

Daniel Fast Weekday Menu Planner and Shopping List



	Menu	Produce	Frozen	Dry Goods	Vegan Misc.
Mon.	Breakfast: Lunch: Dinner:				
Tues.	Breakfast: Lunch: Dinner:				
Wed.	Breakfast: Lunch: Dinner:				
Thurs.	Breakfast: Lunch: Dinner:				
Fri.	Breakfast: Lunch: Dinner:				