. 16:1-13 Ps. 23 Eph. 5:8-14 John 9:1-41
Monday, Mar. 16	Ps. 146 Isa. 59:9-19 Acts 9:1-20
Tuesday, Mar. 17	Ps. 146 Isa. 42:14-21 Col. 1:9-14



SUGGESTED RECIPES & SITES

All recipes can be found on: myplantbasedfamily.com/daniel-fast-recipes/

BREAKFAST

Fruit Salad with Simple Citrus Dressing
Breakfast Hash
Summer Berry Breakfast Quinoa

LUNCH

Easiest Plant-Based Taco Salad
Quinoa-Lentil Salad
Potato Kale Soup

DINNER

Best Taco Soup
Chana Masala
Sweet Potato and Black Bean Bowl

“EAT THE FOOD THAT GOD MADE, LEAVE THE FOOD THAT MAN MADE”





Daniel Fast

WEEK THREE:
Wednesday, March 4 - Tuesday, March 10
DAILY



SCRIPTURE READINGS

Wednesday, Mar. 4	Ps. 128 Ezek. 36:22-32 John 7:53-8:11
Thursday, Mar. 5	Ps. 95 Exod. 16:1-8 Col. 1:15-23
Friday, Mar. 6	Ps. 95 Exod. 16:9-21 Eph. 2:11-22
Saturday, Mar. 7	Ps. 95 Exod. 16:27-35 John 4:1-6
Sunday, Mar. 8 Third Sunday in Lent	Exod. 17:1-7 Ps. 95 Rom. 5:1-11 John 4:5-42
Monday, Mar. 9	Ps. 81 Gen. 24:1-27 2 John 1-13
Tuesday, Mar. 10	Ps. 81 Gen. 29:1-14 1 Cor. 10:1-4



SUGGESTED RECIPES & SITES

All recipes can be found on: www.danielfastjourney.com, unless otherwise indicated.

BREAKFAST

Berry Breakfast Fruit and Nut Bowl
Green Smoothie Bowl - www.allrecipes.com
Harvest Breakfast Fruit and Nut Bowl

LUNCH

Chickpea and Quinoa Salad
Corn, Avocado, and Tomato Salad
3 Bean Vegan Salad

DINNER

Creamy Potato Soup
Mushroom and Wild Rice Soup
Southwest Veggie Burrito Bowl

“I HONOR GOD WITH WHAT I EAT AND WHAT I REFUSE.”





Daniel Fast

WEEK TWO:
Wednesday, February 25 - Tuesday, March 3
DAILY



SCRIPTURE READINGS

Wednesday, Feb. 25	Ps. 32 Exod. 34:1-9, 27-28 Matt. 18:10-14
Thursday, Feb. 26	Ps. 121 Isa. 51:1-3 2 Tim. 1:3-7
Friday, Feb. 27	Ps. 121 Mic. 7:18-20 Rom. 3:21-31
Saturday, Feb. 28	Ps. 121 Isa. 51:4-8 Luke 7:1-10
Sunday, Mar. 1 Second Sunday in Lent	Gen. 12:1-4a Ps. 121 Rom. 4:1-5, 13-17 John 3:1-17 or Matt. 17:1-9
Monday, Mar. 2	Ps. 128 Num. 21:4-9 Heb. 3:1-6
Tuesday, Mar. 3	Ps. 128 Isa. 65:17-25 Rom. 4:6-13



SUGGESTED RECIPES & SITES

All recipes can be found on: danielsplate.com

BREAKFAST

Sunrise Sunset Smoothie
Butternut Squash Breakfast Hash
Apple Smoothie

LUNCH

Roasted Cauliflower and Chickpea Soup
Blackbean Tortilla Soup
Lentil Soup

DINNER

Marry Me Chickpeas
Stuffed Spaghetti Squash
Veggie Chili

“MY PLATE REFLECTS MY PRAYER.”





Daniel Fast

WEEK ONE:
Wednesday, February 18 - Tuesday, February 24
DAILY



SCRIPTURE READINGS

Wednesday, Feb. 18 <i>Ash Wednesday</i>	Joel 2:1-2, 12-17 or Isa. 58:1-12 Ps. 51:1-17 2 Cor. 5:20b-6:10 Matt. 6:1-6, 16-21
Thursday, Feb. 19	Ps. 51 Jon. 3:1-10 Rom. 1:1-7
Friday, Feb. 20	Ps. 51 Jon. 4:1-11 Rom. 1:8-17
Saturday, Feb. 21	Ps. 51 Isa. 58:1-12 Matt. 18:1-7
Sunday, Feb. 22 <i>First Sunday in Lent</i>	Gen. 2:15-17; 3:1-7 Ps. 32 Rom. 5:12-19 Matt. 4:1-11
Monday, Feb 23	Ps. 32 1 Kgs. 19:1-8 Heb. 2:10-18
Tuesday, Feb. 24	Ps. 32 Gen. 4:1-16 Heb. 4:14-5:10



SUGGESTED RECIPES & SITES

BREAKFAST

www.danielfastjourney.com

Savory Breakfast Potatoes

Sweet Potato Breakfast Hash

Strawberry Banana Smoothie - www.ultimatedanielfast.com

LUNCH

danielsplate.com

Asian Salad in a Jar

Butternut Squash Soup

Southwestern Salad in a Jar

DINNER

danielsplate.com

Vegan Mushroom Pasta

Veggie Chili

Lentil Soup - www.danielfastjourney.com

“I CHOOSE FOODS THAT NOURISH MY BODY AND MY SPIRIT.”

