

# Daniel Fast *21* Day Meal Planner

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

Foods in **Red** are in my cookbook

[www.ValissaMoore.com](http://www.ValissaMoore.com)

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

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