

DANIEL FAST

Guidelines

1 – You have the freedom in this Daniel Fast to modify it according to your personal, physical, and spiritual needs. You can modify these instructions as you feel led by the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, then modify your fast as the Lord leads you. If you feel led by the Lord to eat only vegetables and drink only water, then do so.

2 – The main thing is to decide ahead of time how you are going to apply the Daniel Fast, then stick to your commitment for the length of time you have decided to fast.

3 – Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast. Daniel did not do his “fast” for a limited amount of time, it was his lifestyle. Daniel asked for permission to avoid the king’s delicacies over a ten-day period. Then, if he was still healthy looking, he could continue his “diet.”

Daniel’s reason for his “diet” is given in Daniel 1:8.

“But Daniel determined that he would not defile himself by eating the king’s food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet.” [The Message Bible]

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Foods to Eat

Fruits:

apples
apricots
avocados
bananas
berries
blackberries
blueberries
boysenberries
breadfruit
cantaloupes
cherries
coconuts
cranberries
dates
figs
grapefruit
grapes
grenadine
guava
honeydew melon

kiwi
lemons
limes
mangoes
melons
mulberries
nectarines
olives
oranges
papayas
peaches
pears
pineapples
plums
prunes
raisins
raspberries
strawberries
tangerines
watermelon

Legumes:

dried beans
pinto beans
split peas
black eyed peas
green beans
green peas
beans
lentils
lupins
peas
peanuts
natural peanut
butter

Seeds:

all nuts
natural almond
butter
sprouts
ground flax
all whole grain
foods

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Foods to Eat

Vegetables:

artichokes
asparagus
beets
broccoli
brussels sprouts
cabbage
carrots
cauliflower
celery
chili peppers
corn
cucumbers
eggplant
garlic
ginger root
kale
lettuce
mushrooms

mustard greens
okra
onions
parsley
peppers (all)
potatoes (all)
radishes
rutabagas
scallions
spinach
sprouts
squashes
sweet potatoes
tomatoes
turnips
watercress
yams
zucchini

Whole Grains:

brown rice
oats
rolled oats
oatmeal
barley
corn/pop corn
whole wheat
quinoa

Liquids:

spring water
distilled water
filtered water
100% all-natural
fruit/vegetable
juices

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Foods to Avoid

- Meat, because Daniel didn't want to take the chance of eating non-kosher food or meat that was offered to idols
- White flour and all products using it
- White rice, white bread, and pasta
- Fried foods
- Foods or drinks with caffeine
- Carbonated beverages, including diet sodas
- Wine, beer, or any alcoholic drinks
- Foods containing preservatives or additives
- Refined sugar
- High fructose corn syrup
- Chemical sugar substitutes
- Margarine, shortening, animal fat, high-fat products
- Dairy or other animal products

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Resources:

The Daniel Fast Made Delicious

Written by John & Marie Cavazos

The Daniel Fast

Written by Susan Gregory

The Ultimate Guide To The Daniel Fast

Written by Kristen Feola

Daniel Fast Cookbook For Beginners

Written by Bernice Bach

Websites:

www.ultimatedanielfast.com

www.pinterest.com