

THE DANIEL FAST GUIDELINES

Use this guide when preparing menus, choosing recipes and shopping for your Daniel Fast meals.

PREPARE FOR YOUR DANIEL FAST

During the fast you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms.

You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1.9 litres of water each day before, during and after the fasting period.

Anytime you have concerns about symptoms you may experience, be sure to contact your health professional. **Fasting should never be harmful to the body!**

THE DANIEL FAST FOOD LIST

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific health needs. When you shop for food remember to **READ THE LABELS** to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are not allowed on the Daniel Fast.

FOOD TO INCLUDE.

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, and 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, veggie burgers are an option if you are not allergic to soy.

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 & 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.

OTHERS: Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

FOOD TO AVOID.

ALL MEAT & 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, and cane juice.

ALL LEAVENED BREAD: Including Ezekiel Bread (it contains yeast and honey) and baked goods.

ALL REFINED & PROCESSED FOODS PRODUCTS: Including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

ALL DEEP FRIED FOOD: Including but not limited to potato chips, fries, and corn chips.

ALL SOLID FAT: Including shortening, margarine, lard, and foods high in fat.

BEVERAGES: Including but not limited to carbonated beverages, coffee, tea, herbal teas, energy drinks, and alcohol.