



What to Eat

There are many foods you can eat while on the Daniel Fast, and several foods you need to avoid. The following lists will be helpful as you plan your meals for the fast.

Foods to Include p.2-3

Foods to Avoid p.4

For additional information on the Daniel Fast, go to TeamChurch.com/Daniel-Fast

For sample Daniel Fast approved recipes, go to TeamChurch.com/Daniel-Fast/Recipes



Foods to Include

Fruits: *These can be fresh, frozen, dried, juiced or canned (watch added sugar)*

Apples	Coconuts	Limes	Pineapples
Apricots	Cranberries	Mangoes	Plums
Avocados	Dates	Melons	Prunes
Bananas	Figs	Mulberry	Raisins
Berries	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oats	Strawberries
Blueberries	Grenadine	Olives	Tangelos
Boysenberries	Guava	Oranges	Tangerines
Breadfruit	Honeydew	Papayas	Watermelon
Cantaloupe	Kiwi	Peaches	
Cherries	Lemons	Pears	

Vegetables: *These can be fresh, frozen, dried, juiced or canned (watch salt content)*

Artichokes	Collard Greens	Mustard Greens	
Asparagus	Corn	Okra	Sprouts
Beets	Cucumbers	Onions	Squash
Broccoli	Eggplant	Parsley	Sweet Potatoes
Brussel Sprouts	Garlic	Peppers	Tomatoes
Cabbage	Ginger Root	Potatoes	Turnips
Carrots	Kale	Radishes	Watercress
Cauliflower	Leeks	Rutabagas	Yams
Celery	Lettuce	Scallions	Zucchini
Chili Peppers	Mushrooms	Spinach	

Legumes:

Dried Beans	Black Eyed Peas	Beans	Pinto Beans
Black Beans	Green Beans	Lentils	Kidney Beans
Cannellini	Green Peas	Lupines	White Acre Peas
Peanuts (<i>incl. natural peanut butter</i>)			Split Peas



More Foods to Include

Seeds:

All nuts (*raw, unsalted*)

Sprouts

Ground Flax

Cashews

Walnuts

Sunflower

Sesame

Almonds (*incl. natural almond butter*)

Whole Grains:

Whole Wheat

Brown Rice

Millet

Quinoa

Whole Wheat Pasta

Rolled Oats

Oatmeal (*not instant*)

Barley

Grits

Whole Wheat Tortillas

Plain Rice Cakes

Popcorn

Oats

Liquids:

Water

Unsweet Soy Milk

Herbal Tea (*caffeine free*)

100% Fruit & Vegetable Juice (*no sugar added*)

Other:

Tofu

Soy Products

Herbs

Sea Salt

Olive Oil (*small amounts*)

Spices (*no preservatives*)

Honey (*small amounts*)

Ezekiel Bread



Foods to Avoid

All animal products (*including Meat, Poultry, Fish*)
All foods containing preservatives or additives
All dairy (*including Milk, Cheese, Yogurt, Cream*)
All deep fried foods
Refined foods
Processed foods
Refined sugar
Sugar substitutes
Raw sugar
Syrups
Molasses
Carbonated beverages
Caffeine
Coffee (*incl. decaf—contains a sm. amount of caffeine*)

White rice
White bread
White flour
Eggs
Butter or Margarine
Shortening
Mayonnaise
High-fat products
Eggs
All leavened breads
Baked goods
Energy drinks
Cane juice
Alcohol