



21 Days of **PRAYER**

Daniel Fast Restaurant Basics

The Daniel Fast typically includes:

- Vegetables
- Fruits
- Legumes (beans, lentils)
- Whole grains
- Water

Avoid:

- Meat, dairy, eggs
- Bread with yeast
- Fried or processed foods
- Sweeteners
- Caffeine



Best Restaurant Options

Chipotle / Freebirds

Order:

- Salad bowl with lettuce, beans, fajita vegetables, and pico de gallo
- Skip rice, meat, cheese, and sauces
- Ask for veggies with no oil if possible

CAVA

Order:

- Greens bowl with lentils, roasted vegetables, tomato & cucumber
- Lemon juice instead of dressing
- Avoid pita, hummus, and sauces

Hibachio

Why it works:

Hibachi-style cooking allows for **simple vegetable-based meals** that can be prepared fresh and customized.



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What to Order

- **Vegetable Plate / Veggie Bowl**
 - Broccoli
 - Zucchini
 - Onions
 - Mushrooms
 - Carrots (if available)
 - Steamed Brown Rice

How to Order It

Ask for:

- **No oil or butter**
- **No sauces** (including soy sauce or Teriyaki)
- **No rice or noodles**

What to Avoid

- Fried rice
- White rice
- Noodles
- Tofu (processed)
- Yum-Yum sauce, soy sauce, or ginger sauce

Helpful Ordering Script

"I'd like the vegetable plate—no oil, no butter, and no sauces. Just plain vegetables and brown rice, please."

Salata / Jason's Deli

Order:

- Custom salad with greens, chickpeas, raw vegetables
 - Vinegar or lemon only
 - Avoid dressings, cheese, and bread
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Panera Bread

Order:

- Ten Vegetable Soup (confirm ingredients)
 - Side salad with no dressing (lemon if available)
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Mexican Restaurants

Why it works: Mexican kitchens often use fresh vegetables and simple ingredients that can be prepared without animal products.

Veggie Fajitas

Order:

- Vegetable fajitas (peppers, onions, mushrooms, squash)
- Ask for **no oil or butter**
- Add black or pinto beans (confirm no lard)

Corn Tortillas

- Request **100% corn tortillas**
- Ask that they not be buttered or oiled
- Many people allow these during the fast; others choose to skip—use personal discernment

Toppings & Salsas

- Pico de gallo
- Salsa roja or verde (ask about sugar)
- Cilantro, lime, jalapeños

Avoid cheese, sour cream, creamy sauces, and rice unless permitted in your fast.



Asian & Mediterranean Restaurants

Asian Restaurants

- Steamed mixed vegetables
- Stir-fried vegetables (no oil or sauce)
- Vegetable pho without noodles



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Mediterranean / Greek

- Lentils
 - Village salad (tomato, cucumber, olives, lemon only)
 - Skip pita, hummus, and sauces
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Helpful Tips

- Ask: *"Can this be prepared without oil or sauce?"*
- Lemon wedges and vinegar are great substitutes for dressing
- Don't be afraid to order multiple veggie sides
- When in doubt: **vegetables + beans + simplicity**