

Daniel Fast Food List

Fruits: All fruit is allowed. These can be fresh, frozen, dried, juiced, and canned. However, dried and canned fruit should not contain any added sugar, syrup or preservatives!

Vegetables: All vegetables are allowed. These can be fresh, frozen, dried, juiced and canned. However, dried and canned vegetables should not contain any added salt or preservatives!

Whole grains: Durum wheat, brown rice, oats, grits, durum wheat or semolina wheat pasta, and plain kernel popcorn (popped with a hot air popper in all natural oils).

All nuts and seeds: including but not limited to sunflower seeds, cashews, peanuts, sesame. Only Un-salted or those in Sea Salt.

All legumes: Include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All Pure quality oils: including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: Natural spring water or other pure waters, 100% All Natural Fruit Juices without preservatives or additives, 100% All Natural Vegetable Juices without preservatives or additives

Other: 100% all natural vinegar, seasonings, sea salt, herbs and spices. All natural 100% Honey is acceptable. Baked chips* and Popped Chips are acceptable as long as they do not contain restricted ingredients. **Some baked chips are fried as part of their manufacturing process!*

Foods to avoid on the Daniel Fast

- All meat and animal products including but not limited to beef, lamb, pork, poultry, eggs, and fish.
- All dairy products including but not limited to milk, cheese, cream, and butter.
- All sweeteners including but not limited to sugar, raw sugar, syrups, molasses, and cane juice.
- All leavened bread including Ezekiel Bread (it contains yeast) and baked goods.
- All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
- All deep fried foods including but not limited to potato chips, French fries, corn chips.
- All solid fats including shortening, margarine, lard and foods high in fat.
- Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks.

***Remember, read the labels and, when in doubt leave it out!**