

daniel fast

Food for Daniel fast

Daniel 1.16-17

So the steward took away their (rich) dainties and the wine they were to drink and gave them vegetables. 17 As for these four youths, God gave them knowledge and skill in all learning and wisdom, and Daniel had understanding in all (kinds of) visions and dreams. AMP

2 Cor 7.1

Therefore, since these (great) promises are ours, beloved , let us cleanse ourselves from everything that contaminates and defiles body and spirit , and bring (our) consecration to completeness in the (reverential) fear of God. AMP

WHAT NOT TO EAT

- No meat, fish, chicken
- No dairy products and eggs
- No soups that contain meat

WHAT CAN BE EATEN

- All vegetables and fruit
- Nuts, different beans and soy for protein

VEGETABLE SOUPS (Vegetable stock for taste)

- Potato and leek soup
- Vegetable soup
- Butternut soup
- Onion soup etc

VEGETABLE PLATTER FOR MAIN COURSE

- Potatoes in jackets, avocados, sweet potatoes, corn cobs, aubergines, carrots, peppers, cabbage, cauliflower, broccoli (of this can be fried up in olive oil or sunflower seed oil and served as a Mediterranean vegetable dish).

FRUIT AND VEGETABLE JUICES

- Avoid pure over the counter fruit juices especially in the morning, as the sugar content is too high and if you do it, take a portion of protein (nuts or protein powder) with it.
- Home made fruit and vegetable juices will require a juice extractor and liquidizer if possible. Or else just have the fruit and vegetables in their natural form.

DRINK LOTS OF WATER!

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ADDITIONAL GUIDELINES FOR DANIEL FAST

Foods you may eat:

- Whole grains
- Brown rice, oats, barley
- Legumes:
Dried beans, pinto beans, split peas, lentils, black eyed peas
- Fruits:
Apples, apricots, bananas, blackberries, blueberries, cherries, cranberries, oats, 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, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, 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.
- Liquids:
Spring water, distilled water, 100% all-natural fruit juices, 100% all-natural vegetable juices. You may also drink protein drinks.
- Others:
Seeds, nuts

Foods to avoid:

- Meat
- White rice
- Fried foods
- Caffeine
- Carbonated beverages
- Foods containing preservatives and additives
- Refined sugar
- Sugar substitutes
- White flour and all products using it
- Margarine, shortening, high fat products