

# Three Key Components to the Daniel Fast



Only fruits, vegetables, nuts, legumes & whole grains.



Only water or natural fruit juice for a beverage.



No sweeteners, breads, meat, eggs or dairy products

## The Daniel Fast Food List

### **All fruit // fresh, frozen, juiced, or canned**

Apples, apricots, bananas, cherries, grapes, lemons, limes, peaches, pineapples, strawberries, watermelon, etc.

### **All vegetables // fresh, frozen, dried, juiced, or canned**

Asparagus, broccoli, cabbage, carrots, corn, cucumbers, lettuce, mushrooms, onions, potatoes, spinach, sweet potatoes, tomatoes, veggie burgers, etc.

### **All whole grains**

Whole wheat, brown rice, millet, barley, oats, quinoa, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, etc.

## **All nuts & seeds**

Sunflower seeds, cashews, peanuts, sesame, nut butters (including peanut butter).

## **All legumes // canned or dried**

Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

## **All quality oils**

Olive, canola, grape seed, peanut, and sesame.

## **Beverages**

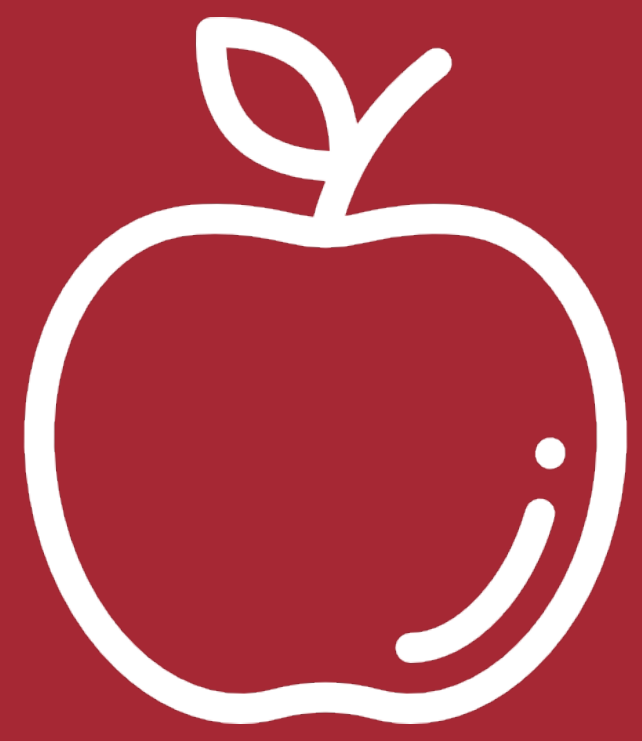
Natural fruit juices, spring water, distilled water, other pure waters.

## **Others**

Tofu, soy products, vinegar, seasonings, salt, herbs, spices.



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## Foods to Avoid While Fasting

### All meat and animal products

Beef, lamb, pork, poultry, fish, etc.

### All dairy products

Milk, cheese, cream, butter, eggs, etc.

### All sweeteners

Sugar, raw sugar, honey, syrups, molasses, and cane juice, etc.

### All leavened bread

Ezekiel Bread (it contains yeast and honey) and baked goods

## **All refined and processed food products**

Artificial flavorings, food additives, chemicals, white rice, white flour, foods that contain artificial preservatives.

## **All deep fried foods**

Potato chips, French fries, corn chips, etc.

## **All solid fats**

Shortening, margarine, lard, foods high in fat.

## **Some Beverages**

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

The Daniel Fast is based on the prophet Daniel's fasting experiences as recorded in the Bible. The fast is a biblically based partial fast. According to Daniel 1, the results were: (v. 17) learning, skill, wisdom, spiritual understanding, favor, and better appearance! (v. 19) In Daniel 10, the fast resulted in answered prayer and spiritual insight. (vv. 11-12) One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat.

