## Fasting Food Ideas & Options

**Choose a few items each day to plan wholesome meals throughout the fast**

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| **BREAKFAST:** | **Grits, Eggs, Fruit, Avocado with Onions, & Everything Bagel, Oatmeal, Yogurt Bowl, Hash browns, green peppers & Onions, Smoothies** |
| **LUNCH/DINNER:** | **Salad, Baked Potato, Cabbage, Pinto Beans, Corn on the Cob, Baked Sweet Potato, Fried Vegetable Rice, Squash & Onions, Mushroom Rice, Butternut Squash, Veggie Soup, Green Beans & Potatoes, Cuban Black Beans & Rice, Black and White Chili, Creamy Garlic Pasta with Broccoli, Carrots, Broccoli, Buffalo Cauliflower, Zucchini & Onions, Zucchini Boats, Roasted Sweet or White Potatoes, Asparagus, Baked Kale Chips, Roasted Potatoes, Carrots, & Onions** |
| **SNACKS:** | **Fruit, Nuts, Peanut Butter, Cinnamon Baked Apples, Baked Plantains, Roasted Chickpeas** |
| **Reminder:** | **We are avoiding meats, sweets, desserts, fried/fast foods, sugary drinks, intentional sugars, and any foods you may need discipline in.**<br><br>**Olive, Avocado, Grapeseed Oils may be used. Consider using nut, seed, and/or plant-based butters.** |