

Daniel Fast *21* Day Meal Planner

Week 1	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	Scrambled Cheese and Tofu in a Almond flour wraps 1 Cup Berries Water	¼ cup nuts Water	2 corn Tacos using plant-based ground beef to make your filling Fruit Water	Plantain chips Water	Cabbage Pinto Beans Baked Potato Water	Guacamole w/tortilla chips
Tuesday	Bowl of oatmeal topped with fruit and date syrup, coconut nectar, or other approved sweetener Water	Raisins and nut mixture Water	Baked potato topped with broccoli, vegan cheese, vegan butter, vegan sour cream	Water Fruit	Vegan Broccoli Cheddar Soup Water	¼ cup of nuts Water
Wednesday	Bowl of grits topped with vegan butter and vegan cheese Scrambled cheese and tofu	Date Balls Water	Berry Salad Topped with Apricot Vinaigrette	Apple Water	Vegan burger with 2 almond wraps, baked fries	Pickle Water
Thursday	Peanut butter banana smoothie	Plantain chips Water	Corn Tortilla Chips and Salsa Water	Sliced Cucumber and Italian Dressing Water	Eggplant Parmesan on top of zucchini squash spaghetti	Fruit Water
Friday	Wheat pancakes Fruit topping Water	Nuts Water	Baked Sweet potato/w vegan butter Fried squash Water	Pineapple Water	Chickpea salad Wheat Thins Turnip salad	Plantain chips Water
Saturday	Grilled cheese sandwich made with Almond wraps and vegan cheese	Black Bean Hummus and Blue corn tortilla chips	Vegan Chicken Salad Wrap Garden Salad Water	Nut mixture Water	Cabbage Eggrolls Vegan burger	Pickle Water
Sunday	Strawberry Smoothie	Popcorn w/vegan butter	Vegan Zuppa Toscana soup Garden Salad Water	Orange Water	Spinach, cauliflower, squash soup	Rice cake topped with peanut butter and banana Water

Foods in Red are in my cookbook

www.ValissaMoore.com

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Week 2	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	Blueberry, spinach Smoothie	Celery and peanut butter w/raisins Water	Vegan burger with brown rice and string beans	Sunflower seeds Water	Cabbage Pinto Beans Baked Potato	¼ cup Pistachios Water
Tuesday	Oatmeal and fruit	Cantaloupe Water	Baked potato topped with broccoli, vegan cheese, vegan butter, vegan sour cream	Almonds Water	Vegan Broccoli Cheddar Soup Water	¼ cup of peanuts Water
Wednesday	Bowl of grits Scrambled cheese and tofu	Date Ball Water	Tossed Salad topped (a variety of salads and dressings in my book	Apple Water	Vegan burger with 2 almond wraps, French fries	¼ cup cashews Water
Thursday	Peanut butter banana smoothie	Plantain chips Water	Corn Tortilla Chips and Salsa	Sliced Cucumber and Italian Dressing	Protein Bowl Pinto beans, brown rice, tofu, salsa and corn tortillas	Fruit Water
Friday	Acai Bowl Water	Banana Water	Spinach Eggrolls Tofu, avocado salad	Grapes Water	Vegan Salmon cake Rice Turnip salad	Plantain chips Water
Saturday	Fruit bowl	Carrots, avocado topped with Italian dressing Water	Cheesy broccoli casserole Garden Salad	Watermelon Water	Tempeh bites and fried rice	Pickle Water
Sunday	Strawberry Smoothie	Popcorn w/vegan butter Water	Black eyed pea and black bean soup Garden Salad	Nuts and raisins trailmix Water	Stuffed Peppers	Rice cake topped with peanut butter and banana Water

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Week 3	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	Blueberry, spinach Smoothie Water	Celery and peanut butter Water	Vegetable Soup	Sunflower seeds Water	Cabbage Pinto Beans Baked Potato	¼ cup Pistachios Water
Tuesday	Vegan turkey, onion and cheese quesadilla Water	Pickle Water	Mandarin Orange and Raisin Salad topped w/Apricot Vinaigrette	Almonds Water	Vegetable Soup Cheese quesadilla Water	¼ cup of peanuts Water
Wednesday	Bowl of grits topped with vegan butter and vegan cheese Scrambled cheese and tofu	Date Balls Water	Queso dip w/tortilla chips	Apple Water	Plate of sweet potato fries and Broccoli	Mixed Fruit cup Water
Thursday	Peanut butter banana smoothie	Plantain chips Water	Apple cashew raisin salad Water	Sliced Cucumber and Italian Dressing Water	Vegetable Stir-fry Baked Sweet Potato	Honeydew melon Water
Friday	Rice cake topped with peanut butter and banana Water	Banana Water	Baked Sweet potato/w vegan butter Fried squash Water	Grapes Water	Mandarin orange and raisin salad Baked potato topped with vegan butter and vegan cheese	Plantain chips Water
Saturday	Acai Bowl	Carrots, avocado topped with Italian dressing Water	Cheesy broccoli casserole Garden Salad Water	Date Balls Water	Cabbage Eggrolls Vegan burger	Pickle Water
Sunday	Strawberry Smoothie	Popcorn w/vegan butter	Vegan Sushi Water	Nuts and raisins trail mix Water	Yellow Peppers stuffed with vegan ground beef and sauce	Rice cake topped with peanut butter and banana Water

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