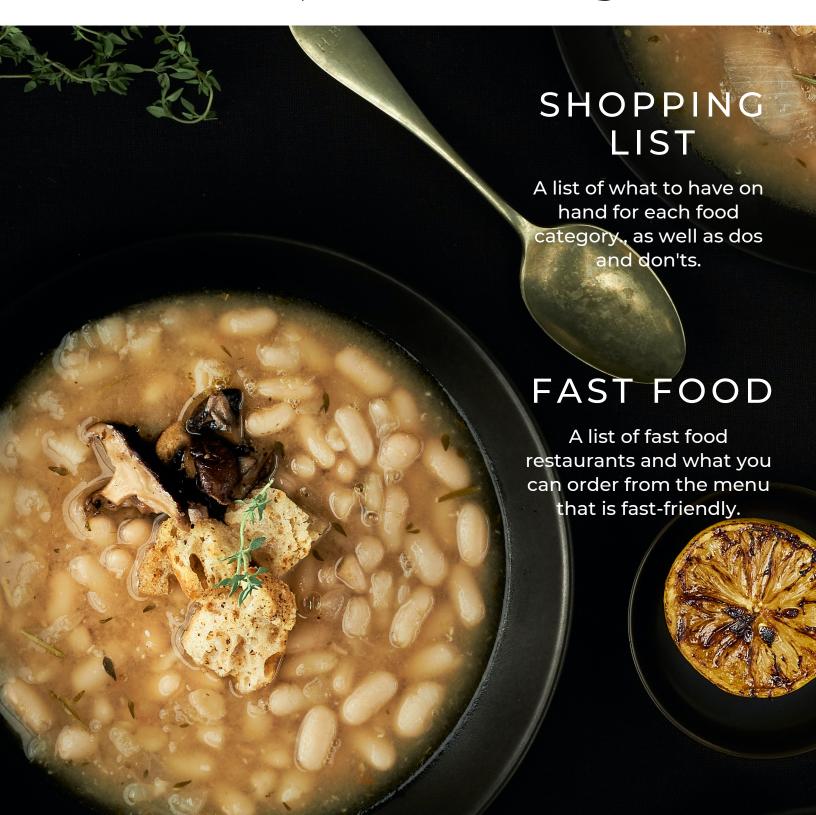


DANIEL FAST



FAST FOOD FOR THE DANIEL FAST

Chick-Fil-A

Fruit Salad

Chipotle

Everything except white rice, meat, cheese, and sour cream

Cracker Barrel

Vegetable Plate

Some sides (Note: most are made with

butter)

Jason's Deli

Vegetable SoupSpinach

Veggie Wrap (sans cheese)

Salad Bar

Baked Potato

Moe's

All items except white rice, meat,

cheese, and sour cream

Newk's Eatery

Grilled Veggie Salad

All Salads (sans meat and cheese)

Farmer's Market Sandwich (sans

cheese)

Noodles & Company

Chinese Chop Salad

Indonesian Peanut Sauté

Japanese Pan Noodles

Whole Grain Tuscan Fresca (sans

cheese)

Panera Bread

Squash SoupTomato Soup

French Onion Soup

Black Bean Soup

All Salads (sans cheese and meat)

Subway

Salads (sans cheese and meat)

Wendy's

Baked Potato

Side Salad

Zoe's Kitchen

Hummus

Power Grain Bowl

Mediterranean Salad Trio

Spinach Roll-Ups (sans cheese)

Braised BeansRoasted Vegetables

Seasonal Fruit

Side Greek Salad



Daniel Fast Shopping List

DO

ALL VEGETABLES

Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery

Collard Greens

Garlic Ginger

Green Beans

Kale

Mushrooms

Onions Parsnips Peas

Potatoes

Pumpkins

Spinach

Sweet Potatoes

Swiss Chard

Turnips

Squash

ALL FRUIT

Apples
Bananas
Cranberries
Grapes
Kiwi
Lemons
Limes
Mangoes
Oranges
Pears
Pineapples
Raspberries

WHOLE GRAINS

Strawberries

Amaranth Barley Brown Rice Couscous Oats Quinoa Millet

ALL LEGUMES

Black beans
Black eyed peas,
Cannellini beans
(white kidney beans)
Garbanzo beans
(chickpeas)
Great northern beans
Kidney beans
Lentils Lima beans
Pinto beans
Split peas.

ALL OILS

Avocado
Canola
Coconut
Grapeseed
Olive
Peanut
Sesame
Walnut

BEVERAGES

Black Coffee
Distilled Water
Filtered Water
Spring Water
Unsweetened Tea
Unsweetened Plant
Milks:

Almond Milk Coconut Milk Hemp Milk Rice Milk Soy Milk

OTHER

Herbs Seasonings Spices Soy Sauce



ALL MEAT

Bacon Beef Buffalo Eggs Fish Lamb Poultry Pork

ALL DAIRY

Butter Cheese Cream Ice Cream Milk Whipped Cream Yogurt

ALL SWEETENERS

Agave Nectar
Artificial Sweeteners
Brown Rice Syrup
Cane Juice
Honey
Maple Syrup
Molasses
Raw Sugar
Syrups
Stevia
White Table Sugar

BAKED GOODS

Anything containing yeast, baking powder, or baking soda.

ALL DEEP FRIED

Corn Chips French Fries Potato Chips

ALL REFINED AND PROCESSED FOODS

Artificial Flavoring Chemicals Food additives Preservatives White Flour White Rice

ALL SOLID FATS

Lard Margarine Shortening

BEVERAGES

Alcohol Carbonated Drinks Energy Drinks Sweetened Tea