

The Daniel Fast Food List

When going on a Daniel fast, or any type of fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics for your personal fast.

Daniel Fast Food List

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

Daniel 10:2, 3

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

Please realize these are suggested guidelines. Some of you may not be able to discontinue sugar, white flour, coffee, etc. from your diet for 21 days. That is ok. Just ask the Lord how far you should go on this fast.

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

Foods to include in your diet during the 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, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, 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 if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

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

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

In The Daniel's Fast Cookbook the recipes are based on what Daniel of the Bible requested to eat in order not to be defiled.

They are vegan (no dairy, no eggs, no animal products) and whole

grain. Included in the book is an explanation of the fast from a biblical perspective with helps for drawing closer to God. One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

Step 1: Be Specific Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

Step 2: Fast as a Spiritual Commitment *The Daniel Fast* involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Daniel 1:8).

Step 3: Reflect Inner Desire by Outer Discipline Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

Step 4: Pray to Perceive Sin's Role in Poor Health Notice

James 5:13-16:

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
 1. Medicine for healing,
 2. Symbolic of the Holy Spirit, or
 3. It could be baptism
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

Step 5: Fast as a Statement of Faith to Others Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

Step 6: Learn the Effects of the Food You Eat Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

Step 7: Yield All Results to God Daniel said, "as you see fit, deal with your servants" (Dan. 1:13).

Daniel fast is based on partial fast as mentioned in the [Holy Bible](#). If one needs to enter the spiritual disciple of prayer and [fasting](#), you should undertake Daniel fast. There are two scriptures that advice two types of Daniel fasts. The first fast is based on 2 Kings 24 and the other is based on Daniel fast.

The 2 Kings 24 fast lasts for 10 days and you can eat only vegetables, fruits and drink only water. Whereas, in Daniel fast one needs to abstain from Kings meal and it lasts for 21 days. Kings meals consists of meat, breads and wine. So one needs to abstain from all meat and wine for 21 days.

Other than the above mentioned foods, one cannot eat any artificial or processed foods, foods with chemicals, yeast and baking powder. Are you wondering what is Daniel fast and what is the basis of taking up this fast? In the Bible it is mentioned in Daniel, Chapter 1, that Daniel and some other children of Israel were held captive in Babylon.

The good looking, smart and quick learners of these captives were taken to the king's palace. Here, they were taught the Chaldean language and literature. These young men were provided with the king's meal and wine daily. Daniel however, earned a favor and got ten days to prove that vegetables and water could make him and his companions mentally and physically healthy.

It did make them look healthier on the 10th day and all the other young men were also made to eat and drink as Daniel and his companions. Thus, this [diet](#) came to be known as Daniel fast.

If you too are thinking of trying the Daniel fast instructions, you need to first speak to your doctor about it. In Daniel fast healthy eating is practiced and therefore will be supported by your doctor. If it is safe for you to carry out, then you can begin with Daniel fast instructions.

21 Day Daniel Fast Guidelines

Once you have decided to follow the 21 day Daniel fast instructions, you should pray. Pray over the reasons why you want to commit to the 21 day Daniel fast. You should pray when you feel hungry or are tempted to eat something you are abstained from eating during these 21 days.

Remember, Daniel carried out this fast, as it was against the dietary laws. Daniel fast is not only to help you achieve physical health, but also help you gain clarity through prayers to God.

Next, clear off your cupboards, refrigerators, etc. from meat products, fish, poultry, etc. Clear off the artificial foods, processed foods like sugar products and flour. You need to abstain from 'rich food' just as Daniel abstained himself from the king's meal.

You need to stock your cupboards and refrigerator with raw and whole foods like vegetables and fruits. You can even stock high protein foods like beans, nuts and legumes. You can eat seeds like nuts, natural peanut butter, natural almond butter, sprouts, ground flax, whole grain products, etc.

Get rid of all other beverages in the house and drink only water. Other than water, you can drink 100% natural fruit or vegetable juice, distilled water, spring water and filtered water.

You should even fast from distractions like television, movies,

sports and social engagements, as they may tempt you from eating something that you are not supposed to during the 21 day Daniel fast. Your aim is to grow closer to God and these distractions tend to draw you away from God.

You should mediate and pray a lot in a quiet space for 10 minutes or more. You should reflect on your life, accomplishments and spiritual growth. This will help you not only accomplish your 21 day Daniel fast goal physically, but also gain mental peace and growth.

You can continue your fast religiously and do not get carried away with the temptations. You need to control yourself and overcome your weaknesses. The purpose of Daniel fast is not to control the amount of food you eat, but control the kind of food you eat. The Daniel fast instructions help you eat healthy and stay healthy.

Just follow the 21 day Daniel fast guidelines to accomplish spirituality. Stay faithful to your decision and say no to meat and alcohol. Discuss the Daniel fast instructions with your doctor and enjoy physical and mental health, along the path of spirituality.