

# Daniel Fast II January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	FAST BEGINS 11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
WATER ONLY 31						

## Foods to include during the Fast

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, rice cakes and popcorn.

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.

Beverages: spring water, bottled/filtered water or other pure waters, unsweetened juices, nut or soy milk

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

## Foods to avoid on the 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. Beverages including but not limited to caffeinated coffee, tea, carbonated beverages, energy drinks, sweetened fruit juices.