

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	Coconuts	Limes
Apricots	Cranberries	Mangoes
Avocados	Dates	Melons
Bananas	Figs	Mulberry
Berries	Grapefruit	Nectarines
Blackberries	Grapes	Oats
Blueberries	Grenadine	Olives
Boysenberries	Guava	Oranges
Breadfruit	Honeydew melons	Papayas
Cantaloupe	Kiwi	Peaches
Cherries	Lemons	Pears

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

Artichokes	Collard greens	Mustard greens	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet Potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Scallions	
Chili Peppers	Mushrooms	Spinach	

Legumes:

Dried beans	Black eyed peas	Beans
Black beans	Green beans	Lentils
Cannellini	Green peas	Pinto beans
Kidney beans	White beans	Peas
Split peas	Peanuts	Peanut butter (natural)

Seeds:

All nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground flax	Sunflower	Almond butter (natural)

Other:

Dairy	Eggs	Olive oil
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Foods to avoid on the Daniel Fast...

Meat, poultry, and fish
White rice
White bread
All deep fried foods
Caffeine
Coffee (including decaf)
Carbonated beverages
Energy drinks
Foods containing preservatives and additives
Refined foods
Processed foods
Food additives
Refined sugar
Sugar substitutes
Raw sugar
Syrups
Molasses
Cane juice
White flour
Margarine
Shortening
High fat products
Butter
All leavened breads
Baked goods
Alcohol
Mayonnaise