

## 40-Day Daniel Fast: Step-by-Step Plan

### Important Instructions for Daniel Fast 2026

It is noted that everyone will not choose to do a 40 day fast. We will meet you where you are which may include 3 days, 10 days or 21 days. The choice is yours. Also it is important to follow the plan as it is.

Please discuss this program with your health care provider.

#### DISCLAIMER:

Every effort is made to provide correct evidence-based information. It is recommended that you check all my facts but realize that medicine is a constantly changing science and art. I am simply presenting my views, and I welcome any comments, suggestions, or correction of errors. This document is not intended as medical advice. Consult your own physician for any medical issues that you may be having.

### Before Day 1: Preparation (2–3 Days Prior)

- Write your fasting goal and top prayer burdens
- Identify one habit to surrender and one habit to build
- Clean your kitchen of restricted foods
- Shop for Daniel Fast-approved foods
- Plan one weekly batch-prep session

### Daily Prayer Schedule (Every Day)

6:00 AM – Consecration

- Worship and gratitude
- Scripture reading
- Dedicate the day and fast to God

12:00 Noon – Alignment

- Pause and refocus
- Pray for personal and group concerns

6:00 PM – Revival

- Reflect on the day
- Repent, forgive, and give thanks
- Journal insights

### Daily Scripture Method (SOAP)

S – Scripture

O – Observation

A – Application

P – Prayer

### 40-Day Spiritual Phases

Days 1–10: Detox and Discipline

Days 11–20: Purification and Clarity

Days 21–30: Breakthrough and New Habits

Days 31–40: Consecration and Commissioning

### Weekly Meal Prep Guidance

- Cook 2 grains and 2 protein sources weekly
- Prepare 1 soup or stew
- Chop vegetables for 3–4 days
- Keep meals simple and repeatable
  - Meal prepping is also very important. Is staying consistent

### Week 1: Foundation (Days 1–7)

Daily focus on surrender, repentance, obedience, and gratitude.

Grains rotated: millet, buckwheat, teff, amaranth, sorghum, wild rice, sourdough.

### Weeks 2–4: Cultural Daniel Fast (Days 8–28)

Mediterranean & Hispanic (Week 2)

Ethiopian, Ghanaian & Zimbabwean (Week 3)

Filipino & Thai (Week 4)

Continue grain rotation and weekly meal prep. Focus prayers on discipline, healing, deliverance, and bold faith.

### Days 29–40: Final Consecration

Simplify meals and intensify prayer.

Rotate favorite approved grains and meals.

Daily focus includes worship, thanksgiving, courage, service, and commissioning.

### Weekly Group Meeting Template

• 10–15 min Bible reading

• Group prayer

• Testimonies

- Challenges and encouragement

Meeting Time: 6:00am Daily

Discussion of the book “Prayer”

Zoom Link: [Join Via Zoom Link](#)

<https://zoom.us/j/97802990495>

Meeting ID: 978 0299 0495

Dial in number: 301 715 8592

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### **Closing Encouragement**

This fast is not about perfection but obedience. Remain humble, consistent, and open to God’s leading. Expect spiritual clarity, renewal, and transformation.

## **7-DAY DANIEL FAST MEAL PLAN**

### **(Repeat for 40 Days)**

#### **DAY 1**

##### **Breakfast:**

- Avocado on toasted sourdough
- Fresh berries
- Herbal tea

##### **Lunch:**

- Lentil soup (lentils, carrots, celery, onion, garlic, olive oil)
- Side salad with lemon & olive oil

##### **Dinner:**

- Roasted sweet potatoes
- Steamed broccoli
- Chickpeas with garlic & cumin

##### **Snack:**

- Raw almonds

## DAY 2

**Breakfast:**

- Steel-cut oats (plain, cooked in water)
- Sliced apple & cinnamon

**Lunch:**

- Quinoa bowl (sprouted quinoa)
- Black beans, spinach, tomatoes, olive oil

**Dinner:**

- Stuffed bell peppers (brown rice, lentils, herbs)
- Side of sautéed zucchini

**Snack:**

- Carrot sticks & hummus (no oil or olive oil only)

## DAY 3

**Breakfast:**

- Sourdough toast with mashed banana & walnuts

**Lunch:**

- Chickpea salad (cucumber, tomato, red onion, lemon, olive oil)
- Sourdough slice

**Dinner:**

- Baked acorn squash
- Green beans
- White beans with rosemary & garlic

**Snack:**

- Pumpkin seeds

## DAY 4

### **Breakfast:**

- Fruit bowl (berries, apple, pear)
- Herbal tea

### **Lunch:**

- Split pea soup
- Side salad

### **Dinner:**

- Stir-fried vegetables (broccoli, mushrooms, bell peppers)
- Sprouted brown rice
- Lentils

### **Snack:**

- Handful of cashews

## DAY 5

### **Breakfast:**

- Avocado & tomato on sourdough

### **Lunch:**

- Roasted vegetable bowl (sweet potato, cauliflower, onion)
- Tahini-lemon drizzle

### **Dinner:**

- Zucchini noodles
- Tomato-garlic sauce
- White beans

**Snack:**

- Apple slices

**DAY 6**

**Breakfast:**

- Plain oatmeal with chopped dates (**optional — omit if you want zero natural sugars**)

