

Foods to include in your Daniel Fast

ALL FRUITS. This can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

ALL VEGETABLES. This can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

ALL WHOLE GRAINS. Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

ALL NUTS AND SEEDS. Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

ALL LEGUMES. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

ALL QUALITY OILS. Includes but not limited to olive, canola, grape seed, peanut, and sesame.

BEVERAGES. 100% Fruit Juices, Spring water, distilled water or other pure waters.

OTHER. Tofu, soy products, vinegar, seasonings, salt, herbs and spices, Agave 100% Juice Nectar

Foods to avoid during the Daniel Fast

ALL MEAT AND ANIMAL PRODUCTS: including but not limited to beef, lamb, pork, poultry, and fish.

ALL DIARY PRODUCTS: including but not limited to milk, cheese, cream, butter, and eggs.

SWEETENERS: including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

ALL LEAVENED BREAD: including but not limited to Ezekiel Bread (it contains yeast and honey) and baked goods.

ALL REFINED AND PROCESSED FOOD PRODUCTS: including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

ALL DEEP FRIED FOODS: including but not limited to potato chips, French fries, corn chips.

ALL SOLID FATS: including shortening, margarine, lard and foods high in fat.

BEVERAGES: Including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember to READ THE LABELS!