



For recipes, devotions, and other helpful information, visit the Daniel Fast website!
www.daniel-fast.com

One of the most important elements of the Daniel fast is PREPARATION. It's almost where most people make the biggest mistakes and experience the greatest disappointments. You invest in yourself and your spiritual life when you take the time to learn about the fast, the guidelines, and how to experience a successful fast!

You'll want to prepare your spirit, soul, and physical body for the Daniel fast beginning about a week before you start.

PREPARE YOUR SPIRIT by seeking God and His direction for your fast. Seek the Lord's input to decide your purpose and special focus. Are you about to engage in a corporate fast? Perhaps there is a habit to break or a new discipline to embrace. Are there relationships that need healing or financial pressures that need fixing? Start preparing your spirit now so that then you begin your fast, you are primed and ready!

PREPARE YOUR SOUL by clearing as many distractions as you can. Distractions come in many forms including busyness, attitudes, entertainment, fears, and other emotions that are not consistent with God's ways.

PREPARE YOUR BODY by tapering off caffeine (coffee, soda, tea, etc.) so that you are totally free of the substance when you begin your fast. For most people, it takes about 7 days to withdraw from caffeine. This step is essential if you want to avoid painful and debilitating withdrawal symptoms. You'll also want to cut back on foods that contain a lot of sugar including candy, sweets, sodas, and desserts. Please be sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods and drinks. They should be **sugar-free** and **chemical-free**. Keep in mind as you review this list of acceptable foods!

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

ALL FRUITS

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



ALL VEGETABLES

These can be fresh, frozen, dried, juiced or canned. Vegetables include, but are not limited to: artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, cucumbers, corn, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers, black bean burgers etc.

ALL WHOLE GRAINS

Including but not limited to: whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn etc.

ALL NUTS & SEEDS

Including but not limited to: sunflower seeds, cashews, peanuts, sesame seeds, almonds, walnuts, etc. Also nut butters such as peanut butter, almond butter, etc.

ALL LEGUMES

These can be canned or dried, including but not limited to: dried beans, pinto beans, split peas, lentils, black eyes peas, kidney beans, black beans, cannelloni beans, white beans, etc.

ALL QUALITY OILS

Including but not limited to: olive, canola, grape seed, coconut, peanut, sesame etc.

BEVERAGES

Spring water, distilled water or other pure waters. Also organic fruit and vegetable juices with no added sugars etc.

OTHER

Tofu, soy products, vinegar, seasonings, salt, herbs, spices etc.

FOODS TO AVOID ON THE DANIEL FAST

- All meat and animal products including beef, lamb, pork, poultry, fish etc.
- All dairy products including milk, cheese, cream, butter, eggs, etc.
- All sweeteners including sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia, cane juice, artificial sweeteners, etc.
- All leavened bread including Ezekiel bread (contains yeast and honey) and baked goods.
- All refined and processed foods including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contains artificial preservatives.
- All deep fried foods including potato chips, french fries, corn ships, etc.
- All solid fats including shortening, margarine, lard and foods high in fat.
- Beverages including coffee, tea, herbal teas, carbonated drinks, energy drinks, and alcohol.

Remember, read the labels!