

## WHAT'S A VEGGIE?

**Dark Green Veggies:** bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, watercress

**Orange Veggies:** acorn squash, butternut squash, carrots, hubbard squash, pumpkin, sweet potatoes

**Dry Beans & Peas:** black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, lima beans (mature), navy beans, pinto beans, soy beans, split peas, tofu (bean curd made from soybeans), white beans, Starchy vegetables, corn, green peas, lima beans (green), potatoes

**Other Veggies:** artichokes, asparagus, bean sprouts, beets, brussel sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, iceberg (head) lettuce, mushrooms, okra, onions, parsnips, tomatoes, tomato juice, vegetable juice, turnips, wax beans, zucchini

## WHAT'S A FRUIT?

**Fruits:** apples, apricots, avocado, bananas, cherries, grapefruit, grapes, kiwi fruit, lemons, limes, mangoes, nectarines, oranges, peaches, pears, papaya, pineapple, plums, prunes, raisins, Tangerines

**Berries:** strawberries, blueberries, raspberries

**Melons:** cantaloupe, honeydew, watermelon

**Nuts & Seeds:** almonds, cashews, hazelnuts (filberts), mixed nuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

## WHAT'S A WHOLE GRAIN?

Whole Grains contain the entire grain kernel – bran, germ, and endosperm: whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, brown rice

## Quick Tips

- Meal prep for the week on Sundays
- Cook in bulk
- Meal share or meal swap
- Freeze fruits and vegetables in portions for quick use
- Partner up for prayer, daily Bible reading, and check-in
- Listen to inspirational Christian music (92.9 FM and 109.1 FM)

# TRIUMPHANT'S Lent Fast 2018

FRUITS, VEGETABLES & WHOLE GRAINS

FEBRUARY 15 - MARCH 28  
(WEEKDAYS ONLY!)



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TRIUMPHANT'S  
Lent  
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2018



# PLAN YOUR MEALS

FEBRUARY 15 - MARCH 28  
(WEEKDAYS ONLY!)

FEB 19 Day 3	FEB 20 Day 4	FEB 21 Day 5	FEB 15 Day 1	FEB 16 Day 2
FEB 26 Day 8	FEB 27 Day 9	FEB 28 Day 10	FEB 22 Day 6	FEB 23 Day 7
MAR 5 Day 13	MAR 6 Day 14	MAR 7 Day 15	MAR 1 Day 11	MAR 2 Day 12
MAR 12 Day 18	MAR 13 Day 19	MAR 14 Day 20	MAR 8 Day 16	MAR 9 Day 17
MAR 19 Day 23	MAR 20 Day 24	MAR 21 Day 25	MAR 15 Day 21	MAR 16 Day 22
MAR 26 Day 28	MAR 27 Day 29	MAR 28 Day 30	MAR 22 Day 26	MAR 23 Day 27



# LET'S STUDY TOGETHER

We are reading through the book of Proverbs to correspond with each day of the fast.

*For example, on Day 1, read Chapter 1 of Proverbs.*

TRIUMPHANT'S  
*Lenten*  
Fast  
2018

