

DANIEL FAST

BALANCED MEAL GUIDE

Simple, Balanced Plant-Based Meal Ideas for Your 21-Day Daniel Fast

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Introduction

The Daniel Fast is more than simply avoiding certain foods, it is a season of drawing closer to God through prayer, Bible study and self-denial while honouring Him with the body He has entrusted to us.

This guide is not intended to be a strict meal plan. Instead, it provides practical, healthy meal ideas to help you prepare nourishing, balanced plant-based meals throughout your fast. Feel free to mix and match the suggestions based on what is available where you live.

Remember, the goal of the Daniel Fast is not to eat perfectly, but to seek God wholeheartedly while making wise choices that support your health.

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” — 1 Corinthians 10:31

Principles for a Healthy Daniel Fast

As much as possible:

- Aim to eat **two balanced meals each day (breakfast and lunch)**. If you are healthy and comfortable doing so, you may choose to eat one balanced meal each day
- Avoid unnecessary snacking.
- If possible, skip the evening meal to allow your digestive system to rest overnight.
- If you become hungry in the evening, choose something light such as vegetables, avocado, coconut, tiger nuts or a handful of roasted groundnuts.
- Drink plenty of water throughout the day.
- Choose whole fruits or smoothies instead of fruit juice so you benefit from the natural fibre.
- Let vegetables and legumes make up the largest portion of every meal.
- Eat starchy foods in moderation—they should accompany your meal, not become the meal.
- Whenever possible, prepare meals by boiling, steaming, roasting or lightly sautéing rather than deep-frying.

Build Every Meal Around This Formula

Include	Examples
Plant-Based Protein	Beans, lentils, chickpeas, tofu, mushrooms, soy chunks, Bambara beans (Okpa), green peas
Vegetables	Ugwu, spinach, waterleaf, bitterleaf, okro, cabbage, lettuce, cucumber, tomatoes, carrots, bell peppers, green beans, scent leaves

Include	Examples
Healthy Fats	Avocado, coconut, tiger nuts, roasted groundnuts, sesame seeds, flaxseed, chia seeds, pumpkin seeds
Complex Carbohydrates (Small Portions)	Yam, sweet potato, Irish potato, ripe or unripe plantain, brown rice, Ofada rice, millet, guinea corn, amala, boiled corn

Foods to Enjoy More Often

Food Group	Healthy Choices
Legumes	Beans, lentils, chickpeas, soybeans, black-eyed peas, Bambara beans (Okpa), green peas
Vegetables	Ugwu, spinach, waterleaf, bitterleaf, okro, cabbage, lettuce, carrots, cucumber, tomatoes, garden eggs, bell peppers, scent leaves
Healthy Proteins	Moi-moi, tofu, mushrooms, soy chunks, lentils, beans, chickpeas
Healthy Fats & Nuts	Avocado, coconut, tiger nuts, roasted groundnuts, sesame seeds, flaxseed, chia seeds, pumpkin seeds
Fruits	Pawpaw, pineapple, watermelon, oranges, tangerines, bananas, apples, pears, mangoes (when in season), guava, coconut, avocado, soursop, African pear (Ube)

Foods to Eat in Moderation

Although these foods may be included during the Daniel Fast, try not to make them the largest part of your meals.

- White rice
- Garri / Eba
- Amala
- Yam
- Plantain
- Sweet potato
- Tapioca

Tip: Increase the amount of vegetables and legumes on your plate and keep starchy foods to a moderate serving.

Herbs, Spices and Seasonings

Enjoy your meals with natural herbs and spices to add flavour without relying on excessive salt.

Fresh Ingredients

Onions, garlic, ginger, spring onions, scent leaves, curry leaves (if available).

Herbs and Spices

Thyme, curry powder, cinnamon, bay leaves, turmeric, black pepper, cayenne pepper, paprika, cloves, nutmeg.

Traditional Nigerian Seasonings

Iru (Locust Beans), ogiri, aidan fruit (Prekese), uziza, ehuru (Calabash Nutmeg), uda, alligator pepper (optional).

