

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

