



# DANIEL FAST GUIDE

Daniel 10:2-3

## FOODS TO EAT

- **ALL FRUITS**

Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons, etc. (fresh, raw, frozen, dried, juiced, or canned without syrup).

- **ALL VEGGIES**

Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (fresh, raw, frozen, dried, or canned).

- **WHOLE GRAINS**

Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.

- **OTHER NATURAL FOODS**

Beans and peas, seeds and nuts, oils, spices, herbs, tofu, vinegar.

- **DRINKS**

Water and various unsweetened beverages

## FOODS TO AVOID

- Meat & eggs
- Desserts & sweets
- White rice/white flour
- Dairy Products
- Sugar, sweeteners, soft drinks, alcohol

*Please consider your own health when making the decision on what your personal fast should look like. Consult your doctor and make necessary modifications if needed.*

