

What Foods can I eat 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.

What Food should I avoid during 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

All refined and processed food 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, and alcohol.