

# Daniel Fast Shopping List

## Fruits (fresh, frozen, or dried – no added sugar)

- Apples, bananas, oranges, grapes, berries, melons
- Mangos, pineapples, peaches, pears
- Raisins, dates, figs, prunes (unsweetened, unsulfured)

## Vegetables

- Leafy greens: spinach, kale, lettuce, arugula
- Cruciferous: broccoli, cauliflower, cabbage, Brussels sprouts
- Root veggies: sweet potatoes, carrots, beets, onions
- Others: peppers, cucumbers, zucchini, squash, tomatoes, mushrooms, avocados

## Whole Grains

- Brown rice, quinoa, barley, bulgur, farro, oats (steel cut or rolled, not instant)
- Whole grain tortillas or flatbread (without leavening or added sugar if possible)

## Legumes

- Lentils (red, green, brown)
- Chickpeas (garbanzo beans)
- Black beans, kidney beans, navy beans, pinto beans
- Split peas

## Nuts & Seeds

- Almonds, cashews, walnuts, pecans, pistachios
- Chia seeds, flax seeds, sunflower seeds, pumpkin seeds
- Nut butters (unsweetened, no additives)

## Oils & Condiments

- Olive oil, avocado oil, coconut oil
- Vinegars (apple cider, balsamic)
- Herbs & spices (all are allowed)
- Sea salt, black pepper, garlic, ginger, turmeric

## Liquids

- Water (plain or infused with fruit)
- Unsweetened almond, cashew, oat, or coconut milk (for cooking only, not as a main drink)
- Herbal teas (caffeine-free, unsweetened)

# Simple Meal Ideas

## Breakfast

- Oatmeal topped with bananas, berries, and a spoon of almond butter
- Chia seed pudding (chia + unsweetened almond milk, topped with fruit)
- Smoothie (spinach, banana, berries, unsweetened nut milk)

## Lunch

- Lentil soup with carrots, celery, onions, and spices
- Quinoa salad with cucumber, tomatoes, chickpeas, olive oil & lemon
- Sweet potato topped with black beans, avocado, and salsa

## Dinner

- Stir-fry: mixed vegetables with tofu or chickpeas over brown rice or quinoa
- Stuffed peppers with lentils, rice, and diced veggies
- Vegetable curry with coconut milk served over brown rice

## Snacks

- Carrots and cucumber with hummus
- Apple slices with almond butter
- Trail mix (nuts + seeds + unsweetened dried fruit)
- Roasted chickpeas (seasoned with olive oil & spices)

## Tips for Success

- Batch cook: Make big pots of lentil soup, rice, or beans to use through the week.
- Keep it simple: Repeat your favorite meals; fasting isn't about variety, but focus.
- Season well: Use herbs, spices, garlic, and lemon to keep flavors interesting.
- Stay hydrated: Aim for 8-10 glasses of water daily.