



# DANIEL FAST

JANUARY - FBC COLUMBIA

Pastor Brett and other church leaders would like to invite you to select a fast of your choosing leading up to Revival Week. The type of fast is not the most important. What is important is abstaining from something good for a spiritual purpose and for a predetermined amount of time. The below are just suggestions. Please consult your doctor, if you have a serious medical condition, before fasting.







# FOODS TO INCLUDE

in your eating plan during the daniel fast.

**All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are 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 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.





# FOODS TO INCLUDE

in your eating plan during the daniel fast.

**All whole grains**, including whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds**, including sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**All legumes**. These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including olive, canola, grape seed, peanut, and sesame.

**Beverages:** 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**, animal, fish and seafood products including beef, lamb, pork, poultry, fish and shellfish.

**All dairy products** including milk, cheese, cream, butter, and eggs.

**All sweeteners** including sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

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

**All leavening agents** including yeast, baking soda and baking powder.

**All refined and processed foods products** including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep-fried foods** including potato chips, French fries, corn chips.

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

**Beverages** including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

**Daniel Fasting suggestions were  
taken from [daniel-fast.com](http://daniel-fast.com)**



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