

DAY 1

BREAKFAST Oatmeal with nuts and fruits
LUNCH Lettuce wraps with vegetables and hummus
DINNER Corn chowder soup

DAY 2

BREAKFAST Fruit and vegetable smoothie
LUNCH Corn chowder soup
DINNER Mediterranean salad

DAY 3

BREAKFAST Oatmeal with nuts and fruits
LUNCH Mediterranean salad
DINNER Roasted vegetable and grain bowl

DAY 4

Breakfast Tropical fruit and nut bowl
Lunch Extra whole-grain bowl
Dinner Lentil soup

DAY 5

BREAKFAST Breakfast potatoes
LUNCH Lentils soup
DINNER Stuffed Portobello mushroom caps

DAY 6

BREAKFAST Fruit and vegetable smoothie
LUNCH Lettuce wraps with Beans and Vegetables
DINNER Veggie stir-fry with brown rice

DAY 7

BREAKFAST Harvest fruit and nut bowl
LUNCH Extra stir fry and brown rice
DINNER Southwest salad

DANIEL FAST MEAL PLAN

