

DANIEL FAST 2022

Foods to INCLUDE in your diet during the Daniel Fast

Fruits: Fresh, frozen, dried, juiced or canned. Fruits including but 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, and watermelon.

Vegetables: Fresh, frozen, dried, juiced, or canned including but not limited to artichokes, asparagus, beets, bell peppers, 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, and zucchini. Veggie burgers, if not allergic to soy.

Whole grains, including but not limited to whole wheat, brown rice, corn, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

Nuts and seeds, including but not limited to almonds, cashews, peanuts, and sesame, and sunflower seeds. Also nut butters including almond butter and peanut butter.

Legumes: Canned, dried, frozen, including but not limited to pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, and white beans.

Quality oils, including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: Water and fruit juices.

Others: Tofu, soy products, vinegar, seasonings, salt, pepper, herbs, and spices.

Foods to AVOID on the Daniel Fast

Meat and animal products, including but not limited to beef, lamb, pork, poultry, and fish.

Sweeteners, including but not limited to sugar, honey, syrup, molasses, and cane juice.

Leavened bread, including Ezekiel Bread (it contains yeast and honey) and baked goods.

Refined and processed food products, including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

Solid fats, including shortening, margarine, lard, and foods high in fat.

Some beverages, including but not limited to carbonated beverages, energy drinks etc.

Read the label when purchasing packaged, canned or bottled foods. Look for sugar-free and chemical-free products.