

Daniel Fast Shopping List

This shopping list is simply suggestions- the things you may have include but are not limited to the following.

Veggies - Peas, carrots , Okra, Lima Beans, Black eyed peas, Corn, Onions, Bell Peppers, Potatoes, Tomatoes, Broccoli, Spinach, Broccoli, zucchini, sweet potatoes, mushrooms, Avocados, Limes

Canned Veggies: Tomato Sauce, Diced Tomatoes (no sugar added,) Diced Tomatoes, Black Beans, corn, etc. , Pumpkin puree

Fresh Fruit: Bananas, Apples, Oranges, Grapes, Pineapple

Frozen Fruit: Strawberries, Blueberries, Mixed Berries, Mango

Beverages: Water, Organic no sugar added Oatmilk/Almond milk/Coconut milk, black coffee, unsweetened teas

Protein Options: Impossible VeganMeat, Beyond Vegan Meat, Tofu, Dr. Praegers Burgers, Impossible Vegan Sausage, Field Roast Vegan Sausage (Publix) - all other options can be found at Walmart & Publix.

Grain: Large bag of Whole grain Rice, 100% whole grain pasta, whole grain rice cakes, No butter added Popcorn, Oats, Quinoa, Couscous, Ezekiel bread (frozen section), Whole Wheat Flour, Almond Flour, Whole Grain rice flour.

Nuts:: Pistachios, Peanuts, Almonds, Cashews, Sunflower seeds

Other: Natural Peanut Butter, Organic Apple Chips, Organic no sugar added vegan protein powder, no sugar added seasonings, salt, pepper, veganaisse, Almond Butter, Honey, Agave, Soy Sauce, Vinegar, 100% cocoa powder, Date Syrup