

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

The Daniel Fast is not limited to any specific amount of food but rather to the kinds of food you can eat.

If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

ALL FRUITS. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blueberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, pawpaw, peaches, pears, pineapples, plums, prunes, raisins, strawberries, tangerines, watermelon, pommerac, etc

ALL VEGETABLES. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, callaloo, celery, chili peppers, collard greens, corn, cucumbers, melongene, garlic, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, radishes, spinach, sprouts, squashes, tomatoes, turnips, watercress, zucchini.

ALL WHOLE GRAINS, including but not limited to whole wheat, brown rice, millet, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn, whole wheat pita, ground provision (particularly low glycemic index) green bananas, sweet potatoes, yams.

LEGUMES:

All Nuts and Seeds, including but not limited to almonds, sesame seeds, flax seeds, cashews, peanuts. Also nut butters including natural peanut butter, almond butter.

All Beans. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, white beans, pigeon peas. Tofu, veggie burgers are an option if you are not allergic to soy. (Legumes: Must consume with each meal to get good quality protein)

All quality oils: including but not limited to extra virgin olive oil, canola.

Beverages: spring water, distilled water or other pure waters, fresh fruit juice.

Other: Tofu, soy products, including soy milk, vinegar, seasonings, salt, herbs and spices.

FOODS TO AVOID ON THE DANIEL FAST

All meat and animal products, including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to, artificial flavourings, food additives, chemicals, white rice, white flour, and foods which contain artificial preservatives.

All deep fried foods including but not limited to, potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea; herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

Example Meal Plan

Breakfast: Oats porridge with nuts and raisins, nuts used for protein but you can use soy milk if you prefer)

OR

Whole grain bread or multigrain biscuits) Ryvita/Wasa/Crix with peanut

Butter or legumes paste, etc., or soy cheese)

Snacks: Fluids/fruits/water

Lunch: VEGETABLE SOUP WITH BEANS (e.g. split peas/vegetables/corn/small amount of allowed ground provision or multigrain pasta saLad with channa and vegetables served with green salad.

Snack: Fluids/fruits/water

Dinner: Light soup with multigrain crackers (e.g CallaLoo soup with soy milk and pumpkin