
DANIEL FAST GUIDELINES

FOODS TO EAT

- **All fruit** - fresh, frozen, dried, juiced, or canned.*
- **All vegetables** - fresh, frozen, dried, juiced, or canned.*
- **All whole grains** - amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds. Nut butters are also included.
- **All legumes** - canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** - canola, coconut, grapeseed, olive, peanut, and sesame.
- **Beverages** - distilled water, filtered water, and spring water. Permissible: natural fruit juices may be included if they contain no preservatives, sugars, etc. and herbal tea with no caffeine.
- **Other** - agave nectar, herbs, spices, salt, pepper, seasonings, soy products, and tofu.

* permissible if they contain no preservatives, sugars, etc..

FOODS TO AVOID

- **All meat & animal products** - beef, buffalo, fish, lamb, poultry, and pork.
- **All dairy products** - butter, cheese, cream, eggs, and milk.
- **All sweeteners** - artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** - baked goods and Ezekiel bread (contains yeast and honey).
- **All refined & processed food products** - artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** - corn chips, French fries, and potato chips.
- **All solid fats** - lard, margarine, and shortening.
- **Beverages** - alcohol, carbonated drinks, coffee, energy drinks, and tea

For additional information:

<http://www.ultimatedanielfast.com/>

<http://daniel-fast.com/index.html>