

Jesus

40 days

February 11th

Daniel Fast: Food List

According to our understanding of the Hebrew definition of “pulse” that was used in the verse for vegetables can actually mean a range of foods. Here is the Daniel Fast food list of what you are allowed to eat:

Beverages

- Water only — it must be purified/filtered; spring or distilled water is best. Can also have alkaline or mineral water from time to time.
- Herbal Teas
- Homemade almond milk, coconut water, **coconut kefir** and vegetable juice

Fresh or cooked

Avoid anything in a bag, bottle, box or can

Vegetables (should form the basis of the diet)

- May be fresh or frozen and cooked

Fruits (consume in moderation 1–3 servings daily)

- Fresh and cooked
- Ideally low **glycemic index** fruits like stone fruits, apples, berries, cherries and citrus fruits
- May be dried but should not contain sulfites, added oils or sweeteners
- May be frozen

Whole grains (consume in moderation and ideally **sprouted**)

- Brown rice, oats quinoa, **millet**, amaranth, farro, emmer, einkorn, spelt, teff buckwheat, barley cooked in water

Beans & Legumes (consume in moderation)

- Dried and cooked in water
- May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

Nuts & Seeds (sprouted are best)

- Raw, sprouted or dry roasted with no salt added

Common Foods for Daniel Fast

Here is a list of some common foods you can consume while following a Daniel Diet plan:

Vegetables (preferably organic and fresh or frozen)

- Artichokes
- **Asparagus**
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- **Cauliflower**
- Celery
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- **Mustard greens**
- Okra
- Onions
- Peppers
- Potatoes
- Radishes
- Rutabagas
- Scallions
- Spinach
- Sprouts
- Squash
- Sweet potatoes
- **Tomatoes**
- Turnips
- Yams
- Zucchini

Fruits (preferably organic and fresh or frozen)

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconuts
- Cranberries
- Dates
- **Figs**
- Grapefruit
- Grapes
- Guava
- Honeydew melons
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- **Pineapples**
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Legumes (preferably organic)

- Black beans
- Black-eyed peas
- Garbanzo beans
- Kidney beans
- Lentils
- **Mung beans**
- Pinto beans
- Split peas

Nuts & Seeds (preferably organic, raw, unsalted and soaked/sprouted)

- Almonds
- Brazil Nuts
- Cashews
- **Chia seeds**
- Flaxseeds
- Pumpkin seeds
- **Sesame seeds**
- Sunflower seeds
- Walnuts

Whole Grains (preferable organic)

- Amaranth
- Barley
- **Brown rice**
- **Emmet**
- **Farrow**
- Millet
- Quinoa
- Oats (groats soaked)

Liquids

- Water (spring, distilled, filtered)
 - Warm liquids (herbal teas without sugar)
 - Vegetable juice (fresh pressed)
 - **Coconut milk**
 - Coconut kefir
 - **Almond milk**
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Foods to Avoid

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. My recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

- *Iodized salt*

Sweeteners – processed sugars- white sugar, high fructose corn syrup, sucrose, artificial sugars (sorbitol, aspartame, sucralose, saccharin, and acesulfame)

- *Meat - beef, lamb, pork, poultry, and fish*
- *Dairy products - milk, cheese, cream, butter, and eggs*

- Breads, pasta, flour, crackers (unless made from sprouted ancient grains)
 - Cookies and other baked goods
 - Oils
 - Juices
 - Coffee
 - Energy drinks
 - Gum
 - Mints
 - Candy
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Using Salt – It should be mentioned that on the Daniel Fast some allow **Celtic Sea salt** or **Himalayan salt** and others do not.

Fasting Benefits

There are numerous benefits to Daniel-type fasting, but it all starts with an inward, spiritual motivation. Below are just some of the incredible benefits of fasting.

