



Grace Temple Ministries

## A Modified Version of The Daniel Fast

### The Daniel Fast

For a list of food ideas [www.Daniel-Fast.com](http://www.Daniel-Fast.com)

Listed below are foods that are available to eat while on the Daniel fast. This list may not contain every fruit and vegetable available. A general rule of thumb is, focus on foods that can be harvested from the ground and not chemically processed or created.

This information is to be used in combination with the previous instructions given. Remember, do your best to remain in cooperation with the food lists below. There may be times when you are dining out that you cannot avoid foods that may be prepared in butter, margarines, and other substances.

Stay encouraged and when possible, opt for restaurants that prepare made-to-order meals or prepare meals at home.

**All fruits.** These can be fresh, frozen, dried, juiced, or canned. Fruits include, but are not limited to 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 not limited to 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.

**All whole grains**, including but not limited to whole wheat, brown rice, millet, quinoa, oats, oatmeal, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn. \*\*Whole grain products can be identified by the ingredient list. Typically, if the ingredient lists "whole wheat", "Rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Wheat flour is not a whole grain. Many breads are colored brown (with molasses) and made to look like whole grain but are not.

**All nuts and seeds**, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.  
All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including but not limited to olive, canola, grape seed, peanut, and sesame.

**Soups** including meatless soups, vegetable soups, and liquid soups.

**Beverages:** spring water, distilled water, or other pure waters, 100% fruit and vegetable juices, 100% fruit smoothies

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

## **Foods to avoid on the Daniel Fast**

**All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy** products including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

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

**All refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that

contain artificial preservatives.

**All deep-fried foods** including but not limited to potato chips, French fries, corn chips.

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

**Desserts** including but not limited to ice cream, shakes, malts, cake, pie, and fruit salads made with whip cream.

**Beverages** including but not limited to carbonated beverages, energy drinks, and alcohol.

**Remember, READ THE LABELS!**

### Lady Mia's Tips & Favs

- \* Mod Pizza has veggie pizza with cauliflower crust! Salads are great too!  
Treno's & Blaze pizza also has vegan options. Salads at both are great!
- \* Jason's deli salads. You can create your own salad at the salad bar and load it up!
- \* Grabbagreen has great vegan options
- \* Megg's Cafe has vegan options
- \* Impossible meat tastes delicious for cooking at home! Make salads, veggie wraps, bunless burgers, meatless meatballs. Anything you would use ground beef for, Impossible meat is a great vegan alternative!
- \* Walmart & Natural Grocers has great vegan frozen foods
- \* Thai restaurants in town have great vegan options
- \* In Fort Worth (Gospel Temple Ministries), there are numerous vegan restaurants. My favorite is Spiral Diner.

\* Make sure to share in the FB group your great discoveries!

### **Snacks for The Daniel Fast**

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." I suggest you still take snacks in "servings", so you don't overeat on these sometimes high-calorie foods.

- ◆ Rice cakes, just plain old crunchy patties
- ◆ Rice cakes with peanut butter and raisins
- ◆ Almonds
- ◆ Dried fruit including apricots
- ◆ Apples dipped in nut butter
- ◆ Sliced fruit
- ◆ Veggies with dip
- ◆ Popped popcorn
- ◆ Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- ◆ Fruit kabobs
- ◆ Frozen fruit including grapes, blackberries, strawberries, and bananas
- ◆ Whole wheat crackers\* with nut butter
- ◆ Hummus with flat bread\*