

Food Guidelines for a Daniel Fast (not an exhaustive list)

Foods You May Eat:

- **Whole Grains:**
Brown Rice, Oats, Barley, multi-grains
- **Legumes:** (pretty much any)ex.
Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:**
Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **Vegetables: Basically all vegetables (some examples below)**
Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, 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 not allergic to soy.
- **Liquids:**
Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks if made without milk.
- **Others:**
Seeds, Nuts, Sprouts

Foods to Avoid:

- Meat
- White Rice
- Fried Foods
- Caffeine (yes that means coffee too)
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar and anything containing it
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Product