

**The Daniel Fast Food List**

**Things to Consume:**

* **All fruit** – fresh, frozen, dried, juiced, spreadable, or canned.
* **All vegetables** – fresh, frozen, dried, juiced, or canned.
* **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
* **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
* **All legumes** – canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
* **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
* **Beverages**– distilled water, filtered water, spring water, herbal tea, and 100% juice.
* **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Aminos, soy products, and tofu.

**Foods to Avoid on the Daniel Fast**

* **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
* **All dairy products** – butter, cheese, cream, milk, and yogurt.
* **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane, syrup, molasses, syrups, stevia, and sugar.
* **All leavened bread & yeast** – baked goods or products made from white flour
* **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
* **All deep-fried foods** – corn chips, French fries, and potato chips.
* **All solid fats** – lard, margarine, and shortening.
* **Beverages** – alcohol, carbonated drinks, coffee, energy drinks

**Daniel Fast for Children**

* No fried foods, junk food, or soda
* Only one (1) hour of social media per day
* 15 minutes of non-homework but educationally enriching reading per day

Also Commit to the Following each day:

* 15 minutes of prayer/silent meditation
* 15 minutes of exercise or physical activity
* 15 minutes of uninterrupted quality time with spouse/children/loved one
* 15 minutes of the worship/study of the word of God.
* No Social Media from 7:00p.m. – 7:00a.m. each day.
* Corporate prayer time as a family and if single with an accountability partner