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Lent: 40 Days of More Better February 14-March 31, 2024

Shopping List for the Daniel Fast

Foods to Enjoy

- All fruits and vegetables
- All grains, beans and legumes that have not been bleached, stripped, and processed. Grains should be whole, such as whole brown rice, whole wheat flour, etc.
- All nuts
- All-natural herbs and seasonings and spices
- Baking soda
- Agave nectar
- Stevia
- Bragg Liquid Aminos (natural alternative to soy sauce)
- Water, naturally decaffeinated tea, fruit, and vegetable juices
- Cold pressed oils such as olive oil, unprocessed coconut, peanut, sesame, walnut, almond, and mustard seed oil
- Soy milk
- Tofu (whole soybeans and water)
- Pasta (whole-grain flour and water, but no eggs or white flour)

Salad Makings

- Choose dark green leafy greens such as red and green lettuce, spinach, baby kale, and collard or mustard greens.
- Pre-mixed containers of “baby greens” or “spring mix” can be a great, quick option.

Try spicing up your salads with other veggies like:

- Broccoli florets
- Cauliflower
- Chopping green onion or chive
- Diced Onion
- Mushrooms
- Radishes
- Shredded Cabbage
- Tomato

Dress your salad with:

- Olive Oil and Vinegar (Italian-style) dressing
- Olive Oil
- Balsamic Vinegar
- Lemon or Lime

Crunchy Snacks

- Carrots
- Cucumbers
- Green Beans
- Radishes
- Snap Peas
- Watercress
- Zucchini

Veggie-Based Proteins

- Artichokes
- Broccoli
- Brussels Sprouts
- Dark leafy greens
- Legumes
- Mushrooms
- Nut Butters
- Tofu

Fruits

- Cherries
- Strawberries
- Raspberries
- Blueberries
- TIP: Buy packages of frozen berries for smoothies!
- Apples
- Pears
- Peaches
- Plums
- Bananas
- Oranges
- Grapefruit
- Lemons
- Mango

Squash & Melons

- Crook-neck squash
- Butternut Squash
- Acorn Squash
- Spaghetti Squash
- Cantaloupe
- Honeydew
- Watermelon

Legumes

- Black Beans
- Black Eyed Peas
- Chickpeas / Garbanzo Beans (from which we can make hummus)
- Kidney Beans Pinto Beans Lentils
- Navy Beans Split Peas White Beans

Rice & More

- Jasmine Rice
- Brown Rice
- Wild Rice
- Quinoa
- Whole Wheat Tortillas
- Oatmeal

Nuts and Seeds/Butters

- Almonds & almond butter
- Peanuts & peanut butter
- Cashews
- Pistachios
- Pine Nuts
- Walnuts
- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sunflower Seeds

Cooking Oils

- Extra Virgin Olive Oil
- Coconut Oil
- Flaxseed Oil
- Grapeseed Oil

Beverages

- Water
- Almond milk, cashew milk, or soy milk
- Black tea, green tea, herbal teas (non-caffeine)

Smoothies

- Soy, almond, cashew, or other non-dairy milk
- Fresh or frozen berries and fruit
- Vegetable-based protein powder such as soy

Snacks

- Hummus
- Guacamole
- Dried Fruits
- Nuts and Seeds
- Unsweetened Applesauce

Spices

- Garlic—cloves and powder
- Clove
- Dill
- Lemon/Lime Juice
- Oregano
- Sage
- Ginger
- Vinegar (balsamic, etc.)
- Cumin

Spices (cont.)

- Tahini
- Red Pepper
- Cayenne pepper
- Curry powder
- Garam masala
- Salt free Mrs. Dash

Foods You're NOT Buying

- Meats
- Desserts
- Sweeteners
- Dairy Products
- Energy Drinks
- Coffee
- Sodas
- Alcohol
- Chips or any type of junk food