

DANIEL FAST GUIDELINES

FOOD YOU CAN EAT

ALL FRUITS

These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to

apples	grapes	peaches
apricots	guava	pears
bananas	honeydew	pineapples
blackberries	melon	plums
blueberries	kiwi	prunes
boysenberries	lemons	raisins
cantaloupe	limes	raspberries
cherries	mangoes	strawberries
cranberries	nectarines	tangerines
figs	oranges	watermelon
grapefruit	papayas	etc..

ALL VEGETABLES

These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to

asparagus	kale	potatoes
beets	lettuce	tomatoes
broccoli	mushrooms	turnips
cabbage	okra	yams
carrots	onions	zucchini
cauliflower	potatoes	etc.
celery	radishes	
chili peppers	scallions	
collard greens	spinach	
corn	sprouts	
cucumbers	squashes	
eggplant	sweet	

LIMITED WHOLE GRAINS

These include

brown rice	oats	barley
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ALL NUTS & SEEDS

These include but are not limited to

sunflower seeds	sesame seeds	peanut butter
cashews	almonds	almond butter
peanuts	etc.	etc..
	nut butters:	

ALL LEGUMES

These include but are not limited to

dried beans	black eyed	cannellini
pinto beans	peas	beans
split peas	kidney beans	white beans
lentils	black beans	etc.

ALL QUALITY OILS

These include but are not limited to

olive oil	grape seed oil	sesame oil
canola oil	peanut oil	etc.

OTHER

These include but are not limited to

vinegar	sea salt	spices
seasonings	herbs	

DRINK ONLY WATER



DANIEL FAST GUIDELINES

FOODS TO AVOID

ALL MEATS & ANIMAL PRODUCTS

These include but are not limited to

beef poultry
lamb fish
pork etc...

ALL DAIRY PRODUCTS

These include but are not limited to

milk butter
cheese etc...
cream

ALL SWEETENERS

These include but are not limited to

sugar **absolutely**
raw sugar **NO artificial**
honey sweeteners
syrups corn syrup
molasses etc...
cane juice

ALL STARCHES

These include but are not limited to

bread pasta
white rice baked goods
white potato etc...

ALL PROCESSED FOODS

These include but are not limited to

artificial flavorings artificial preservatives
artificial sweeteners margarine
food additives shortening
chemicals etc.
foods that contain

ALL FRIED FOODS

These include but are not limited to

potato chips any other deep
French fries fried foods
corn chips

ALL SOLID FATS

These include but are not limited to

shortening foods with partially
margarine hydrogenated oils
lard etc...

BEVERAGES

Anything other than water

Coffee energy drinks
tea - herbal teas, alcohol
carbonated beverages

