

Daniel Fasting Guide

You can use this guide to help you plan a successful Daniel Fast. A typical Daniel fast involves refraining from eating meat, dairy, breads, and sugars. Pray and ask the Holy Spirit specifically what He wants you to refrain from eating on your Daniel fast.

Theme. Pray for the Holy Spirit to show you what theme He wants you to pray into on your fast. Write your theme here:

Prayers. What are your main requests for this fast? Write them below:

Words. This is a space to write specific words you hear from the Lord or prophetic words you receive during your fast:

Resources. List any specific scriptures, books, videos, etc. that you will use as a part of your fast:

Make sure to focus on getting enough protein and healthy fat during your fast. Here are some suggested foods to help with this:

Protein Sources: Beans, lentils, tofu, quinoa, protein powders (like pea or brown rice), nuts, seeds (like pumpkin), and nut butters

Fat Sources: Avocado, coconut milk, olive oil, tahini, nuts and nut butters

Meal suggestions: Burrito bowl with rice and beans, bean chili, oatmeal with protein powder and peanut butter

Snack suggestions: Apple and peanut butter, roasted chickpeas, mixed nuts

Meal brainstorm. Write out some ideas for meals you could make here. They may be modifications of ones you already eat, or they may be ones you find online:

Meal Calendar. This is a space where you can write out your first week of meals and snacks:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Dinner							
Snack							