

DANIEL FAST

FRIENDLY FOODS TO CONSUME

FRUITS

All fruits are allowed and in any form (but be careful there's no added sugar)

NUTS & SEEDS

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

LEGUMES

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

WHOLE GRAINS

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

VEGETABLES

All vegetables are allowed and in any form

OTHER

Oils (such as coconut, olive, and sesame) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them. Other Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

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FOODS TO AVOID

MEATS

Meat, dairy, fish/seafood, eggs.

PROCESSED

Foods that contain artificial flavorings, chemicals, food additives, and preservatives

DEEP FRIED FOODS

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients.)

REFINED GRAINS

White flour and white rice. Only whole grains are allowed.

ADDED SUGARS

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

OTHER

Processed. foods that contain artificial flavorings, chemicals, food additives, and preservatives. Solid fats (butter, lard, margarine, and shortening. All forms of chocolate. Caffeinated and alcoholic beverages (only water. and one hundred percent fruit juice is allowed to drink on the Daniel Fast).