

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.

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.



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.



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)