

## Daniel Fast

### **Beverages**

- Water only — it must be purified/filtered; spring or distilled water is best
- Homemade almond milk, coconut water, coconut kefir and vegetable juice

### **Vegetables** (should form the basis of the diet)

- Fresh or cooked
- May be frozen and cooked but not canned

### **Fruits** (consume in moderation 1–3 servings daily)

- Fresh and cooked
- Ideally low glycemic index fruits like stone fruits, apples, berries, cherries and citrus fruits
- Maybe dried but should not contain sulfites, added oils or sweeteners
- May be frozen but not canned

### **Whole grains** (consume in moderation and ideally sprouted)

- Brown rice, oats, quinoa, millet, amaranth, buckwheat, barley cooked in water

### **Beans & Legumes** (consume in moderation)

- Dried and cooked in water
- May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

### **Nuts & Seeds** (sprouted are best)

- Raw, sprouted or dry roasted with no salt added

### Common Foods for Daniel Fast

Here is a list of some common foods you can consume while following a Daniel Diet plan:

### **Vegetables** (preferably organic and fresh or frozen)

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Eggplant

- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Peppers
- Potatoes
- Radishes
- Rutabagas
- Scallions
- Spinach
- Sprouts
- Squash
- Sweet potatoes
- Tomatoes
- Turnips
- Yams
- Zucchini

**Fruits** (preferably organic and fresh or frozen)

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconuts
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew melons
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines

- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

**Legumes** (preferably organic)

- Black beans
- Black-eyed peas
- Garbanzo beans
- Kidney beans
- Lentils
- Mung beans
- Pinto beans
- Split peas

**Nuts & Seeds** (preferably organic, raw, unsalted and soaked/sprouted)

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

**Whole Grains** (preferable organic)

- Amaranth
- Barley
- Brown rice
- Millet
- Quinoa
- Oats (groats soaked)

**Liquids**

- Water (spring, distilled, filtered)
- Vegetable juice (fresh pressed)
- Coconut milk
- Coconut kefir
- Almond milk

## Foods to avoid

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And, I want to mention that on the Daniel Fast some allow sea salt or Himalayan salt and others do not. My recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

- Iodized salt
- Sweeteners
- Meat
- Dairy products
- Breads, pasta, flour, crackers (unless made from sprouted ancient grains)
- Cookies and other baked goods
- Oils
- Juices
- Coffee
- Energy drinks
- Gum
- Mints
- Candy