

DANIEL FAST GUIDELINES

Foods You May Eat:

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, 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, 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, etc.

Limited whole grains

These include brown rice, oats, and barley.

All nuts and seeds

These include but are not limited to sunflower seeds, cashews, peanuts, sesame seeds, almonds, etc. Also nut butters including peanut butter, almond butter, etc.

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, etc.

All quality oils

These include but are not limited to olive oil, canola oil, grape seed oil, peanut oil, and sesame oil, etc.

Only water: spring water, distilled water or other pure waters for drinking only.

Sweetener: Stevia

Other: vinegar, seasonings, sea salt, herbs, and spices.

Foods to Avoid:

All meat and animal products

These include but are not limited to beef, lamb, pork, poultry, fish, etc.

All dairy products

These include but are not limited to milk, cheese, cream, butter, etc.

All sweeteners

These include but are not limited to sugar, raw sugar, honey, syrups, molasses, cane juice and absolutely NO artificial sweeteners and corn syrup.

All starches

These include breads, white rice, white potato, pasta, and other baked goods.

All refined and processed foods

These include but are not limited to artificial flavorings, artificial sweeteners, food additives, chemicals, foods that contain artificial preservatives, margarine, shortening, etc.

All fried foods

These include but are not limited to potato chips, French fries, corn chips, any other deep fried foods.

All solid fats

These include but are not limited to shortening, margarine, lard, foods with partially hydrogenated oils, etc.

Beverages

Anything other than water. (Coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol)

Remember, if you follow this program (and eat all the right foods) but don't take the time to pray, it's not fasting - it's just dieting!