



DANIEL FAST

Food List Guide - Daniel 1:1-20

- **ALL fruit** – fresh, frozen, dried, juiced, or canned
- **ALL vegetables** – fresh, frozen, dried, juiced or canned
- **ALL whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat
- **ALL nuts and seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pinenuts, wlanuts, pumpkin seeds, sesame seeds, sunflower seeds and unsweetened almond milk, Nut butters are also included.
- **ALL Legumes** – canned or dried, black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans and split peas
- **ALL quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut
- **Beverages** – distilled, filtered, spring water
- **Other** – unsweetened almond milk, coconut milk, rice, soy milk, herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products and tofu.

Foods to Avoid

- **ALL Meat and Animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork
- **ALL dairy products**, butter, cheese, cream, milk, yogurt
- **ALL Sweeteners** – Agave, nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia and sugar
- **ALL Leavened bread and yeast** – baked goods and Ezekiel bread (if it contains yeast and honey)
- **ALL Refined and Processed food products** – artificial flavorings, chemicals, Food additives, preservatives, white flour and white rice.
- **ALL Deep-fried foods** – corn chips, French fries and potato chips
- **ALL Solid fates** – lard, margarine and shortening
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, tea



MENU SAMPLES
Breakfast

Apple and Oat Porridge

4 cups	water
1 1/2 cup	oat bran (not oatmeal)
1 Large	apple-peeled, cored, chopped small
1/3 cup	raisins
1/2 teaspoon	ground caraway seeds
1/2 teaspoon	cinnamon
1/2 teaspoon	salt

Preparation

1. In a 2 quart saucepan over high hear, bring water to boil and stir in the oatbran. Allow water to return to boil.
2. Reduce heat to low and cook 2 min – stir often
3. After 2 min turn heat off. Stir in apple, raisins, and spices. Let stand until apple softens about 5 mins – stir occasionally
4. Divide hot cereal evenly among 4 bowls

Lunch and Dinner

White Beans and Sauteed Vegetables

2 cans	White Beans
2 Tablespoons	Olive Oil
1/2 cup	yellow onion, chopped
2 cloves	garlic, minced
1/2 cup	celery, finely diced
1/2 cup	carrot
1/4 cup	virgin olive oil (to drizzle on beans)
	Salt and pepper to taste

Preparation (next page)



MENU SAMPLES

Lunch and Dinner

White Beans and Sauteed Vegetables

Preparation:

1. Drain the white beans and set aside
2. Heat olive oil, then add all the prepared vegetables to pan and saute for until just done
3. Add beans and heat thoroughly
4. Dish up on serving plates and drizzle with extra virgin olive oil. Salt and pepper to taste

Snacks

- Rice cakes
- Rice cakes with Peanut butter/raisins
- Almonds
- Dried fruit including apricots
- Apples dipped in nut butter
- Sliced fruit
- Veggies with dip
- Popcorn
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces, dried fruit
- Fruit Kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas