

Foods to avoid on the Daniel Fast – cont'd

Avoid all deep fried foods: including but not limited to potato chips, French fries, corn chips.

Avoid all solid fats: including shortening, margarine, lard and foods high in fat.

Avoid these Beverages: including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

When you shop for food remember to **READ THE LABELS** to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are not allowed on the Daniel Fast.



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The Daniel Fast Guidelines

*Use this guide when preparing
menus, choosing recipes and
shopping for your Daniel Fast meals.*

Instructions and Guidelines

In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled. Daniel 10:2, 3

During the Daniel Fast you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms. You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period. Anytime you have concern about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!

The Daniel Fast Food List

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific health needs.

Foods to include during the Daniel Fast

All fruits: these can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, 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: these 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: including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

Avoid all meat and animal products: including but not limited to beef, lamb, pork, poultry, and fish. Avoid all dairy products: including but not limited to milk, cheese, cream, butter and eggs.

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

Avoid all leavened bread: including Ezekiel Bread (it contains yeast and honey) and baked goods.

Avoid all refined and processed foods products: including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.