

DANIEL FAST FOOD LIST

FOODS TO INCLUDE IN YOUR DIET

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

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

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, juices

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 & eggs.

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

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

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, Sodas, energy drinks, and alcohol.

REMEMBER

While we agree that the emphasis so far is on what you are to eat and not to eat, this by no means is meant to be legalistic in nature or that a particular set of rules exist or must be followed. Decide what foods you'll avoid and commit to it. We fast because we seek a more intimate relationship with God. We fast because we want to honor God with our first fruits of the new year, and to thank Him for what He has already done and what He will do in our lives in the future.