

# 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, 100% Fruit/Vegetable Juice (no added sugar/sweeteners)

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

## FOODS TO AVOID ON THE DANIEL FAST

**All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) 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.

**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, sodas, and alcohol.

When you shop, make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. Look at the list of ingredients on the label. The contents should be **free of all sweeteners (added sugar, syrups, etc.), dairy products, and free of all man-made chemicals.**

You want to study the list of Ingredients on the labels to make sure they all comply with the allowable foods for the Daniel Fast. Many foods will also list “sugar” in the Nutrition Facts on the label; however, practically all foods include sugar and this is naturally derived and therefore acceptable for the Daniel Fast. But, added sugars in the ingredients are not.

## **SUGGESTION - PLAN A MEAL PREPARATION DAY WHILE ON THE DANIEL FAST**

Meal preparation will take more time on the Daniel Fast since most of the foods will be homemade. Familiarize yourself with the food list in advance. It might also help to establish a day (before the start of the fast) to prepare several meals for the week. This will help to free up your time and will not take your attention away during the fast.

Plan your menus and grocery shopping list at the same time. After shopping is complete, wash and trim all fresh vegetables. Slice and dice and store vegetables to be used later in the week for lunches and salads. Make double batches of soups, stews, casseroles, etc.

Portion out individual servings. Freeze as necessary. This will help greatly when you have lunches and dinners ready to go for a few days.

You will be surprised at how much time you will save!