

21-Day Daniel Fast Food Listing

Foods to include in your diet during the Daniel Fast:

<p>All fruits: These can be fresh, frozen, dried, juiced or canned (NO added sugar).</p>	<p>Vegetables: These can be fresh, frozen, dried, juiced or canned (Try to use low sodium or salt free brands if possible).</p>
<p>Apples Apricots Avocados Bananas Berries Blackberries Blueberries Boysenberries Breadfruit Cantaloupe Cherries Coconuts Cranberries Dates Figs Grapefruit Grapes Grenadine Guava Honeydew melons Kiwi Lemons Limes Mangoes Melons Mulberry Nectarines Oats Olives Oranges</p>	<p>Artichokes Asparagus Beets Broccoli Brussel sprouts Cabbage Carrots Cauliflower Celery Chili peppers Collard greens Corn Cucumbers Eggplant Garlic Ginger root Kale Leeks Lettuce Mushrooms Mustard greens Okra Onions Parsley Peppers Potatoes Radishes Rutabagas Scallions Spinach</p>

Papayas Peaches Pears Pineapples Plums Prunes Raisins Raspberries Strawberries Tangelos Tangerines Watermelon	Sprouts Squashes Sweet potatoes Tomatoes Turnips Watercress Yams Zucchini
--	--



Beans:	Seeds:
---------------	---------------

Dried beans Black beans Cannellini Pinto beans Split peas Lentils Black eyed peas Green beans Green peas Kidney beans Peanuts (includes natural peanut butter) Beans Lentils Lupines White Peas	All nuts (raw, unsalted) Sprouts Ground flax Cashews Walnuts Sunflower Sesame Almonds Natural Almond Butter
--	---



Whole Grains:	Liquids:
----------------------	-----------------

Whole wheat Brown rice Millet	Water (spring, distilled, filtered) Unsweetened Soy Milk Herbal (caffeine free) Tea
-------------------------------------	---

Quinoa Oats Rolled Oats Plain Oatmeal- not instant Barley Grits (no butter) Whole wheat pasta Whole wheat tortillas Plain Rice cakes Popcorn (no butter)	100% Fruit/Vegetable Juice (no added sugar)
Other:	
Tofu Soy products Herbs Small amounts of Honey Small amounts of Sea Salt Small amounts of Ezekiel Bread Small amounts of Olive Oil Spices (read the label to be sure there are no preservatives)	

Foods to avoid on the Daniel Fast:

- All animal products including all meat, poultry, seafood
- White rice
- White bread
- All deep fried foods
- Caffeine
- Coffee (including decaf b/c contains small amount of caffeine)
- Carbonated beverages
- Energy drinks
- Foods containing preservatives, additives
- Refined foods
- Processed foods
- Food additives

Refined sugar
Sugar substitutes
Raw sugar
Syrups
Molasses
Cane juice
White flour
Margarine
Shortening
High fat products
Butter
All leavened breads
Baked goods
All dairy
Milk
Cheese
Yogurt
Cream
Eggs
Alcohol
Mayonnaise

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 21 day fast, here are some great options for you to consider:

- A modified Daniel fast including whole grains, legumes, whey protein, calcium, and iron supplements
- Fasting from all sweets and desserts
- Fasting from red meat
- Fasting from certain diversions (television shows, movies, social media like Facebook/Twitter, video games, and so on).

If you are a pregnant or nursing mother, your priority is the health and the development of the baby God has blessed you with.