



Suggested Food List for the Daniel Fast

Foods to Eat

All Whole Grains, including brown rice, oats, and barley

All Legumes, including dried beans, pinto beans, split peas, lentils, and black-eyed peas

All Fruits, including apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon

All Vegetables, including artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, and zucchini

Seeds/Nuts

Liquids: water (as much as possible), unsweetened soy milk, caffeine-free all-herbal tea, natural fruit juice (no sugar added), natural vegetable juice (no sugar added)

Extra-Virgin Olive Oil (small quantities)

Honey

Foods to Avoid

All animal products including meat, poultry, fish and seafood

White Rice

White Breads, and products containing white flour, leavened (yeast) breads and baked goods

Refined and processed foods, foods containing preservatives, additives,

Deep Fried Foods

Caffeine & Caffeinated Beverages

Coffee & Tea (including decaf)

Carbonated Beverages, energy drinks

Foods Containing Additives or Preservatives

Sugar, refined sugar, sugar substitutes, syrup, molasses, cane juice

Margarine, Shortening, High-Fat Products

All dairy, including milk, butter, cheese, yogurt, cream, eggs, mayonnaise

Alcohol