The Daniel Fast Food List

* **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 & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; 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 water, filtered water, and spring water.
* **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Aminos, soy products, and tofu.

**Foods to Avoid on the Daniel Fast**

* **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
* **All dairy products** – butter, cheese, cream, milk, and yogurt.
* **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
* **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
* **All refined & 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 fats** – lard, margarine, and shortening.
* **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea