

Daniel Fast Eating Guide

There are many different versions of what has become known as the "Daniel Fast". What is more important is your commitment to God during this time.

Ideally, one should do without the following "Royal Food" products:

- No animal products
- No Sugar
- No Yeast
- No Caffeine
- No Alcohol
- No Chemicals

To get a bit more specific this means absolutely No Meat, Milk, Fish, Fried Foods, Butter and Margarine, Shortening, White Flour, Preservatives and Additives, Refined Sugar (high fructose corn syrup, etc.) Sugar Substitutes (Nutrasweet, etc.) , Caffeine (coffee, black tea, green tea, white tea) and Alcohol (Beer, wine, etc.)

Note: Decafe coffee is also off limits since it still contains a small amount of caffeine.

What To Eat:

WHOLE GRAINS (carbohydrates): *Brown Rice, Oats, Barley*

FRUITS (carbohydrates): *Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon, Oranges, Coconuts, etc..*

VEGETABLES: (carbohydrates and some proteins) *Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Green Peppers, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Red Peppers, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, etc..*

LEGUMES (proteins): *Dried Beans; Pinto Beans, Split Peas, Lentils, Black Eyed Peas*

NUTS (proteins): *Peanuts, Cashews, Walnuts, Almonds, Sunflower seeds, etc.*

Drinks: *Spring Water, Distilled Water, 100% Fruit Juices, 100% Vegetable Juices, naturally decaffeinated teas (Peppermint tea, Chamomile, etc.)*

There are several foods that I consider treats even though they fit within the Daniel Fast guidelines.

- Dry popped corn made with an air popper*
- Peanuts and pistachios (I prefer them in the shell)*
- Pineapple chunks (Canned in water, not syrup)*
- Baked Corn Chips (made from 100% Ground corn) and salsa (fresh with no preservatives or sugar)*