

A WEEK OF DANIEL FAST RECIPES. SO SIMPLE, LET'S GET STARTED!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<p>Eat-Clan Oats 1/2 cup mixed fresh berries 2 cups water</p>	<p>1 medium apple 1 Tbsp almond butter 2 cups water</p>	<p>Green Power Smoothie 1 Coconut Date Bar 2 cups water</p>	<p>Spinach, Mango & Banana Smoothie 2 cups water</p>	<p>Cranberry-Orange Spiced Oatmeal 2 cups water</p>	<p>All-Fruit Smoothie 2 cups water</p>	<p>g/Oatmeal 2 cups water</p>
SNACK 1	<p>1 apple 1/2 raw, unsalted nuts 2 cups water</p>	<p>Hummus with Crudites 2 cups water</p>	<p>1 cup mixed salad greens with 1/2 avocado and vinaigrette dressing 2 cups water</p>	<p>1/4 cup Roasted Chickpeas 2 cups water</p>	<p>1/4 cup Trail Mix 2 cups water</p>	<p>Handful unsalted almonds Medium apple 2 cups water</p>	<p>1/4 grapefruit sprinkled with cinnamon 2 cups water</p>
LUNCH	<p>1 cup mixed salad greens with vinaigrette dressing 1/2 cup quinoa Raw mixed vegetables 2 cups water</p>	<p>Left over Sweet & Sour Soup 1/2 cup quinoa Mixed salad greens 2 cups water</p>	<p>Sweet & Spicy Jicama Salad 2 cups water</p>	<p>Vegan Black Bean Quesadillas 2 cups water</p>	<p>1 cup mixed salad greens with 1/2 avocado and vinaigrette dressing 2 cups water</p>	<p>Salad Ole 2 cups water</p>	<p>Vegan Black Bean Soup 2 cups water</p>
SNACK 2	<p>Crudites with 2 Tbsp hummus 2 cups water</p>	<p>1/2 avocado with pico de gallo 2 cups water</p>	<p>Homemade Coconut Date Bar 2 cups water</p>	<p>Crudites with 2 Tbsp hummus 2 cups water</p>	<p>1/2 avocado with pico de gallo 2 cups water</p>	<p>Homemade Coconut Date Bar 2 cups water</p>	<p>Crudites with 2 Tbsp hummus 2 cups water</p>
DINNER	<p>Sweet & Sour Cabbage Soup 2 cups water</p>	<p>Vegan Bean Tacos 2 cups water</p>	<p>Roasted Cauliflower Soup 2 cups water</p>	<p>Addictive Sweet Potato Burritos 2 cups water</p>	<p>Spicy Vegan Potato Curry 2 cups water</p>	<p>Collard Greens & White Bean Soup 2 cups water</p>	<p>Hearty Vegan Slow Cooker Chili 2 cups water</p>
SNACK 3	<p>Organic, air-popped popcorn tossed with coconut oil & cinnamon 2 cups water</p>	<p>Handful of raw vegetables 2 cups water</p>	<p>Organic, air-popped popcorn tossed with EVOO & sea salt 2 cups water</p>	<p>Handful of raw vegetables 2 cups water</p>	<p>Organic, air-popped popcorn tossed with coconut oil & cinnamon 2 cups water</p>	<p>Handful of raw vegetables 2 cups water</p>	<p>Organic, air-popped popcorn tossed with EVOO & sea salt 2 cups water</p>

40 Day Daniel Fast Guidelines

D. Tony Willis, Kathy M. Willis



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