“This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth.” – Isaiah 58:6

Spiritual Benefits of Fasting

Spiritual benefits are a top reason for fasting and may include:

- Fasting brings you closer to God
- Fasting makes you more sensitive to God’s voice
- Fasting helps break bad habits or even addictions
- Fasting shows us our weakness and allows us to rely on God’s strength

Mental & Emotional Benefits of Fasting

Fasting benefits are different from person to person, but the following have been known to occur:

- Fasting relieves anxiety and nervousness
- Fasting can increase peace and shalom
- Fasting clears your mind of negative thoughts and feelings
- Fasting can help heal relationships in your life that have been stressful
- Fasting decreases **brain fog**
- Fasting helps increase your ability to trust God
- Fasting clears out toxins that can make you feel sluggish or depressed

Physical Benefits of Fasting

Some benefits to the physical body have been known to include:

Fasting helps break **addictions to sugar**

- Fasting supports the body's detoxification
 - Fasting promotes healthy weight loss
 - Fasting promoted healthy energy levels
 - Fasting improves skin health
 - Fasting promotes healthy digestion and elimination
 - Fasting supports healthy inflammation response and promotes joint comfort
 - Fasting promotes healthy **hormonal balance**
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Fasting Benefits: Spiritual, Physical, Mental and Emotional

When you fast and pray — two words that go hand-in-hand in scripture — *you pursue God in your life* and open yourself up to experiencing a renewed dependence on God, but it isn't easy. It is a spiritual discipline that requires denying your physical and mental self because your stomach and your brain will most likely work overtime to remind you when and what they want to eat!

As I mentioned earlier, Daniel wasn't the only one in the Bible who fasted. There were others, but you don't have to be a "spiritual giant" like Daniel or put yourself through torturous fasts to draw closer to God. However, fasts can help focus your spirit, heart and mind on God and not your own eating and drinking desires. In fact, before you begin your fast, you can make a list of prayer requests you are asking God to answer. Then, every time you experience hunger pangs or food or drink cravings, ask God to work in those prayer request areas.

Also, I recommend spending quiet time with God each day and read passages of scripture from the Bible. You don't have to be legalistic about this. There are many quality devotionals out there, so just choose one or ask a friend you trust to recommend one. After all, it's about your relationship with God, not your performance for God.

I also suggest journaling during your fast so that you can write down what you believe God is directing you in. For whatever reasons, many people say that they "hear" God more clearly during a fast than other times.

Isaiah 58:6 and 8 says "Is not this the kind of fasting I have chosen: to set the oppressed free and break every yoke? Then your light will break forth like the dawn, and your healing will quickly appear." The truth is that "healing" can take place spiritually, physically and mentally when you fast.

We've discussed some of the spiritual aspects, but there are also specific physical and mental benefits to fasting, which happens to be one of the oldest therapies in medicine. In fact, Hippocrates, the Father of Medicine, believed that fasting enabled the body to heal itself. How? During a fast, many systems of the body are given a break from the hard work of digesting foods that it normally has to manage. The extra energy the body gains gives the body a chance to restore itself, while the burning of stored calories gets rid of toxic substances stored in the body.

Here's another example. The digestive tract is the body area most exposed to environmental threats, including bacteria, viruses, parasites and toxins. Plus, most of your immune system is in your digestive tract, so it needs to be in top shape. When food is broken down in the intestines, it travels through the blood to the liver, the largest organ of the body's natural detoxification system. The liver breaks down and removes the toxic by-products produced by digestion, including natural ones and the chemicals which are typically present in our food supply and often on our daily menus. During a fast, the liver and **immune system** are essentially freed up to detoxify and heal other parts of the body.

Now let's talk specifically about the elements of the Daniel Fast, including vegetables, fruits and water. The dietary fiber, vitamins, minerals, and **antioxidants in vegetables and fruits** help to add vibrancy to your health. A diet high in vegetables and fruits is known for halting bodily inflammation and oxidation — two primary processes that can lead to ill health. No wonder Daniel and his friends looked better than the others!

