

THE DANIEL FAST BASICS



FOODS TO EAT



ALL FRUITS

These can be fresh, frozen, dried, juiced or canned (in water only)



ALL VEGETABLES

These can be fresh, frozen, dried juiced or canned



ALL WHOLE GRAINS

Brown rice, Millet, Cornmeal, Bulgar, Farro, Quinoa, Oats, Barley, Cornmeal e.t.c



ALL NUTS & SEEDS

Sunflower, Cashew, Pumpkin, Peanut, Almond, Chia; all nut butter including peanut butter, Almond butter e.t.c



ALL LEGUME

This can be canned or dried; dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans e.t.c



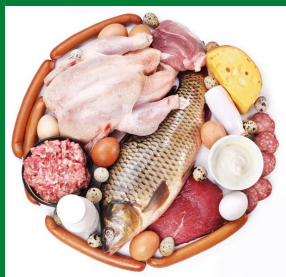
ALL QUALITY OILS/FATS

olive, avocado, canola, grape seed, peanut, sesame, sunflower

OTHER

Organic tofu, salt, herbs, spices;
Read labels & Drink plenty water !!

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FOODS TO AVOID



ALL MEAT AND ANIMAL PRODUCTS

Beef, lamb, pork, poultry, turkey, fish e.t.c



ALL DAIRY PRODUCTS

Milk, cheese, butter, eggs



SUGARS AND ARTIFICIAL SWEETENERS

Including raw sugar, honey, syrups, molasses, cane juice, etc.



LEAVENED BREAD AND BAKED GOODS

Pita bread and other baked goods, including pretzels and Ezekiel bread e.t.c

DEEP FRIED FOODS

Such as potato chips, French fries, corn chips e.t.c



SOLID FATS

Shortening, margarine, lard, and foods high in fat e.t.c



REFINED & PROCESSED FOODS

Foods containing artificial flavorings, additives, chemicals, white rice, white flour, or artificial preservatives



NON-WATER BEVERAGES

Coffee, teas, carbonated beverages, energy drinks and alcohol