Salt

Use salt in moderation. If available and within your budget, you may choose Sea Salt, Celtic sea salt or Himalayan salt. However, the most important principle is moderation.

Healthy Oils

When cooking during the Daniel Fast, aim for simple cooking methods such as boiling, steaming, roasting or light sautéing.

Healthy oils include: Extra virgin olive oil, coconut oil, avocado oil (if available). If these are not available or affordable, use the cooking oil you have available in moderation.

Try to avoid: Deep-frying foods, reusing cooking oil multiple times, excessive amounts of oil.

A Note on Palm Oil: Some people choose to use palm oil in moderation during the Daniel Fast, while others prefer to avoid it entirely for personal or health reasons. Allow your personal conviction to guide you. If you choose to use palm oil, use only a small amount and avoid heavily fried meals.

Breakfast Ideas

Choose any of these combinations:

Balanced Breakfast Ideas
Vegetable moi-moi + mixed salad + avocado
Beans + ugwu sauce + cucumber
Lentil stew + spinach + roasted sweet potato

Balanced Breakfast Ideas
Chickpeas + tomatoes + cucumber + avocado
Tofu scramble + mixed vegetables + boiled plantain
Soy chunks + vegetable stir-fry + yam
Millet porridge + roasted groundnuts + pawpaw
Oats cooked with unsweetened soy milk + banana + flaxseed
Bambara beans (Okpa) + cucumber + tomatoes
Garden eggs + avocado + roasted groundnuts + fruit
Boiled corn + African pear (Ube) + cucumber
Tapioca + coconut + fresh fruit

Lunch Ideas

Mix and match according to what is available:

Balanced Lunch Ideas
Efo Riro + tofu + mushrooms + boiled yam
Okro soup + tofu + mushrooms + boiled plantain
Edikang Ikong + sweet potato
Afang soup + boiled yam
Oha soup + plantain
Bitterleaf soup + small amala
Vegetable stew + brown rice + cucumber salad
Ugwu sauce + roasted sweet potato
Lentil stew + cabbage salad
Beans + avocado + cucumber salad
Mushroom vegetable stir-fry + Ofada rice
Mixed vegetable sauce + boiled corn
Chickpea stew + roasted plantain
Okro soup + beans + boiled yam
Egusi soup (prepared according to your Daniel Fast convictions) + boiled yam or plantain

Smoothie Ideas

Instead of fruit juice, enjoy smoothies so you keep the natural fibre.

- Pineapple + cucumber + ginger
- Watermelon + mint
- Pawpaw + pineapple
- Banana + avocado
- Orange + carrot + ginger
- Cucumber + spinach + apple
- Soursop smoothie
- Coconut + banana smoothie
- Mango + pineapple (when in season)

Note: Avoid adding refined sugar to your smoothies.

Healthy Drinks

Stay well hydrated throughout the fast.

- Water
- Warm lemon water
- Cucumber-infused water
- Mint-infused water
- Ginger tea
- Cinnamon tea
- Hibiscus (Zobo) without added sugar
- Unsweetened soy milk
- Unsweetened almond milk (if available)
- Herbal teas

Sweeteners

Traditionally, many people choose to avoid all added sweeteners during the Daniel Fast. However, if your personal conviction allows the use of natural sweeteners in moderation, consider:

- Date syrup
- Date paste

- Blended dates
- Mashed ripe banana (for baking or smoothies)
- Unsweetened applesauce (if available)

If you choose to use sweeteners, use them sparingly and avoid refined white sugar, brown sugar, artificial sweeteners and highly processed syrups.

Many participants find that reducing sweetness during the fast helps them appreciate the natural sweetness of whole fruits.

If You're Hungry in the Evening

If possible, skip dinner. However, if you become hungry, choose something light such as:

- Cucumber, tomatoes, carrots, lettuce, garden eggs
- Avocado, coconut pieces, tiger nuts
- A handful of roasted groundnuts
- Vegetable soup
- Herbal tea or water

Make This Guide Your Own

The world is blessed with a rich variety of wholesome foods, and every region has its own traditional meals and ingredients. This guide is not intended to include every healthy food you can eat during the Daniel Fast.

