

Holy Week Daniel Fast Food Guide 2016

Foods to include in your diet during the Daniel Fast

All fruits (These can be fresh, frozen, dried, juiced or canned NO added sugar).

Vegetables (These can be fresh, frozen, dried, juiced or canned)

Beans, Seeds & Nuts Whole Grains

Liquids

Water

Unsweetened Soy/Almond Milk

Herbal (caffeine free) Tea

100% Fruit/Vegetable Juice

Other:

Tofu

Soy products

Herbs

Honey

Sea Salt

Ezekiel Bread

Olive Oil

Herbs & Spices

100% whole wheat bread

Fasting While Nursing or Pregnant:

Strict fasting while pregnant or nursing may not be the best thing for you or your baby. If you are a new mommy and are in this incredible season of life but would like to participate in the fast, here are some great options for you to consider:

- Fasting from all sweets, desserts, and carbonated drinks
- Fasting from red meat, pork
- Fasting from certain diversions (television shows, movies, social media like Facebook/Twitter, video games, and so on).

Personal Devotions:

Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It is not about duty but about relationship. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.