The Importance of Water

Then there's the water factor. The body is made up of approximately 60 to 70 percent water, and the body needs water to make new cells of all types, including blood cells, bone cells and skin cells. Additionally, every organ and bodily system requires water to function correctly and healthily. Likewise, drinking enough water keeps your **lymphatic system** in tip-top shape so that wastes and toxins are removed from your body.

Water also keeps your joints lubricated, delivers nutrients to your nervous system, helps the blood transport oxygen and other essential nutrients to your cells, and even makes it so your heart doesn't have to work as hard pumping blood through your body. Water regulates your metabolism, too, and aids in digestion and body temperature control. An added bonus is that adequate water intake hydrates your skin cells and plumps them up.

Getting enough water also keeps your metabolism motoring, can help you feel fuller and can keep your weight in check.

After a fast, including the Daniel Fast, people report a combination of spiritual, physical and mental benefits, including a closer relationship with God, answered prayers, a better state of health, freedom from food or beverage addictions, more energy, clearer thinking, a more positive attitude, feeling lighter and much more.

Recommended Books for 2022

1. Find Strength in Your Struggle: Discover the Miracle in You by Dr. H. Jean Wright II
2. Ministry of Healing by Ellen G White
3. The Circle Maker by Mark Batterson
4. Ten Days in the Upper Room by Mark Finley
5. Daring to Ask for More by Melody Mason
6. Pray Big: God Can Do So Much More, Cindy Mercer
7. Of Fleeces and Faith: Stop Doubting and Believe by David B Smith



Daniel Fast Recipes

While most fruits and vegetables are edible as is, sometimes it's nice to have recipes, so here are a few to get you started on your Daniel fast. Enjoy!

Breakfast

Granola

Ingredients:

- 1 cup crushed almonds
- 1 cup oats
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1/2 cup coconut flakes
- 1 cup honey
- 1 teaspoon cinnamon

Directions:

1. Mix all together and spread out on a non-stick cookie sheet.
2. Bake 20 minutes in a 250-degree preheated oven.
3. Stir and continue to bake another 20 minutes, stirring periodically to prevent burning. The granola should be lightly browned.
4. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags.
5. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Minestrone Soup

Ingredients:

- 8 cups vegetable stock
- 1½ cups of dried garbanzo beans
- 2 cups dried red kidney beans
- ½ cup carrots

- 3 medium tomatoes (or one 14-ounce can of unsweetened, unsalted Italian tomatoes)
- ½ cup fresh parsley
- 1 cup cabbage
- ¼ teaspoon oregano
- ¾ teaspoon basil
- ¼ teaspoon thyme
- ½ cup celery
- ½ cup onion
- 1 clove garlic
- 1 package spinach noodles, cooked
- sea salt, to taste

Directions:

1. Soak garbanzo and kidney beans overnight, drain and rinse.
2. Peel and dice tomatoes.
3. Cook and drain garbanzo and kidney beans as per directions on package.
4. Mince garlic and parsley.
5. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat for 5 to 7 minutes.
6. Stir in cooked and drained garbanzo beans, kidney beans, diced tomatoes and minced herbs.
7. Bring to a simmer, then turn heat down and simmer 10 minutes.
8. Stir in cabbage and parsley with lid partially on for about 15 minutes or until cabbage is tender.
9. Add more soup stock or tomatoes as needed. Serve over cooked spinach noodles.

Lunch/Dinner**Black Bean Soup****Ingredients:**

- 8 cups vegetable stock
- 1 cup celery
- 1 potato
- 2 garlic cloves
- 1 teaspoon honey
- 2 bay leaves
- 1 pound of black beans, soaked overnight, rinsed and drained
- 1 yellow or red pepper
- 1 cup carrots, diced

- 2 tablespoons cilantro
- 1 tablespoon parsley
- 2 tablespoons marjoram
- 1 whole onion
- sea salt, to taste

Directions:

