

Daniel Fast Food List

Foods to Have:

Fruits: (All Fruit) apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc. (Canned, Fresh or Frozen)

Vegetables: (All Vegetables) artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc. (Canned, Fresh or Frozen)

Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat

Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, kidney beans, cannellini beans, black beans, etc. Grain legumes include beans, lentils, peas and peanuts. (Canned, Fresh or Frozen)

Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

Liquids: spring water, distilled water, filtered water, 100% natural fruit (Grapefruit, Orange or Apple) or vegetable juices

Oils: All quality oils including olive, canola, grape seed, peanut, an sesame

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

Foods to Avoid:

All Meat and Animal Products, All Dairy Products, All sweeteners, All Leven bread (including Ezekiel Bread, All refined and processed foods, All Deep Fried Foods, All Solid Fats, All Coffee, Tea, Herbal Teas, Carbonated Beverages, Energy Drinks, Etc.

Preparing for your fast:

While fasting you may not consume any caffeine, sugar or sweeteners of any kind. You should not have anything artificial. This may cause many to experience the same feelings associated with detoxing. Most time these effects phase out after a few days. But the best thing to do is consume as much water as possible. This should not be a bad experience. It should be an overall good experience for the mind, body and soul.