

Common Food Guidelines for a Daniel Fast

Foods You May Eat:

1. **All Whole Grains:** Brown Rice, Oats, Barley etc.
2. **All Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas etc.
3. **All Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon etc.
4. **All Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini etc. Veggie burgers are an option if you not allergic to soy.
5. **Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
6. **Others:** Seeds, Nuts, Sprouts
7. **Seasonings/Oils:**
Sea Salt, Herbs, Any natural ingredient seasoning (watch for added sugar)
Olive, Coconut, Sesame Seed, Canola etc.
Some will allow Vinegars, Soy Sauce etc. (personal convictions)

Foods to Avoid: All processed foods, dairy, animal products/by-products

- Meat
- White Rice
- Dairy & Eggs
- Fried Foods
- Caffeine & Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes (some will allow honey)
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products