

# The Daniel Fast

On the Bible app:

**“21 Days of Fasting & Prayer Devotional”**

By James River Church

## **Different ways to choose to fast:**

- Complete Daniel fast as outlined
- No sugar/coffee
- 1 or 2 meals
- Media (social, TV, movies, radio, etc)
- Spending money/unnecessary shopping
- The way the Spirit is leading you...

<https://www.bible.com/reading-plans/12259-21-days-of-fasting-and-prayer-devotional>

## **Daniel Fast: Food List**

### Beverages:

- Water only (it must be purified/filtered; spring or distilled water is best)
- Homemade almond milk, coconut water, coconut kefir, vegetable juice

### Vegetables: (should form the basis of the diet)

- Fresh or cooked. May be frozen and cooked but not canned

### Fruits: (consume in moderation 1–3 servings daily)

- Fresh and cooked
- Ideally low glycemic index fruits like stone fruits, apples, berries, cherries and citrus fruits
- May be dried but should not contain sulfites, added oils or sweeteners
- May be frozen but not canned

### Whole grains: (consume in moderation and ideally sprouted)

- Brown rice, oats, quinoa, millet, amaranth, buckwheat, barley cooked in water

### Beans & Legumes: (consume in moderation)

- Dried and cooked in water
- May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

### Nuts & Seeds: (sprouted are best)

- Raw, sprouted or dry roasted with no salt added

## **Foods to Avoid**

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. Some allow sea salt or Himalayan salt and others do not. Recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

Iodized salt

Sweeteners

Meat

Dairy products

Breads, pasta, flour, crackers (unless made from sprouted ancient grains)

Cookies and other baked goods

Oils

Juices

Coffee  
Energy drinks  
Gum  
Mints  
Candy

NOTE: Nutritional supplements are optional. If any are taken while on the fast then they would preferably be in line with the accepted foods/ingredients that are listed.

## **Daniel Fast Meal Plan Ideas**

### Breakfasts:

- Fresh fruit
- Whole oats with fruit or almond mash stirred in
- Bananas mashed with a tablespoon of natural peanut butter
- Ezekiel sprouted grain tortillas with smashed avocado
- Smoothies

### Lunches:

- Leftovers from dinner
- Salads with oil and vinegar as the dressing
- Ezekiel sprouted grain tortillas with a natural nut butter spread

### Dinners:

- Veggie chili
- Southwestern black bean tacos on toasted Ezekiel wraps
- Lentil soup (made without the bacon or wine), whole wheat chapatis
- Roasted vegetables over short grain brown rice
- White bean soup with greens, whole wheat chapatis
- Curried vegetables over long grain brown rice

### Snacks:

- Fresh fruits
- Veggies and my easy garlic hummus
- Nuts
- Raisins
- Roasted sweet potato “fries” (made in the oven)
- Popcorn (made fresh, not microwavable; there are tons of additives in microwavable popcorn)