

# FASTING FOODS *Daniel Fast*

- **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  
unsweetened coconut/almond milk
- **Other**  
herbs, spices, unsweetened coconut flakes, seasonings, Bragg's aminos

ALL IN

# FASTING FROM

- **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 it has yeast)
- **All refined and processed foods**  
meals in a box, junk food, crackers, cereal, white flour, white rice, chemicals, preservatives, flavorings
- **All deep-fried foods**
- **All solid fats**
- **Beverages**  
alcohol, coffee, energy drinks, herbal tea, tea
- **Social Media**

