

CHRIST'S CHURCH

DANIEL FAST

Foods to avoid on the Daniel Fast...

All animal products including all meat, poultry, fish...

White rice

White bread

All deep fried foods

Caffeine

Coffee (including decaf b/c contains small amount of caffeine) Carbonated beverages

Energy drinks

Foods containing preservatives, additives

Refined foods

Processed foods

Food additives

Refined sugar

Sugar substitutes

Raw sugar

Syrups

Molasses

Cane juice

White flour

Margarine

Shortening

High fat products

Butter

All leavened breads

Baked goods

All dairy

Milk

Cheese

Yogurt

Cream

Eggs

Alcohol

Mayonnaise