

The following groceries supply dinner for the Week 3 Daniel Fast Meal Plan. Be sure to also include items you'll need for breakfast, lunch, snacks, and additional dinner salads or sides.

<p>Produce</p>	<input type="checkbox"/> 8 cups mixed salad greens <input type="checkbox"/> 1 head romaine lettuce <input type="checkbox"/> 3 green bell peppers <input type="checkbox"/> 3 bell peppers (red, yellow, orange of choice) <input type="checkbox"/> 3 yellow or white onions <input type="checkbox"/> 1 red onion <input type="checkbox"/> 1 bulb garlic <input type="checkbox"/> 1 large baking potato <input type="checkbox"/> 3-4 tomatoes <input type="checkbox"/> 2 cucumbers <input type="checkbox"/> Celery <input type="checkbox"/> 1 small head broccoli <input type="checkbox"/> 1 bag carrots	<input type="checkbox"/> 1 bunch green onions <input type="checkbox"/> 1 bunch cilantro <input type="checkbox"/> 2-3 avocados <input type="checkbox"/> 8 oz button mushrooms <input type="checkbox"/> 8 oz shitake/stir fry mushrooms <input type="checkbox"/> Stir fry veggie blend (or additional broccoli, carrot, bok choy, snow peas, etc) <input type="checkbox"/> 1 Granny Smith apple <input type="checkbox"/> Lemons <input type="checkbox"/> Other fruits and veggies for breakfast, lunch, snack
<p>Cold/Freezer</p>	<input type="checkbox"/> Edamame (1 cup) <input type="checkbox"/> (stir fry blend if not purchased fresh)	
<p>Canned/Dry Goods</p>	<input type="checkbox"/> 1 can black beans <input type="checkbox"/> 1 can cannellini or white kidney beans <input type="checkbox"/> 1 package lentils <input type="checkbox"/> Brown rice <input type="checkbox"/> Quinoa (approx 16 oz) <input type="checkbox"/> 7 oz can Mexican corn <input type="checkbox"/> 1 28 oz can diced tomatoes	<input type="checkbox"/> 4 oz can sliced black olives <input type="checkbox"/> Kalamata/Greek olives <input type="checkbox"/> 80 ounces vegetable broth <input type="checkbox"/> Sliced almonds <input type="checkbox"/> Pistachio nuts (shelled) <input type="checkbox"/> Walnuts <input type="checkbox"/> Dried apricots
<p>Pantry (if you don't already have at home)</p>	<input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Basil <input type="checkbox"/> Cumin <input type="checkbox"/> Turmeric or Curry <input type="checkbox"/> Sage <input type="checkbox"/> Thyme Other breakfast or snack items?	<input type="checkbox"/> Apple cider vinegar <input type="checkbox"/> Soy sauce or Bragg's liquid aminos <input type="checkbox"/> Coconut Oil <input type="checkbox"/> Olive Oil <input type="checkbox"/> Salt <input type="checkbox"/> Pepper