Daniel Fast



Foods to Eat

- Vegetables of all kinds
- Fruits of all kinds
- Whole grains like oats, brown rice and quinoa
- Beans, lentils, peas and other legumes
- Nuts and seeds
- Water

Foods to Avoid

- Meat & poultry
- Fish and seafoood
- Dairy products, including milk, cheese and butter
- Eggs
- Added sugar, candy, desserts and sweetened drinks
- Alcohol
- Coffee, caffeinated tea, and other caffeinated drinks
- Highly processed foods and foods with many additives

Sample Day

Breakfast

- Oatmeal with blueberries, almond milk
- Smoothie with almond milk, fruit, spinach, nuts

Lunch

- Salad with veggies and black beans and chick peas, apple
- Rice bowl with beans and veggies

Dinner

- Mexican rice with hummus
- Potato soup
- Taco potatoes

For recipe ideas: https://myplantbasedfamily.com/daniel-fast-recipes/?_page=2

Tips for Success

- Start small and build up. Begin with one meal, once a week. Build up to two meals and then a whole day. Remember to spend time in prayer and reading the Bible on your fast days. A whole day fasting opens our spirit to lean into the Holy Spirit.
- Plan Ahead. Pick your day and meal. Get ingredients you need to be successful ahead of time or know where you are going to purchase meals that align with a Daniel fast that day.
- Drink lots of water on a fast day! Herbal tea is also good.
- Keep it simple and don't stress if your fast day doesn't go as you would like. Every time you try is a learning experience.
- Personal note from Pastor Tammy: Coffee can be hard to give up on a fast day - ease into no coffee. If you get headaches, see Pastor Tammy for some suggestions!!