

The Daniel Fast Food List

When you consider a food item, take a look at the ingredient list included on the label. It's usually near or under the nutritional information. The acceptable foods must be *sweetener-free*, *chemical-free*, and *consistent* with the food lists below.

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, black berries, blueberries, boysenberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, avocados, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, jicama, kale,

leeks, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, parsnips, peppers, potatoes, radishes, rutabagas, scallions, shallots, spinach, sprouts, squashes, sweet potatoes, tomatoes, tomato paste, turnips, water chestnuts, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

All whole grains. These include but are not limited to barley, brown rice, corn flour, cornmeal, grits, millet, oat bran, oats, popcorn, quinoa, rice cakes, wheat germ, whole wheat, whole wheat pasta, and whole wheat tortilla.

All nuts and seeds. These include but are not limited to almonds, cashews, coconut, flax seeds, pecans, peanuts, pine nuts, poppy seeds, sesame seeds, and walnuts. Nut butters such as peanut butter and tahini (sesame seed paste) may be included.

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

All quality oils. These include but are not limited to canola, coconut, grape seed, olive, peanut, and sesame.

Water. Distilled water, filtered water, spring water, or other pure waters.

Soy foods. These include tofu (all kinds), TVP (textured vegetable protein), and other soy products.

Condiments and cooking ingredients. Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, soyonnaise, spices, TVP, vanilla, and vegetable broth. You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, pineapple juice).

FOOD TO EXCLUDE

- Exclude **all meat and animal products** such as beef, lamb, pork, poultry, and fish.
- Exclude **all dairy products** such as milk, cheese, cream, butter, and eggs.
- Exclude **all sweeteners** such as sugar, raw sugar, honey, syrups, molasses, and cane juice.
- Exclude **all leavened bread** such as Ezekiel Bread (most of which contains yeast and honey), pretzels, pita bread, and other baked goods made with leavening agents.
- Exclude **all refined and processed food products** that contain such ingredients as artificial flavorings, food additives, chemicals, white rice, white flour, or artificial preservatives.
- Exclude **all deep-fried foods** such as potato chips, French fries, corn chips.
- Exclude **all solid fats** such as shortening, margarine, lard, and foods high in fat.
- Exclude **all non water beverages** such as coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.
- Remember, READ THE LABELS to know all the ingredients included in prepared foods!

STOCKING YOUR PANTRY

An important key to success for the Daniel Fast is having easy access to the foods you need to stay within the guidelines.

Here are some items to keep on hand:

Fresh fruit: Apples, bananas, blueberries, grapefruit, lemons, limes, oranges.

Fresh vegetables: Bell peppers (green and red), cucumber, green lettuce, scallions (aka green onions), yellow onions, tomatoes

Canned foods: Beans in various varieties (black, kidney, pinto, and chickpeas), jalapeno peppers, pineapple juice, tomato sauce, diced tomatoes.

Frozen foods: Corn, peas, mixed vegetables, stir fry vegetables, apple juice concentrate.

Whole grains and legumes: Brown rice, oatmeal, muesli, green peas, lentils.

Dried fruit: Raisins, apricots, dates.

Miscellaneous: Peanut butter, rice cakes, walnuts, almonds, soy milk.

Eat foods that work for you! Some fruits, vegetables, healthy fats, and grains are very good at speeding up your metabolism. Some of the best vegetables are asparagus, beets, broccoli, cabbage, carrots, spinach, and tomatoes. Among the best fruits are apples, blueberries, citrus fruits, melons, and pears. Nuts and nut butters are good in moderation, and brown rice, barley, and oats are among the whole grains that rev up your metabolism.