

Foods for a Daniel Fast

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, dates, 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, avocados, beets, bok choy, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, gingerroot, green beans, jicama, kale, leeks, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, parsnips, peppers, potatoes, radishes, rutabagas, scallions, shallots, spinach, sprouts, squashes, sweet potatoes, tomatoes, tomato paste, turnips, water chestnuts, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

All whole grains: These include but are not limited to barley, brown rice, corn flour, cornmeal, grits, millet, oat bran, oats, popcorn, quinoa, rice cakes, wheat germ, whole wheat pasta, and whole wheat tortillas.

All nuts and seeds: These include but are not limited to almonds, cashews, coconut, flax seeds, pecans, peanuts, pine nuts, poppy seeds, sesame seeds, and walnuts. Nut butters such as peanut butter and tahini (sesame seed paste) may be included.

All legumes: These can be canned or dried. Legumes include but are not limited to black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, and white beans.

All quality oils: These include but are not limited to canola, coconut, grape seed, olive, peanut, and sesame.

Water: Distilled water, filtered water, spring water, or other pure waters.

Soy foods: These include tofu (all kinds), TVP (textured vegetable protein), and other soy products. Condiments and cooking ingredients. Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, soynnaise, spices, TVP, vanilla, and vegetable broth. You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, and pineapple juice).

NON-STARCHY VEGETABLES	PROTEIN	STARCH OR GRAIN	LOW GLYCEMIC FRUIT
ASPARAGUS	BEANS	BEETS	APPLES
BELL PEPPERS	BEEF	BROWN OR BLACK RICE	BLACKBERRIES
BROCCOLI	CHICKEN	CARROTS	BLUEBERRIES
CAULIFLOWER	EGGS	BUCKWHEAT	GOGI BERRIES
COLLARD GREENS	HALIBUT	GREEN PEAS	GRAPEFRUIT
CUCUMBERS	LENTILS	CORN	PLUMS
GREEN BEANS	NUTS	WINTER SQUASH	KIWI
KALE	SALMON	QUINOA	NECTARINES
SPINACH	SEEDS	SWEET POTATOES	PEACHES
ZUCCHINI	TURKEY	TURNIPS	RASPBERRIES