

A Daniel Fast Guide

The Daniel Fast is a type of partial fast in which you refrain from eating meats, sweets, and breads, usually for 21 days. The Daniel Fast is derived from Daniel 1:16-17 and 10. Daniel, the Hebrew, promised the king's servant that he and his friends, Shadrach, Meshach, and Abednego would fare better in body and mind over their Babylonian counterparts who were served the king's finest foods. For ten days the "Hebrew Boys" only ate vegetables and drank water. During their diet change God gave them spiritual insight and "an unusual aptitude for learning."

Daniel seeks the Lord in prayer for 21 days while choosing to refrain from the bread of desires, meat, and wine. From the very moment Daniel set his heart to understand and hear from God, God answered his prayers. Prayerfully during these weeks you will learn the effects of the foods you eat and the power that comes from disciplining your spirit, body, and soul to allow God to grant you spiritual insight, knowledge, and wisdom.

A Daniel Fast can be approached from a very basic and simple diet of standard veggies and fruits; however you may be adventurous and interested in some of these Daniel Fast recipes. Click [here](#) to download ***Daniel Fast Recipes***. You may also do a Google or Bing search for additional recipes.

Materials developed by the late Bill Bright, founder of Campus Crusade for Christ can also aid in your learning more about the basics of fasting. Click [here](#) for ***Seven Steps to Fasting (Bill Bright Adaptation)***. It is a modified reference sheet that may help you with the basics of fasting.

Remember, the goal in fasting is not to restrict or limit you; the goal is to discipline your spirit, body, and soul to draw nearer to God and focus on your time of refreshing with Him. May you experience the presence and power of Holy Spirit as you yield yourself completely to Him.

Foods to include:

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

| | | |
|---------------|-----------------|--------------|
| Apples | Figs | Olives |
| Apricots | Grapefruit | Oranges |
| Avocados | Grapes | Papayas |
| Bananas | Grenadine | Peaches |
| Berries | Guava | Pears |
| Blackberries | Honeydew melons | Pineapples |
| Blueberries | Kiwi | Plums |
| Boysenberries | Lemons | Prunes |
| Breadfruit | Limes | Raisins |
| Cantaloupe | Mangoes | Raspberries |
| Cherries | Melons | Strawberries |
| Coconuts | Mulberry | Tangelos |
| Cranberries | Nectarines | Tangerines |
| Dates | Oats | Watermelon |

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content).

| | | |
|-----------------|----------------|----------------|
| Artichokes | Eggplant | Radishes |
| Asparagus | Garlic | Rutabagas |
| Beets | Ginger root | Scallions |
| Broccoli | Kale | Spinach |
| Brussel sprouts | Leeks | Sprouts |
| Cabbage | Lettuce | Squashes |
| Carrots | Mushrooms | Sweet potatoes |
| Cauliflower | Mustard greens | Tomatoes |
| Celery | Okra | Turnips |
| Chili peppers | Onions | Watercress |
| Collard greens | Parsley | Yams |
| Corn | Peppers | Zucchini |
| Cucumbers | Potatoes | |

Legumes:

| | | |
|-------------|-----------------|--|
| Dried beans | Lentils | Peanuts (includes natural peanut butter) |
| Black beans | Black eyed peas | Beans |
| Cannellini | Green beans | Lentils |
| Pinto beans | Green peas | White Peas |
| Split peas | Kidney beans | |

Seeds:

| | | |
|--------------------------|-----------------------|----------------------------|
| All nuts (raw, unsalted) | Natural Almond Butter | Plain Oatmeal- not instant |
| Sprouts | Whole Grains: | Barley |
| Ground flax | Whole wheat | Grits (no butter) |
| Cashews | Brown rice | Whole wheat pasta |
| Walnuts | Millet | Whole wheat tortillas |
| Sunflower | Quinoa | Plain Rice cakes |
| Sesame | Oats | |
| Almonds | Rolled Oats 5 | |

Liquids:

Water (spring, distilled, filtered)
Unsweetened Soy or Almond Milk
Coconut Milk
Herbal (caffeine free) Tea
100% Fruit/Vegetable Juice (no added sugar)

Other:

| | |
|---------------------------|---|
| Tofu | Small amounts of Ezekiel Bread |
| Soy products | Small amounts of Olive Oil |
| Herbs | Spices (read the label to be sure there are no preservatives) |
| Small amounts of Honey | |
| Small amounts of Sea Salt | |

Foods to Avoid:

All animal products including all meat, poultry, fish...
White rice
White bread
All deep fried foods
Caffeine
Coffee (including decaf b/c contains small amount of caffeine)
Carbonated beverages
Energy drinks
Foods containing preservatives, additives
Refined foods
Processed foods
Food additives
Refined sugar
Sugar substitutes
Raw sugar
Syrups

Molasses
Cane juice
White flour
Margarine
Shortening
High fat products
Butter
All leavened breads
Baked goods
All dairy
Milk
Cheese
Yogurt
Cream
Eggs
Alcohol
Mayonnaise