



# DANIEL FAST

21 DAYS

## FOODS YOU CAN EAT

**All fruits:** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, avocados, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, dates, 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, 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 or corn tortillas, rice cakes and popcorn, matzot crackers.

**All nuts and seeds:** including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters (almond butter, cashew butter, peanut butter NO SUGAR ADDED) You can have almond milk, cashew milk, soy milk, 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, butter beans.

**All quality oils:** including but not limited to olive, canola, grape seed, peanut, and sesame.

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**Beverages:** water, spring water, distilled water or other pure waters (add a little lemon/lime or put fruit in it if needed), unsweetened vegetable or fruit juice (make sure the label reads **NO SUGAR ADDED**), decaf black coffee, herbal teas

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

**Sweeteners:** prefer you **not** use any but if you **HAVE to**, you can use Erythritol, Stevia, Monk fruit (Splenda if you must) in moderation.

## Foods To Avoid Below

**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.

**Sugar:** including but not limited to 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 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 (you can have oven fried), fried corn chips.

**All solid fats:** including shortening, margarine, lard and foods high in fat.

**Carbonated beverages:** energy drinks, soda, anything with sugar in it and alcohol.

**NOTE:** At the end of the day the fast is to crucify the flesh and free you up to spend more time with God and in His word, so if what you're eating causes your flesh to feel as though it's winning and getting over...deprive it a little more! I'm not saying the food you prepare shouldn't be good, what I am saying though is, if your flesh is getting just as much satisfaction out of the foods you're eating **on** the fast as it was getting **off** the fast, deprive it a little more.