

THE DANIEL FAST

FOODS TO EAT ON THE DANIEL FAST

Beans and legumes

Nuts and seeds & nut butters

Vegetables

Fruit

Oils (Top 5 healthiest: Olive, Avocado Oil, Coconut oil, Peanut oil)

Whole grains Use sparingly

- Barley; Brown rice. Buckwheat. Bulgur, Millet, Oatmeal. Popcorn

Other

- Unleavened bread (whole grain bread made without yeast, sugars, or preservatives)
- All herbs, spices, and seasonings are allowed, including salt and pepper.
- Soy products (such as edamame and soy nuts) and tofu are acceptable

Beverages

- WATER (your weight in pounds x 50% = how many ounces of water you need per day)
- Infused water, almond milk, coconut milk, cashew milk, one cup tea & coffee daily, small servings of fruit juice, occasional fruit smoothie with no sugar.

FOODS TO AVOID ON THE DANIEL FAST

AVOID PRE-BOXED, FACTORY-MADE, PROCESSED FOOD

Animal products

Added sugar

Yeast

Refined grains

Deep-fried food

Solid fats

Processed food

- (Ready-to-eat foods — such as crackers, potato chips, granola and deli meat — The more heavily processed foods often are pre-made meals, boxed meals, and microwavable dinners. Including frozen pizza)

Why a Daniel Fast

The Daniel Fast is a Biblical-based partial fast that's often performed for 21 days (although 10-day and 40-day fasts are also common). The goal of the fast is not to be healthier or to lose weight, but draw closer to God. It's meant as a cleansing to enhance spiritual health through simplifying your diet, which can give you clarity of mind, which enhances your spiritual journey.