

## **THE DANIEL FAST**

*"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." Daniel 10:2, 3*

**Special Note:** If you have health issues, please be sure to contact your health professional for advice before committing to the Daniel Fast. Be Holy, Smart!

### **SUN. FEBRUARY 1ST, 2015 -SAT. FEBRUARY 21<sup>ST</sup>, 2015**

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.

#### **FOODS TO INCLUDE IN YOUR DIET DURING THE FAST:**

**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

**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.

**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.

**ALL NUTS, SEEDS & OILS:** including but not limited to sunflower seeds, cashews, peanuts, sesame, peanut butter, olive oil, canola oil, grape seed oil, peanut oil, and sesame oil. Also items like tofu, soy products, vinegar, seasonings, salt, herbs and spices.

**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. **BEVERAGES:** spring water, distilled water or other pure waters.

#### **FOODS TO AVOID ON THE FAST:**

**ALL MEAT AND ANIMAL PRODUCTS:** including but not limited to beef, lamb, pork, poultry, and fish.

**ALL DAIRY PRODUCTS:** including but not limited to milk, cheese, cream, butter, and eggs.

**ALL SWEETENERS:** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**ALL LEAVENED BREAD:** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**ALL PROCESSED 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**

**ALL SOLID FATS:** including shortening, margarine, and lard  
**BEVERAGES:** including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

#### **Spiritual Fasting:**

A restriction of food for spiritual purposes that not only addresses the body, but also ones spirit and soul.