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For some people, having tea is a daily treat, so they may choose to give it up for a period of fasting as a sacrifice to the Lord. Perhaps this is not the case for you and maybe you might choose to include herbal tea on your fast.

The Daniel Fast  
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guidelines are meant to help provide boundaries.

## **Daniel Fast Main Dish Recipes - Ultimate Daniel Fast**

Jan 29, 2022 - You won't believe you're fasting with these Daniel Fast Recipes! The Daniel Fast is a Biblically-based partial fast. It is a vegetarian diet with no processed/artificial foods or sweeteners.

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for a week at a time.  
Your body will thank  
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full, including the 21-day Daniel Fast meal plan. Some of these recipes may be for an evening when you have more time but, remember, there are so many easy recipes like spaghetti squash topped with marinara sauce that make a wonderful meal and are perfectly ...

**Daniel Fast Recipes  
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Diet. Now to a more controversial part of Starting Strength - the diet. Rippetoe suggests consuming 3500-6000 kcal per day, while on this program. That's a shitload of calories. Further, he advocates drinking a whole gallon (3.8 liter) of milk per day (GOMAD)!

## **The ultimate guide to Starting Strength - Athlegan**

If It Fits Your Macros:

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