

Daniel Fast Food List

"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." **Daniel 10:2, 3**

The Daniel Fast is not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables, fruits, and water.

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

Foods to include in your diet 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, and 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.

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, 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 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, carbonated beverages, energy drinks, and alcohol.

21 day fast

3 types of fast

Absolute – short periods of time only with no water and no food and you may want to check with your doctor for the ok.

Normal – no food for long periods of time but with plenty of water and broth to give you strength.

Partial – you can fast 1 or 2 meals a day, or you can fast certain foods like no meats and no sweets or you can do a Daniel fast which includes nuts, water, 100% juices, fruits, vegetables, whole grain breads.

Dates are from Jan. 7 - 27

If you would like to join us in this 21 day fast we will only do the normal and partial fast.

Pray about which one to do.

This is the beginning of the year corporate church fast for the year ending 2019.

Pray for direction, growth, and God's will for your life, church, and nation. Expect God to work in your personal life, your circumstances, your finances, your health, and in your family. When one person has a breakthrough in finances, health, relationships or any other area of their lives that means you can have the same breakthrough in yours. God will restore what the devil has stolen from you... only believe!

We Love you and God Bless you!

Pastor Juan & Becky