



## Foods to include in your diet during the Daniel Fast...

**All fruits:** These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

- Apples Coconuts Limes Pineapples
- Apricots Cranberries Mangoes Plums
- Avocados Dates Melons Prunes
- Bananas Figs Mulberry Raisins
- Berries Grapefruit Nectarines Raspberries
- Blackberries Grapes Oats Strawberries
- Blueberries Grenadine Olives Tangelos
- Boysenberries Guava Oranges Tangerines
- Breadfruit Honeydew melons Papayas Watermelon
- Cantaloupe Kiwi Peaches
- Cherries Lemons Pears

**Vegetables:** These can be fresh, frozen, dried, juiced or canned (watch salt content)

- Artichokes Collard & Mustard greens Sprouts
- Asparagus Corn Okra Squashes
- Beets Cucumbers Onions Sweet potatoes
- Broccoli Eggplant Parsley Tomatoes
- Brussel sprouts Garlic Peppers Turnips
- Cabbage Ginger root Potatoes Watercress
- Carrots Kale Radishes Yams
- Cauliflower Leeks Rutabagas Zucchini
- Celery Lettuce Scallions
- Chili peppers Mushrooms Spinach

**Legumes:**

- Dried beans Black eyed peas Beans
- Black beans Green beans Lentils
- Cannellini Green peas Lupines
- Pinto beans Kidney beans White
- Split peas Peanuts (includes natural peanut butter)
- Lentils Peas

**Seeds:**

- All nuts (raw, unsalted) Cashews Sesame
- Sprouts Walnuts Almonds
- Ground flax Sunflower Natural Almond Butter

**Whole Grains:**

- Whole wheat Rolled Oats Whole wheat tortillas
- Brown rice Plain Oatmeal- not instant Plain Rice cakes
- Millet Barley Popcorn (see recipe in FAQ's)
- Quinoa Grits (no butter)
- Oats Whole wheat pasta

**Liquids:**

- Water (spring, distilled, filtered) Herbal (caffeine free) Tea
- Unsweetened Soy Milk 100% Fruit/Vegetable Juice (no added sugar)

**Other:**

- Tofu Small amounts of Ezekiel Bread
- Soy products Small amounts of Olive Oil
- Herbs Spices (read the label to be sure there are no preservatives)
- Small amounts of Honey Small amounts of Sea Salt