DANIEL FAST

RESTAURANT LIST

CHIPOTLE

SOFRITAS OR VEGGIE BOWL/BURRITO, NO CHEESE OR SOUR CREAM, CHIPS AND SALSA OR GUACAMOLE

OLIVE GARDEN

MINESTRONE SOUP, HOUSE SALAD WITH OLIVE OIL OR BALSAMIC VINEGAR (NO CROUTONS, NO DRESSING) ALL PASTA (NO BUTTER), MARINARA SAUCE (NO MEAT)

PF CHANG'S

VEGETARIAN LETTUCE WRAP
HARVEST THAI CURRY
MA PO TOFU
STIR-FRIED EGGPLANT

TACO BELL

POWER BOWL VEGGIE
BEAN BURRITO FRESCO (NO CHEESE)
BLACK BEAN CRUNCHWRAP SUPREME (NO DAIRY)
TACO- FRESCO, NO BEEF ADD BLACK BEANS & RICE

MCALISTER'S

MAKE YOUR OWN SALAD OR SANDWHICH (NO CHEESE OR MEAT)
SAUCES/CONDIMENTS – YELLOW MUSTARD, SPICY BROWN
MUSTARD, OLIVE OIL & BALSAMIC VINAIGRETTE, OLIVE OIL

TRIBAL ALL DAY CAFE

MIGAS (NO EGGS), BLACK BEAN BOWL, CILANTRO LIME TACO
SALAD (NO FETA), 100% FRUIT JUICE

SPIRAL DINER

VEGAN RESTAURANT- EVERYTHING IS OKAY
CHECK FOR NO ADDED SUGAR AND NO FRIED FOOD

MOD PIZZA

SALAD WITHOUT CHEESE OR MEAT
MAKE YOUR OWN PIZZA, NO SAUCE WITH DAIRY OR MEAT

SMOOTHIE PLUS

SMOOTHIES WITH PLANT BASED PROTEIN, NO ADDED SUGAR

ENO'S PIZZA

SALADS, NO MEAT OR CHEESE, VEGGIE PIZZA WITH RED SAUCE

PANDA EXPRESS

EGGPLANT TOFU, VEGETABLE SPRING ROLLS
CHOW MEIN, SUPER GREENS, BROWN RICE, WHITE RICE

MO'S ITALIA CAFE

PASTA WITHOUT BUTTER, RED SAUCE WITHOUT MEAT, SALADS

APPLEBEE'S

IMPOSSIBLE BURGER WITHOUT CHEESE (NOT ALL LOCATIONS – YET!)
SOUTHWESTERN CHICKEN SALAD (NO CHICKEN, CHEESE, SUB DRESSING FOR VEGAN ONE)
ORIENTAL CHICKEN SALAD (NO CHICKEN, SUB DRESSING FOR VEGAN DRESSING)

BJ'S RESTAURANT

CHIPS & GUACAMOLE, TURMERIC-ROASTED CAULIFLOWER, SWEET POTATO FRIES
VEGAN PIZZAS (ORDER WITHOUT CHEESE, ASK FOR NO BUTTER ON CRUST)
VEGAN LENTIL ANCIENT GRAINS SOUP PAIR WITH A SALAD OR BAKED POTATO
PERUVIAN QUINOA BOWL
BOILED PASTA WITH MARIANA SAUCE

GENGHIS GRILL

EDAMAME, ALL VEGGIES, ALL FRUIT, POTATOES, TOFU, WATER CHESNUTS
GARLIC, GINGER, SESAME, SESAME SOY, ROASTED GARLIC, OR ROASTED TOMATO
BROWN RICE, WHITE RICE, UDON NOODLES, SPIRAL PASTA, TORTILLAS, OR CABBAGES

BJ'S RESTAURANT

CHIPS & GUACAMOLE, TURMERIC-ROASTED CAULIFLOWER, SWEET POTATO FRIES
VEGAN PIZZAS (ORDER WITHOUT CHEESE, ASK FOR NO BUTTER ON CRUST)
VEGAN LENTIL ANCIENT GRAINS SOUP PAIR WITH A SALAD OR BAKED POTATO
PERUVIAN QUINOA BOWL
BOILED PASTA WITH MARIANA SAUCE

PANERA BREAD

STEEL CUT OATMEAL WITH STRAWBERRIES, PECANS & CINNAMON CRUNCH TOPPING,
BAGELS, SALADS WITH NO CHICKEN, CHEESE OR WONTONS
MEDITERRANEAN OR BAJA BOWL (NO FETA OR GREEK YOGURT)
MEDITERRANEAN VEGGIE SANDWICH (NO CHEESE OR TOMATO BASIL BREAD)

CHEESECAKE FACTORY

EVELYN'S FAVORITE PASTA, PASTA POMODORO, IMPOSSIBLE PASTA BOLOGNESE
MUSHROOM & SPINACH FLATBREAD PIZZA (NO CHEESE)
VEGGIE BURGER (NO MAYO, SWAP CHEESE FOR VEGAN OR SPECIFY WITHOUT)
IMPOSSIBLE BURGER
KOREAN FRIED CAULIFLOWER NO RANCH
FIRE-ROASTED ARTICHOKE HEARTS (SWAP GARLIC SAUCE FOR BALSAMIC VINAIGRETTE)

JASON'S DELI

SPINACH VEGGIE WRAP, ORDER WITH NO CHEESE, VEGETABLE SOUP, STEAMED VEGGIES
CHIPS AND GUAC, SALSA, HUMMUS, FRUIT BOWL, GREENS, VEGGIES
DRESSINGS: OLIVE OIL, BALSAMIC VINEGARETTE, RED WINE VINEGARETTE

FUZZY'S TACOS

GRILLED VEGGIE SALAD (NO CHEESE)
CHIPS & FIRE-ROASTED SALSA CHIPS & GUACAMOLE
GRILLED VEGGIE TACO (NO CHEESE OR GARLIC SAUCE)
FAJITA VEGGIES BURRITO BOWL (NO CHEESE)
CILANTRO-LIME RICE, BLACK BEANS, CARROT STICKS (NO RANCH DRESSING)

RED ROBIN

VEGGIE BURGER WITH NO CHEESE OR PARM CHIPS
SALADS NO MEAT, GUACAMOLE/SALSA AND CHIPS
SWEET POTATO FRIES, SIDE OF BROCOLLI, APPLE SLICES

HABACHIO

ANY RICE BOWL WITH NO MEAT, EDAMAME
VEGETABLE PLATE, VEGETABLE FRIED RICE (NO EGG IN FRIED RICE)
GARDEN SALAD, SIDE SALAD

DANIEL FAST

ALL ALLOWED

ALL VEGGIES
UNSWEETENED FRUITS
ALL BEANS& LEGUMES
ALL PLANT BASED PROTEIN POWDERS
(WITHOUT ADDED SUGAR)
ALL NUTS

OILS

VEGETABLE OIL
NUT OILS
FRUIT OILS

WHOLE GRAINS

BARELY, OATS & RYE
WHOLE GRAIN PASTA
WHOLE GRAIN WHEAT
RICE

OTHERS

TOFU
UNSWEETENED NON-DAIRY MILKS
100% FRUIT JUICE
SPARKLING WATER
SOY PRODUCTS

FOOD TO AVOID

CAFFEINE
SUGAR
OTHER SWEETNERS
ALL MEATS
EGGS
DAIRY
DEEP FRIED FOODS
SOLID FATS (BUTTER)
CHOCOLATE
CANDY
SWEET BAKED GOODS