



The Daniel Fast

Start Date: Monday, March 20, 2017

End Date: Friday, April 14, 2017

The 21-Day Fast is the most popular, primarily because that is the model set out by Daniel in Chapter 10:2, 3 – *“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”*

What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

Special Note: If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

I. Foods to include in your diet during the Daniel Fast

1. All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
2. All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.
3. All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

4. All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.
5. All legumes. These can be canned or dried. 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.
6. All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.
7. Beverages: spring water, distilled water or other pure waters.
8. Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

II. Foods to avoid on the Daniel Fast

1. All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.
2. All dairy products including but not limited to milk, cheese, cream, butter, and eggs.
3. All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.
4. All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.
5. 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.
6. All deep fried foods including but not limited to potato chips, French fries, corn chips.
7. All solid fats including shortening, margarine, lard and foods high in fat.
9. Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.