



FOODS TO EAT DANIEL FAST FOOD GUIDE

Whole Grains

Brown Rice, Oats, Barley

Legumes

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, 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

Seeds & Nuts

Liquids

Water, Unsweetened Soy Milk, Herbal Tea, Honey, Natural Fruit Juice (no added sugar)

Go to www.daniel-fast.com for recipes and advice



FOODS TO AVOID

At that time I, Daniel, mourned for three weeks. I ate no CHOICE FOOD; NO MEAT or WINE touched my lips..." Daniel 10.2-3

CHOICE FOOD

- * Foods Containing Preservatives/Additives
- * Refined Sugar or Sugar Substitutes
- * All Breads
- * White Rice
- * White Flour
- * Margarine/Shortening
- * High Fat Products

- * Carbonated Beverages

MEAT

- * Meat
- * Poultry
- * Fish
- * Fried Foods

WINE

- * Alcoholic Beverages

Optional

- * Dairy Products: Milk, Butter, Cheese, Yogurt, etc.