Instead, use these meal ideas and principles as a foundation. Look at the healthy foods that are already available in your home, community and local market. If you have access to wholesome foods that are not listed here—such as tapioca, local grains, traditional vegetables, seasonal produce or regional dishes prepared with Daniel Fast-friendly ingredients—feel free to include them.

You can also explore healthy Daniel Fast recipes on YouTube, cookbooks and other trusted resources for additional inspiration.

Remember: No matter where you live, try to build each meal around plenty of vegetables, plant-based protein, healthy fats and a moderate portion of whole-food carbohydrates. Start with what you have. Healthy eating does not have to be expensive or complicated.

Keep It Simple

One of the healthiest habits you can develop is simplicity. Many people feel anxious trying to think of different meals every day. Instead, choose two to four balanced meals that you genuinely enjoy and rotate them throughout the week.

For example, if you enjoy vegetable moi-moi with salad and avocado, okro soup with tofu and plantain, lentil stew with ugwu and sweet potato, and beans with vegetable sauce and avocado, there is nothing wrong with eating these meals several times during the week.

This approach makes grocery shopping easier, saves time and money, reduces food waste, helps you identify foods that agree or disagree with your body, and makes healthy eating easier to continue even after the Daniel Fast has ended.

Key Principle: Consistency is more important than variety.

Progress Over Perfection

Do not become discouraged if you cannot find every food listed in this guide. The Daniel Fast is not about eating expensive or exotic foods, it is about simplicity, intentionality and drawing closer to God.

Use what is available to you, prepare it in the healthiest way you can, and focus on seeking God each day. God is far more interested in your heart than in creating the “perfect” meal.

A Final Reminder

The Daniel Fast is first and foremost a spiritual journey. Food should support your time with God, not become the focus of it. Keep your meals simple, nourishing and satisfying, allowing you to spend less time worrying about food and more time in prayer, Bible study and communion with God.

As you seek God daily, ask Him not only to transform your eating habits but also to transform your heart. May this fast draw you into a deeper relationship with Christ and inspire healthy habits that continue long after the 21 days have ended.

A Gentle Health Disclaimer

This guide is intended for general educational and spiritual purposes and should not replace medical advice.

If you are pregnant, breastfeeding, living with diabetes, kidney disease, an eating disorder, or any other medical condition, or if you take regular medication, please speak with your healthcare provider before making significant changes to your diet or fasting routine.

Listen to your body, stay hydrated, and remember that the purpose of the Daniel Fast is to grow closer to God while caring for the body He has given you.

Hydration Guide

Water is one of the most important parts of a healthy Daniel Fast. Proper hydration supports digestion, healthy circulation, temperature regulation, energy levels and overall well-being.

General guide: Aim to drink 30–35 ml of water for every kilogram of your body weight each day.

Your Weight	Recommended Water Intake (Approx.)
50 kg	1.5–1.8 litres
60 kg	1.8–2.1 litres
70 kg	2.1–2.5 litres
80 kg	2.4–2.8 litres
90 kg	2.7–3.2 litres
100 kg	3.0–3.5 litres
Above 100 kg	4 litres

These are general recommendations. Your needs may be higher if you exercise regularly, work outdoors, live in a hot climate or perspire heavily.

Hydration Tips

- Drink water consistently throughout the day instead of waiting until you are very thirsty.
- Room-temperature water is often more comfortable and may encourage regular hydration.
- Try to drink most of your water during the morning and afternoon.
- Avoid drinking large amounts of water late at night, as this may interrupt your sleep.
- Avoid drinking excessive amounts of water with your meals. Sip small amounts if needed and drink most of your water between meals.
- If you exercise or spend long periods outdoors, increase your water intake accordingly.

Remember: Hydration is an important part of caring for the body God has given you.