

Most restaurants that feature vegetarian menus will have Daniel Fast approved options. Confirm that your meal choice can be prepared without dairy, deep-frying or added solid fats and sugar.

Green Seed Vegan

4320 Alameda Road (*Third Ward*)
844-365-8346

Green Vegetarian Cuisine

www.eatatgreen.com
6720 Chimney Rock Road (*Bellaire*)
832-649-4184

Pepper Tree Veggie Cuisine

www.ilovepeppertree.com
3821 Richmond Ave. (*Greenway Plaza*)
713-621-9488

Ruggles Green

www.rugglesgreen.com
(*Multiple locations*)

Sunshine's Vegetarian Deli

www.sunshineckls.com
3102 Old Spanish Trail (*Medical Center*)
713-643-2884

Baba Yega Café

www.babayega.com
2607 Grant St (*Montrose*)
713-522-0042

Beet Box Blend Bar

www.beetboxblendbar.com
1909 W Gray St B (*River Oaks*)
713-239-0780

Chipotle Mexican Grill

www.chipotle.com
(*Multiple locations*)

Doshi House

www.doshihouse.com
3419 Dowling Street (*Third Ward*)
713-528-0060

Field of Green's

www.fieldofgreencuisine.com
2320 W Alabama St. (*River Oaks*)
713-533-0029



Wheeler Avenue Baptist Church Daniel Fast

GROCERY & RESTAURANT GUIDE

The Daniel Fast will challenge us to deny the flesh in order to seek the Lord in prayer and grow closer to Him during the Lenten Season. It is a biblically-based partial fast centered on the Old Testament account of dietary practices in the Book of Daniel. This practice recommends the intake of certain foods and the elimination of others from one's diet. The intention of the Daniel Fast is not just to duplicate what Daniel ate, but to replicate the spirit in which he did it. If the focus of the fast is solely on food, we miss the blessing of the experience. The guide that follows presents a quick reference of Daniel Fast – approved foods and area restaurants that have appropriate meal options.



Wheeler Avenue Baptist Church

DANIEL FAST GROCERY & RESTAURANT GUIDE

FOODS TO ENJOY

- **All vegetables** (including potatoes) – fresh, frozen, dried* or juiced*.
- **All fruits** – fresh, frozen, dried* or juiced*.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds and unsweetened nut butters*.
- **All legumes** – dried or canned*; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages** – water only: distilled, filtered and spring water
- **Other*** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu.

***For packaged food check the ingredients list to ensure there are no added sugars, chemicals or preservatives.**

FOODS TO AVOID

- **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, pork and animal sausage casing.
- **All dairy products** – butter, cheese, cream, milk, and yogurt.
- **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** – chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea