

TIPS FOR YOUR DANIEL FAST

- 1. PLAN AHEAD** – You will spend more time in the kitchen as you prepare each meal, so it is best to plan your meals ahead.
- 2. SET YOUR PRAYER/WORD TIME** – Prayer and the Word of God are essential during your time of fasting. Set realistic prayer and reading times and adhere to them.
- 3. SET YOUR PRAYER TARGETS** – Be specific about your prayer targets and needs. Make a list and update and/or modify as needed.
- 4. KEEP A JOURNAL** – Journaling is always a great way to capture your fasting experience. Be transparent and document your journey and successes.
- 5. WATER, WATER, WATER** – Water is a great filler when you get a little hungry, but also, our body needs lots of water anyway that we don't usually provide it. Because you are not drinking as many other liquids, make sure to drink plenty of water.
- 6. ELIMINATE DISTRACTIONS** - During your times of prayer and reading, eliminate distractions (Ex. Tv, Social Media, Activities). Try to stay focused.
- 7. AVOID NEGATIVITY** – Do not allow negativity in your atmosphere during times of fasting. Replace negative thoughts and people with positive thoughts and the Word of God.



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DAY YOUR COMPLETE GUIDE
JAN. 3 - JAN. 23

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, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

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

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 and popcorn.

All nuts and seeds: Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes: 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, cannellini beans, white beans.

All quality oils: Including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: Spring water, distilled water or other pure waters.

Other: Tofu, soy products, vinegar, seasonings, salt, herbs and spices, caffeine free herbal teas.

Foods to AVOID in your diet during 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, date honey, agave, stevia 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 flavorings, food additives, chemicals, white rice, white flour, and foods that 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.

Certain Beverages Including but not limited to coffee, tea, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

IMPORTANT HEALTH NOTE:

If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.