The Daniel Fast Food List

Fasting is one of the spiritual disciplines of the Christian. It is a time of forsaking foods and or other things you enjoy too devote time with the Lord. When entered into properly fasting & praying can yield powerful spiritual blessings.

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, and other typical symptoms. 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**

**All fruits**. These can be fresh, frozen, dried, juiced or canned.

Fruits include but are not limited to apples, apricots, bananas, blueberries, cantaloupe, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, watermelon, etc.

**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, greens, corn, cucumbers, eggplant, garlic, ginger root, kale, lettuce, mushrooms, okra, onions, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers (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 without sugar and honey.

**All legumes**. These can be canned or dried. Legumes include but are not limited to dried beans, pinto, split, kidney & black beans, peas, lentils, black eyed peas, etc

**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**

**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 and baked goods. 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.

**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 beverages** including but not limited to coffee, tea, herbal teas, soda, 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.

*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