

MY COMMITMENT

fast2019

JANUARY 2 - 31

Foods to Include during the Daniels Fast

All Fruits: Fresh, frozen, dried, juiced or canned. Fruits include but not limited to apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, kiwi, grapes, oranges, papayas, pineapple, prunes, plums, peaches.

All Vegetables: Fresh, frozen, dried, juiced, or canned. Vegetables include but not limited to artichoke, asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, celery, cauliflower, eggplant, lettuce, mushrooms, spinach.

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 and nut butters (including peanut butter).

All Legumes: Canned or dried. Include but 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 see, 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 Product: 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: Includes 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 and corn chips.

All Solid Fats: Including shortening, margarine and foods high in fat.

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