

Daniel Fast January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6	7	8	9
10	Daniel Fast Begins 11 No Sweets or Bread	12 No Sweets or Bread	13 No Sweets or Bread	14 No Sweets, Bread, or Meat	15 No Sweets, Bread, or Meat	16 No Sweets, Bread, or Meat
17 No Sweets, Bread, or Meat	18 Vegetables, Fruits, Juice, and Water Only	19 Vegetables, Fruits, Juice, and Water Only	20 Vegetables, Fruits, Juice, and Water Only	21 Vegetables, Juice, and Water Only	22 Vegetables, Juice, and Water Only	23 Vegetables, Juice, and Water Only
24 Vegetables, Juice, and Water Only	25 Vegetables, Juice, and Water Only	26 Vegetables, Juice, and Water Only	27 Vegetables, Juice, and Water Only	28 Juice and Water Only	29 Juice and Water Only	30 Juice and Water Only
31 Water Only						

Fruits: apples, apricots, bananas, berries, citrus, figs, grapes, melons, peaches, pears, pineapple, plums, prunes, raisins, tropical fruits, and others.

Vegetables: all green vegetables, beets, carrots, cauliflower, peppers, corn, cucumbers, eggplant, garlic, greens, mushrooms, onions, potatoes, roots, squash, sweet potatoes, tomatoes, watercress, and others.

Other: brown rice, oats, barley, dried beans, pinto beans, split peas, lentils, quinoa, bulgur, black-eyed peas, any bean or legume, unsalted seeds and nuts.

Liquids: water, 100% all-natural fruit and vegetable juices, non-caffeinated herb teas. In place of dairy, you could also substitute soy, oat, or nut milks.

Avoid: meat, white rice, fried foods, caffeine, carbonated beverages, condiments, foods containing preservatives or additives, refined sugar, sugar substitutes, white flour and all products using it, butter, margarine, shortening, high-fat products.