LOW-CARB FASTING RECIPES



Green Salad

INGREDIENTS:

- dark leafy greens (spinach or arugula does nicely)
- chopped nuts (almonds or walnuts)
- dried cranberries
- · green apple, thinly sliced

Toss all ingredients in a large bowl with olive oil, balsamic vinegar, salt and pepper.

Soups & Stews

Soups and stew recipes are easily tailored to fit fasting guidelines, health concerns and personal taste. They're also a great way to use up produce before it goes bad. Add vegetable broth and tomato paste for a savory and satisfying dish, or create a Thai-style base using coconut milk and curry paste.

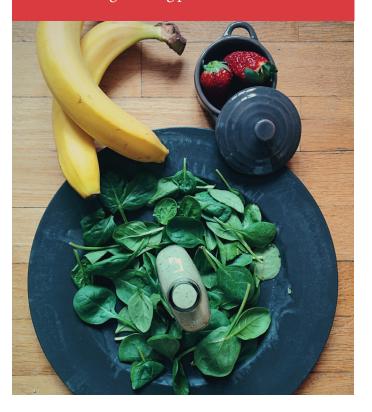
Smoothies

Recipes abound for fast-friendly smoothies, and choosing the right fruits can help minimize your daily sugar consumption.

INGREDIENTS:

- your favorite berries
- spinach or kale
- banana
- optional: non-dairy milk (such as almond or coconut), a splash of vanilla, a scoop of peanut butter

Blend ingredients until smooth, serve and enjoy! Recipes like this are easy to customize according to your preference and dietary needs, and they make a good breakfast or snack during a fasting period.





Greek Salad

It may be strange to think of Greek salad without feta cheese, but on fasting days that instruct going without dairy, this is a fresh and low-carb option.

INGREDIENTS:

- cucumber
- tomato
- red onion
- oregano, salt and pepper
- red wine vinegar and olive oil (alternative: balsamic vinegar)

Chop vegetables and mix all ingredients together in a bowl until vegetables are evenly coated with the spices and dressing.

STARTER MEALS

COURTESY OF RITA MADDEN

Here are some more meal ideas to help carry you through fasting seasons:

BREAKFASTS

- toast with nut butter and honey
- banana or apple slices with nut butter
- dried fruit and nuts
- oatmeal with nuts, pinch of brown sugar and cinnamon, fruit of choice
- coconut milk-based smoothie

LUNCHES AND DINNERS

- avocado and tomato sandwich, alongside nuts and dark chocolate
- taco salad with pinto beans, lettuce and vegetables of choice, topped with salsa and served with corn chips or a tortilla
- fried rice with vegetables, summer rolls and cashews
- lentil soup with a tomato and cucumber salad
- coconut milk-based soup with vegetables and rice
- olive tapenade sandwich with fruit and dark chocolate
- hummus and bread with a side of carrots, bell pepper and nuts
- maki roll with soybeans and a seaweed salad, served with tea
- black bean soup with sweet potato and pineapple alongside
- roasted beets, sweet potatoes and carrots with nuts and coconut milk-infused rice
- vegetable soup with bread, nuts and dark chocolate
- tempeh, rice (or other grain of choice) and vegetables
- avocado with wasabi and soy sauce, served with rice (or other grain of choice)