

# Daniel Fast Food List

On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind that not every item may be listed here.

## FOODS TO EAT

### Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

### Beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

### Nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

### Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

### Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

### Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

### Other

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

### Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it).

## **FOODS TO AVOID**

### **Animal products**

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

### **Added sugar**

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

### **Refined grains**

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel

### **Processed food**

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

### **Deep-fried food**

Examples are French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients, instead go for dried out apple chips)

### **Solid fats**

Butter, lard, margarine, and shortening.

### **Chocolate**

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

### **Caffeinated and alcoholic beverages**

Alcohol, coffee, caffeinated tea, and energy drinks. If coffee is a must have, please do so in moderation.

