

## **What can you eat?**

**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, barley, grits, whole wheat pasta, whole wheat tortillas and rice cakes.

**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. Liquids: spring water, distilled water, 100% all natural fruit juices, 100% all natural vegetable juices

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

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

Avoid meats, sweets and treats.

Meat including fish products

White Rice

Fried Foods

Caffeine

Carbonated Beverages

Foods containing Preservatives or Additives

Refined Sugar

Sugar Substitutes (examples are Splenda, Equal and Sweet & Low). You may use honey or Stevia as

a natural sweetener.

White flour and all products using it

Margarine, Shortening, High Fat Products

Popcorn (though it is corn, it is not fast approved)

**If you have questions/concerns about your ability to participate due to health situations, please consult your doctor before beginning the fast.**

### **Food Tips (tested and approved)**

Whole Foods and Trader Joe's (both in Short Pump) have fantastic selections of vegetarian foods.

**Elwood Thompson's** (Carytown) has a great selection of vegetarian foods as well (stay away from the Vegan Cakes – german chocolate, carrot, etc. – those are not fast approved)

**Morningstar** makes great vegetarian products. Try their veggie burgers or their breakfast sausage. They're sold in your local grocer's freezer.

**Gardein** has excellent meatless products. Some can be found in your grocer's freezer, and other products are available in the refrigerated section of your grocer. Products can be found at Kroger, Whole Foods and Ellwood Thompsons, and some Martin's grocery stores as well. Even the kids will like the "chicken" tenders.

**Subway** has a vegetarian sub you can get. Remember, no dairy!

**Ruby Tuesday's** has a great salad bar!

**Chipotle** has great veggie bowl options!

Substitute meatless dishes in chili or spaghetti. Trader Joe's sells great meatless meatballs that are precooked. Or you can put **Morningstar or Boca** brand meatless crumbles in your chili. Whenever adding these items to a dish, remember to add them just before serving to warm them. They are pre-cooked, and if you add them while cooking as you would ground turkey or ground beef, they will get mushy.

**Earth Balance** makes a vegan, non dairy "buttery spread" you can use when olive oil doesn't work for your recipe. You can find it at your local Wal Mart for the best price.

**All Almond, oat, rice, soymilk** is another non-dairy beverage alternative to drink with your cereal and has no sugar or artificial flavors or preservatives. Can be found on the shelf at your local grocer, usually in the health food or natural section.

The key to being successful on the fast is to plan ahead! Don't wait until the last minute to figure out what to eat . . . you'll end up eating the same thing every day and will quickly become discouraged. Try new things, mix it up. You'll be surprised; you can eat more than you think on the fast!

## **QUICK TIPS ON FASTING**

### **How to Begin**

- Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

### **Preparing Spiritually**

-Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

### **What to Expect When Fasting**

-When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus; example when you fast. Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **How to End Your Fast**

-Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.