

CHRIST'S CHURCH

DANIEL FAST

Foods to include in your diet during the Daniel Fast

All fruits:

These can be fresh, frozen, dried, juiced or canned (watch for added sugar)

Apples

Apricots

Avocados

Bananas

Berries

Blackberries

Blueberries

Boysenberries

Breadfruit

Cantaloupe

Cherries

Coconuts

Cranberries

Dates

Figs

Grapefruit

Grapes

Grenadine
Guava
Honeydew melons
Kiwi
Limes
Mangoes
Melons
Mulberry
Nectarines
Oats
Olives
Oranges
Papayas
Peaches
Pears
Pineapples
Plums
Prunes
Raisins
Raspberries
Strawberries
Tangelos
Tangerines
Watermelon
Sprouts
Squashes

Sweet potatoes

Tomatoes

Turnips

Watercress

Yams

Zucchini

Lemons

Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes

Asparagus

Beets

Broccoli

Brussel sprouts

Cabbage

Carrots

Cauliflower

Celery

Chili peppers

Legumes: Dried beans, Black beans, Cannellini, Pinto beans, Split peas, Lentils

Seeds: All nuts (raw, unsalted), Sprouts, Ground flax

Whole Grains: Whole wheat, Brown rice, Millet, Quinoa Oats

Liquids: Water (spring, distilled, filtered), Unsweetened Soy Milk

Other: Tofu, Soy products, Herbs, Small amounts of Honey, Small amounts of Sea Salt, Small amounts of Ezekiel Bread

Collard greens

Corn

Cucumbers

Eggplant

Garlic

Ginger root

Kale

Leeks

Lettuce

Mushrooms

Mustard greens

Okra

Onions

Parsley

Peppers

Potatoes

Radishes

Rutabagas

Scallions

Spinach

Black eyed peas

Green beans

Green peas

Kidney beans

Peanuts (includes natural peanut butter)

Cashews

Walnuts

Sunflower

Rolled Oats

Plain Oatmeal- not instant Barley, Grits (no butter)

Whole wheat pasta

Beans

Lentils

Lupines

White Peas

Sesame

Almonds

Natural Almond Butter

Whole wheat tortillas

Plain Rice cakes

Popcorn (see recipe in FAQ's)

Herbal (caffeine free) Tea

100% Fruit/Vegetable Juice (no added sugar)

Small amounts of Olive Oil

Spices (read the label to be sure there are no preservatives)