

Daniel Fast Overview

The Daniel Fast is a spiritual discipline designed to better connect us with God.

What:The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

**If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*

How:There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the bible as to exactly what Daniel did during his fast. This fast will require preparation as most meals will be made from scratch. We will have some recipes available online.

Resources:

www.christ-web.com/missions/farho/daniel-fast

www.danielfast.wordpress.com/

Foods to include in your diet during the Daniel Fast...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples	Figs	Oranges
Apricots	Grapefruit	Papayas
Avocados	Grapes	Peaches
Bananas	Grenadine	Pears
Berries	Guava	Pineapples
Blackberries	Honeydew melon	Plums
Blueberries	Kiwi	Prunes
Boysenberries	Lemons	Raisins
Breadfruit	Limes	Raspberries
Cantaloupe	Melons	Strawberries
Cherries	Mangoes	Tangelos
Coconuts	Mulberry	Tangerines
Cranberries	Nectarines	Watermelon
Dates	Olives	

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes	Eggplant	Radishes
Asparagus	Garlic	Rutabagas
Beets	Ginger Root	Scallions
Broccoli	Kale	Spinach
Brussel Sprouts	Leeks	Sprouts
Cabbage	Lettuce	Squashes
Carrots	Mushrooms	Sweet Potatoes
Cauliflower	Mustard Greens	Tomatoes
Celery	Okra	Turnips
Chili Peppers	Onions	Watercress
Collard Greens	Parsley	Yams
Corn	Peppers	Zucchini
Cucumbers	Potatoes	

Legumes:

Black beans	Green beans	Lupines
Black-eyed peas	Green peas	Pinto beans
Cannellini	Kidney beans	Split peas
Dried beans	Lentils	White peas

Nuts (raw, unsalted) & Seeds:

Almonds	Ground flax	Sesame seeds
Almond Butter (natural)	Peanuts	Sunflower seeds
Cashews	Peanut Butter (natural)	Walnuts

Whole Grains:

Brown Rice	Quinoa Oats
Grits (no butter)	Rolled Oats
Millet	Whole Wheat
Plain Oatmeal (not instant barley)	Whole Wheat pasta
Plain Rice Cakes	Whole Wheat tortillas

Liquids:

100% Fruit/Vegetable Juice (no added sugar)	Unsweetened Soy Milk
Herbal Tea (caffeine free)	Water (spring, distilled, filtered)

Other:

Herbs
Popcorn
Soy products
Spices (with no preservatives)
Tofu

Small amounts of Ezekiel Bread
Small amounts of Honey
Small amounts of Olive Oil
Small amounts of Sea Salt

Foods to avoid on the Daniel Fast...

Alcohol
Animal products including all meat, poultry, fish
All dairy
All leavened breads
Baked goods
Butter
Caffeine
Cane juice
Carbonated beverages
Cheese
Coffee (including decaf)
Cream
Deep fried foods
Eggs
Energy drinks
Food additives
Foods containing preservatives, additives

High fat products
Margarine
Mayonnaise
Milk
Molasses
Processed foods
Raw sugar
Refined foods
Refined sugar
Shortening
Sugar substitutes
Syrups
White bread
White flour
White rice
Yogurt