

AWAKENING

Daniel Fast Sample Menu:

Breakfast

Fruits, Vegetables, Juices and Water
Fruit smoothie with whey protein

Mid-morning Snack

Fresh fruit or fresh vegetables

Lunch

Raw vegetable salad with light, organic dressing and vegetable broth soup

Mid-afternoon snack

Fresh fruit or fresh vegetables

Dinner

Fresh salad with light, organic dressing and steamed or grilled vegetables

Water

Drink plenty of water- at least 100 ounces per day

You can find many good Daniel Fast recipes at <http://www.daniel-fast.com/>

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.

AWAKENING

Modified Daniel Fast Sample Menu:

Breakfast

1-2 servings of whole grains with fresh fruit juice

Mid-morning Snack

Fresh fruit or fresh vegetables

Lunch

1-2 servings of whole grains, fresh salad with legumes and light, organic dressing

Mid-afternoon snack

Fresh fruit juice or fruit smoothie with whey protein

Dinner

1-2 servings of whole grains, fresh salad with legumes and light, organic dressing

Water

Drink plenty of water- at least 100 ounces per day

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Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.