

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free**.

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, 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, vanilla extract.

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, white rice, white flour, and foods that contain artificial preservatives, chicken or beef cubes, Worcestershire sauce

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, alcohol, AND flavored waters. That's cheating. ☺

Remember!

It is normal to feel tired, lethargic, headaches, forgetful, and even nausea the first couple of days. This is your body DETOXICATING itself.

READ THE INGREDIENTS LABELS! No ADDED SUGARS!

- The typical meal plan is 3 meals and two snacks per day.
- You may drink smoothies as a meal or snack. Freeze your fruits or veggies for better results!
- Veggie soups are also a great option. Use Sofrito or Adobo or any herb or spice!

Get creative! There are many resources for recipes on this fast!

- Lentils, pistachios, and peanuts are high in proteins. You need PROTEIN PACKED FOODS TO REPLACE THE LACK OF MEAT!
- Want tortilla chips for your guacamole and salsa? Bake'em!
 - http://www.simplyrecipes.com/recipes/how_to_make_homemade_tortilla_chips/
- Vanilla extract contains alcohol, so it's not recommended for this fast. Sorry!
- Store-bought marinara sauce usually contains sugar, so watch out! Here's a recipe for homemade marinara sauce: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/marinara-sauce-recipe2.html>
- Great recipe websites:
 - <http://www.ultimatedanielfast.com/>
 - <https://danielfast.wordpress.com/category/daniel-fast-recipes/>
 - <http://www.vega-licious.com/12-daniel-fast-recipes/>
 - Many more! Google "Daniel Fast Recipes"
- Make your homemade dishes in BULK! Too much time in the kitchen can be avoided by cooking your meals a couple of days ahead.
- BAKED chips are a good snack. BEWARE, salt and vinegar chips may contain sugar! No kettle cooked.
- Read the labels for Peanut butter with no sugar
- Brown rice is trickier to cook than white rice. It takes much longer and requires more water! Have patience!
- Daniel Fast friendly restaurants include:
 - Nature's Café
 - Chipotle
 - Crispers
 - Sweet Tomatoes
- Arepas are welcome!
- For those who are married, read 1 Corinthians 7:5,6 and make your decision based on what the Holy Spirit tell your hearts.
- NOTE TO COFFEE DRINKERS: Wean yourself a few days before beginning the fast. There is a high possibility of the occurrence of migraines as your body detoxifies itself.

Most of all, remember this is a fast! Take advantage and seek the Lord! He will respond to you!

Be blessed!