

DANIEL FAST GUIDE

FOODS TO INCLUDE:

In general, you can eat anything grown from a seed.

- All Vegetables*
- All Fruits*
- Nuts & Seeds
- Whole grains, beans & legumes
- Healthy oils
- Herbs & Spices
- Unsweetened non-dairy milk
- Herbal tea

**Fresh, frozen, dried, or canned in its own juice.*

FOODS TO AVOID:

- Animal products (meat, cheese, dairy, eggs)
- Processed food
- Fried food
- Bread or yeast products
- White flour and white rice
- Solid fats (butter, lard, shortening)
- Alcohol
- Sugar, honey, artificial sweeteners

INCLUDE:

ALL VEGETABLES:

- Avocado
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumber
- Garlic
- Ginger
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peas
- Potatoes
- Spinach
- Sweet Potatoes
- Squash
- Tomatoes

NUTS & SEEDS:

- Almonds
- Cashews
- Peanuts
- Pecans
- Sesame seeds
- Sunflower seeds
- Walnuts
- Unsweetened nut butter

ALL FRUITS:

- Apples
- Bananas
- Blueberries
- Cranberries
- Grapes
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Oranges
- Pears
- Pineapple
- Prunes
- Raisins
- Raspberries
- Strawberries

OILS:

- Avocado
- Canola
- Coconut
- Grapeseed
- Olive
- Peanut
- Sesame

LEGUMES:

- Black beans
- Black eyed peas
- Cannellini beans (white kidney beans)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans
- Pinto beans
- Split peas

WHOLE GRAINS:

- Amaranth
- Barley
- Brown Rice
- Couscous
- Oats
- Quinoa
- Popcorn
- Millet
- Wild Rice

BEVERAGES:

- Water
- Black Coffee
- Unsweetened Tea
- Unsweetened Plant Milks:
 - Almond Milk
 - Coconut Milk
 - Hemp Milk
 - Rice Milk
 - Soy Milk

OTHER:

- Herbs
- Seasonings
- Spices
- Soy Sauce

This is not a complete list.

Use your discernment if you want to use a food not listed.

AVOID:

ANIMAL PRODUCTS:

- All meat
- Fish
- Dairy
- Cheese
- Butter
- Eggs

BEVERAGES:

- Alcohol
- Energy Drinks
- Soda
- Sweetened Tea

**Some Daniel fasts eliminate coffee and caffeinated beverages.*

ALL SWEETENERS:

- Agave Nectar
- Artificial Sweeteners
- Honey
- Maple Syrup
- Raw Sugar
- Syrups
- Stevia
- White Sugar

BREAD/BAKED GOODS:

- Anything containing yeast, baking powder, or baking soda
- White flour
- White rice

DEEP FRIED FOODS:

- Tortilla Chips
- French Fries
- Potato Chips

**Air fryers are OK or consider baking your food!*