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## Overview

This page contains a simple and easy to prepare Daniel Fast menu and meal prep plan for seven days.

**Be sure to show this menu to your healthcare physician for approval before starting.**

Want to do a 10, 21, or 40 day fast? Simply repeat this menu!

This menu is very simple to prepare because it repeats the same smoothie, hot beverage, snack and lunches everyday through the fast. The breakfast and dinners change on Day 5. For example, the first four days of the fast you'll enjoy Oatmeal or Oat Bars for breakfast, and Queso, Beans, Greens and Rice Bowls for dinner. Then, the last three days you'll enjoy Tofu Scramble for breakfast and Roasted Potatoes and Vegetables for dinner.

Because this is a repeating menu, meal prep is very easy! Just two days of meal prep are required during this 7-day Daniel Fast. You will portion the meals ahead of time for easy reheating and serving each day.

This menu was created based on the Daily Dozen dietary recommendations which can be found at [nutritionfacts.org](https://nutritionfacts.org). The Daily Dozen recommends daily servings of whole grains, legumes, leafy greens, cruciferous vegetables, vegetables, fruits, berries, nuts and seeds.

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## Recipes, Shopping List and Prayer Journal

Here's links to the recipes, shopping list and prayer journal that go with this meal plan:

- Visit <https://daileyfoods.com/7-day-daniel-fast-shopping-list/> for the Shopping List PDF
- Visit <https://daileyfoods.com/7-day-daniel-fast-journal/> for the Fasting Prayer Journal PDF
- Visit <https://daileyfoods.com/category/recipes/> for all recipes and videos showing how to prepare them.

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## How Daniel Fasted

It's important to remember what Daniel said about this fast, here's a reminder:

### **Daniel 1:8**

*“But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank;”*

### **Daniel 10:3**

*“I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”*

What this means, regarding his meals, is that the food and drink Daniel consumed during his fasting was not meant to be things he craved, but instead foods and drinks he needed to feel nourished. He also acknowledged that the king’s food would defile his body (meaning to degrade or poison), which is sinful.

This menu was created with these methods in mind. The meals are simple and delicious, but the idea of this fast is to not be too concerned with decadence, like “*the king’s food*”.

When we focus on satisfying our flesh (like our tastes and desires), it’s hard to satisfy our Spirit. By choosing meals which are simple and nourishing, we can get full without being sinful (like overindulging on unhealthy foods and drinks). When we aren’t in sin, we can get closer to God and feel joyful and peaceful.

By meal prepping our food ahead of time, we don’t have to focus each day on cooking meals or deciding what to eat. It also almost forces us to eat these meals because we don’t want to waste food that’s already been prepared. And, it makes it easy to stick to the fast because the meal prepped food is often quicker to reheat than preparing a meal that is unhealthy and sinful.

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## Meal Prep Tips

It’s ideal to have four days of meal containers available for smoothies, breakfast, snack, lunch, and dinner. This way, all of your meals are already portioned, which saves time, effort and cleanup each day. The menu is varied enough so you won’t get too burnt out on meals throughout the 7-Day Daniel Fast.

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## 7-Day Daniel Fast Menu

Here’s the meal plan menu and meal prep instructions for this fast. Click on the links to view recipes for each menu item.

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### Days 1, 2, 3 & 4

1. [Daniel Fast smoothie](#)
2. [Daniel Fast hot cacao drink](#)
3. [Daniel Fast easy oatmeal](#) or [Daniel Fast oatmeal bars](#)
4. Fruit, Berries, & Nuts or [Brazil nut milk](#)

5. [Easy everyday lunch meal prep for Daniel Fast](#)
6. [Daniel Fast queso sauce with Beans, Greens & Rice](#)

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### Days 5, 6 & 7

1. [Daniel Fast smoothie](#)
2. [Daniel Fast hot cacao drink](#)
3. [Daniel Fast breakfast scramble](#)
4. Fruit, Berries, & Nuts or [Brazil nut milk](#)
5. [Easy everyday lunch meal prep for Daniel Fast](#)
6. Roasted Potatoes and Vegetables

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### 7-Day Meal Prep Plan

Here's a list of steps to meal prep your meals on Day 1 and Day 4, as well as daily reheating and serving instructions.

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#### Day 1

- Blend **Green Apple Smoothie**
- Make **Hot Cacao Mix** for 7 days
- Make **Oatmeal** or **Oat Bars**
- Make **Brazil Milk**, optional
- Make or Buy **Hummus**, portion into 4 meal container
- Chop or Buy **Veggie Sticks**, portion into 4 meal containers
- Make or Buy **Unleavened Bread**
- Make Queso for 4 days
- Prepare Beans
- Cook Rice
- Portion prepared rice, beans and queso into 4 meal containers for reheating

#### Daily Food Preparation:

1. Pour **Green Apple Smoothie** into a serving glass or jar
2. Prepare **Hot Cacao Beverage**, pour into serving cup or container
3. Reheat **Oatmeal** or enjoy **Oat Bar**
4. Portion **fruit and nuts** into serving bowl or meal container, pour **Brazil Milk** into cup
5. Serve **Hummus** with **Veggie Sticks** and **Unleavened Bread**
6. Reheat prepared **Rice, Beans and Queso**, top with desired toppings such as avocado, onions, salsa, hot sauce, guacamole, cilantro, corn, bell peppers, salt and pepper

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#### Day 4

- Blend **Green Apple Smoothie**
- Make **Tofu Scramble**, enough for 3 days (1 block firm tofu)
- Make **Brazil Milk**, optional

- Make or Buy **Hummus**, portion into 3 meal container
- Chop or Buy **Veggie Sticks**, portion into 3 meal containers
- Make or Buy **Unleavened Bread**
- Prepare and Roast or Air Fry Potatoes and Vegetables, portion into meal containers

Daily Food Preparation:

1. Pour **Green Apple Smoothie** into a serving glass or jar
2. Prepare **Hot Cacao Beverage**, pour into serving cup or container
3. Reheat **Tofu Scramble**, serve with greens and other desired toppings such as avocado, onion, tomatoes, hot sauce, salsa, salt, pepper, or other condiments
4. Portion **fruit and nuts** into serving bowl or meal container, pour **Brazil Milk** into cup
5. Serve **Hummus** with **Veggie Sticks** and **Unleavened Bread**
6. Reheat prepared **potatoes and vegetables**, top with desired toppings such as vegan mayo, hot sauce, salsa, queso sauce, vegan butter, salt, pepper, and/or seasonings

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