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DANIEL FAST

A top-down photograph of a meal. The main focus is a dark bowl filled with white bean soup. The soup contains white beans, sliced mushrooms, and golden-brown croutons. A small sprig of fresh thyme is placed on top of the croutons. To the right of the bowl, on a small dark plate, is a single slice of roasted orange, showing its charred segments. A silver spoon lies diagonally across the top of the bowl. The background is dark, making the food stand out.

SHOPPING LIST

A list of what to have on hand for each food category, as well as dos and don'ts.

FAST FOOD

A list of fast food restaurants and what you can order from the menu that is fast-friendly.

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 Soup Spinach

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 Soup Tomato 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 Beans Roasted Vegetables

Seasonal Fruit

Side Greek Salad

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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
Strawberries

WHOLE GRAINS

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

DO

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

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