**Lunch:**

- Black bean soup
- Sourdough bread

**Dinner:**

- Baked potatoes
- Steamed kale
- Chickpeas sautéed in olive oil & paprika

**Snack:**

- Sunflower seeds

**DAY 7**

**Breakfast:**

- Fruit & nut plate
- Herbal tea

**Lunch:**

- Lentil & vegetable stew
- Side salad

**Dinner:**

- Stuffed portobello mushrooms (spinach, garlic, quinoa)
- Roasted carrots

**Snack:**

- Cucumber slices with lemon

**HOW TO USE FOR 40 DAYS**

- Repeat **Days 1–7** for **5 full weeks**
- Final **5 days**: repeat your favorite days or choose the simplest meals
- Keep seasonings simple for a more prayer-focused fast

**SPIRITUAL FAST TIP**

Many people pair the Daniel Fast with:

- Morning prayer before breakfast
- Scripture reading during meals
- Avoiding snacking if seeking a deeper fast

**WEEK 2 – MEDITERRANEAN & HISPANIC (DANIEL FAST STYLE)****Day 8**

- **Breakfast:** Sourdough + olive oil & crushed tomato
- **Lunch:** Classic hummus, cucumber, olives, salad
- **Dinner:** Spanish-style lentils (lentils, onion, garlic, paprika)

**Day 9**

- **Breakfast:** Fruit & walnuts
- **Lunch:** Chickpea & tomato stew (Mediterranean)
- **Dinner:** Roasted vegetables with herbs + quinoa (sprouted)

**Day 10**

- **Breakfast:** Oatmeal (water) + apple slices

- **Lunch:** Black beans, brown rice, avocado (Hispanic-inspired)
- **Dinner:** Stuffed peppers (lentils, vegetables)

### Day 11

- **Breakfast:** Sourdough + avocado
- **Lunch:** White bean salad (lemon, parsley, olive oil)
- **Dinner:** Vegetable paella-style rice (no oil-heavy sofrito)

### Day 12

- **Breakfast:** Fruit bowl
- **Lunch:** Lentil soup with cumin & garlic
- **Dinner:** Baked falafel (no flour) + salad

### Day 13

- **Breakfast:** Oats + cinnamon
- **Lunch:** Chickpea spinach stew
- **Dinner:** Roasted sweet potato & zucchini

### Day 14

- **Breakfast:** Herbal tea + fruit
- **Lunch:** Mediterranean vegetable stew
- **Dinner:** Simple beans & greens

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## WEEK 3 – ETHIOPIAN, GHANAIAN & ZIMBABWEAN

### Day 15 (Ethiopian)

- **Breakfast:** Fruit & nuts
- **Lunch:** Misir Wot (spiced red lentils, olive oil)
- **Dinner:** Gomen (collard greens) + teff injera\*

\*Injera made from **100% teff** (ancient grain, fermented)

### Day 16 (Ethiopian)

- **Breakfast:** Oats
- **Lunch:** Kik Alica (yellow split peas, turmeric, garlic)
- **Dinner:** Atakilt Wat (cabbage, carrots, potatoes)

**Day 17 (Ghanaian – adapted)**

- **Breakfast:** Sourdough + avocado
- **Lunch:** Kontomire-style stew (spinach, onion, olive oil)
- **Dinner:** Boiled yams & beans

**Day 18 (Ghanaian – adapted)**

- **Breakfast:** Fruit
- **Lunch:** Black-eyed peas stew
- **Dinner:** Roasted plantains (no oil, baked)

**Day 19 (Zimbabwean – adapted)**

- **Breakfast:** Oats
- **Lunch:** Nyemba (cowpea stew)
- **Dinner:** Millet sadza + sautéed greens

**Day 20**

- **Breakfast:** Fruit & nuts
- **Lunch:** Lentil vegetable stew
- **Dinner:** Sweet potato & cabbage

**Day 21**

- **Breakfast:** Herbal tea & fruit
- **Lunch:** Leftover stews
- **Dinner:** Simple beans & greens

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**WEEK 4 – FILIPINO & THAI (NO SUGAR, NO FRYING)****Day 22 (Filipino-inspired)**

- **Breakfast:** Sourdough + avocado
- **Lunch:** Monggo Guisado (mung beans, garlic, spinach)
- **Dinner:** Steamed vegetables & rice

**Day 23**

- **Breakfast:** Fruit bowl
- **Lunch:** Vegetable adobo-style (vinegar, garlic, bay leaf)

- **Dinner:** Lentils & greens

**Day 24 (Thai-inspired)**

- **Breakfast:** Oats
- **Lunch:** Thai vegetable curry (coconut milk, no sugar)
- **Dinner:** Steamed rice & chickpeas

**Day 25**

- **Breakfast:** Fruit & nuts
- **Lunch:** Lemongrass vegetable soup
- **Dinner:** Roasted vegetables

**Day 26**

- **Breakfast:** Sourdough + olive oil
- **Lunch:** Thai basil lentils
- **Dinner:** Sweet potato & greens

**Day 27**

- **Breakfast:** Oats
- **Lunch:** Filipino-style vegetable stew
- **Dinner:** Beans & rice

**Day 28**

- **Breakfast:** Herbal tea & fruit
- **Lunch:** Leftovers
- **Dinner:** Simple Daniel Fast plate

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**⌚ WEEK 5 & FINAL DAYS**

Repeat your **favorite meals** or return to **Week 1 simplicity** for deeper spiritual focus.