

The Daniel Fast *Suggested Guide*

FOODS TO ENJOY

FRUITS

Apples
Apricots
Avocados
Bananas
Blackberries
Cantaloupe
Cherries
Coconuts
Cranberries
Dates
Figs
Grapefruit
Grapes
Guava
Honeydew
Kiwi
Lemons
Limes
Mangoes
Melons
Nectarines
Oranges
Papayas
Peaches
Pears
Pineapple
Plums
Prunes
Raisins
Raspberries
Strawberry
Tangerines
Watermelon

VEGETABLES

Artichokes
Asparagus
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Corn
Cucumbers
Eggplant
Green Beans
Kale
Leeks
Lettuce
Mushrooms
Okra
Onions
Parsley
Peppers
Potatoes
Radishes
Rutabagas
Scallions
Spinach
Sprouts
Squash
Sweet Potatoes
Tomatoes
Turnips
Yams
Zucchini

LEGUMES

Black Beans
Black-eyed Peas
Kidney Beans
Lentils
Mung Beans
Pinto Beans
Split Peas

LIQUIDS

Water
Vegetable Juice
Fresh Fruit Juice
Coconut Milk
Almond Milk
Flax or Hemp Milk
Cashew Milk

FOODS TO AVOID

Meat
Bread
Pasta
Crackers
Cookies
Chips
Cheese
Candy
Energy Drinks
Milk & Cream
Eggs
Sweeteners
Alcohol
Soft Drinks
Honey
Coffee

FOODS TO DECIDE ABOUT

Coffee
Tea
Oils
Nuts
Brown Rice
Quinoa
Oats
Seasonings
Gum & Mints
Decaf Coffee

HEALTHY FATS

Coconut Oil
Coconut Butter or Flakes
Olive Oil and Olives
Nuts and Seeds

DON'T GET CAUGHT UP IN THE DETAILS

The importance of a Daniel Fast is in the heart of the sacrifice-- disconnecting from regular luxuries for the sake of connecting more closely with God. Only you and God know what that looks like in your daily life.