1. Place beans in pot with vegetable stock, whole onion and bay leaves.
 2. Bring to a boil and cook 2-½ hours or until beans are tender.
 3. Remove onion and bay leaves.
 4. Chop onion, pepper and celery.
 5. Grate carrots and potato on cheese grater.
 6. Mince garlic and sauté in a tablespoon of olive oil until tender.
 7. During last hour of cooking, combine vegetables and seasonings with beans.
 8. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.
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Stir Fry Vegetables

Ingredients:

- 1 red onion, sliced
- 3 stalks celery, thinly sliced
- ½ cup broccoli, chopped
- 1 bell pepper, sliced
- 3 carrots, peeled and sliced
- ½ cup cauliflower, chopped
- 1 cup zucchini, thinly sliced
- 1 cup yellow squash, thinly sliced
- 1 teaspoon sea salt
- 1 tablespoon Asian seasoning (or a mix of garlic powder, onion powder, ginger powder and black pepper)

Directions:

1. Stir-fry all vegetables in 1 to 2 tablespoons of olive oil until tender.
 2. Add salt and seasoning.
 3. Serve alone or over brown rice.
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Harira (Moroccan Soup)

[Serves 4] (Note: Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.)

Ingredients:

- 2 tablespoons healthy oil, such as coconut oil or olive oil
- 1 cups chopped onion
- ½ cups chopped celery
- 2 cups warm water
- pinch of saffron threads
- ½ teaspoon salt, divided
- ¼ teaspoon peeled fresh ginger, minced
- ¼ teaspoon ground red pepper
- ¼ teaspoon ground cinnamon
- 2 garlic cloves, minced
- 2 cups organic mushroom broth
- 1½ cups chopped and seeded plum tomatoes
- ½ cup dried small red lentils
- 2 15-ounce cans no-salt-added chickpeas, drained
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons chopped fresh parsley

Directions:

1. Heat oil in a large saucepan on medium heat.
2. Add onion and celery and sauté 4 minutes or until tender.
3. Combine 2 cups warm water and saffron; let stand 2 minutes.
4. Add ¼ teaspoon salt, ginger, red pepper, cinnamon and garlic.
5. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils and chickpeas.
6. Bring to boil; then reduce heat.
7. Simmer 20 minutes or until lentils are tender.
8. Stir in cilantro, parsley and remaining ¼ teaspoon salt.

Daniel Fast Frequently Asked Questions (FAQ LIST)

First off, if you are pregnant or a nursing mother or are on a special diet of any sort for health reasons, then you should not go on the Daniel Fast without the approval of your primary healthcare professional.

Otherwise, here are some frequently asked questions you may want to know about.

1. What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. That is why I suggest organic, fresh or frozen foods.

2. What about pasta?

Make sure the label says whole grain or vegetable-based pasta like garbanzo beans, quinoa, black bean or brown rice with no additives or sugar. But, the diet should consist mostly of vegetables and fruits.

3. What about roasted nuts?

Try to stick to organic, raw, unsalted nuts and/or soaked or sprouted ones. These are harder to find, so if you have to choose roasted nuts, then get plain roasted, unsalted nuts with no preservatives.

4. How do I get enough protein in my diet while on the fast?

Protein-rich foods allowed on the Daniel Fast are almonds, sunflower seeds, lentils, quinoa, brown rice, split peas and some whole grains. Be sure you eat plenty of those.

5. What about salad dressing?

Salads are great on the Daniel Fast. Use olive oil combined with lemon or lime juice as salad dressing options.

6. Do I need to eat organic foods while on the fast?

You don't have to eat organic, but I recommend it because opting for organic keeps toxins out of your foods, meaning no use of chemically formulated fertilizers, growth stimulants, antibiotics or pesticides.

7. Can I go out to eat?

Yes; you can. Just make sure what you get is compliant with the Daniel Fast, such as a salad with olive oil and a baked potato with no extras on it.

8. What about bread?

If you eat bread, then I would only recommend a sprouted or sourdough bread that comes from ancient grains.

9. How much can I eat?

As long as your food choices fit the Daniel Fast, then practice *moderation* while eating for satisfaction!