



Daniel FAST

CAN HAVE

- All fruits
- All vegetables
- Mushrooms
- All whole grains:
 - amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat
- All nuts and seeds (raw)
- All legumes
 - black beans, cannellini beans, garbanzo beans, kidney beans, lentils, split peas, great northern beans, black-eyed peas.
- Quality oils
 - avocado, coconut, grapeseed, olive, sesame.
- Beverages
 - water
 - unsweetend coconut/almond milk
- Other
 - herbs, spices, unsweetened coconut flakes, seasonings, Bragg's aminos

CANNOT HAVE

- All meat and animal products
 - bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- All dairy products
 - butter, cheese, cream, milk and yogurt
- All sweeteners
 - agave, artificial sweeteners, brown syrup, cane sugar, honey, molasses, raw sugar, syrups, stevia, sugar.
- All leavened bread and yeast
 - baked goods and Ezekiel bread (if has yeast)
- All refined and processed foods
 - meals in a box, junk food, crackers, cereal, white flour, white rice, chemicals, preservatives, flavorings
- All deep-friend foods
- All solid fats
- Beverages
 - Alcohol, coffee, energy drinks, herbal tea, tea

Name: _____

How many days will I fast? _____

What times of these days will I fast? _____

What type of fast will I do? _____