

Ultimate Daniel Fast

DANIEL FAST RECIPES AND DEVOTIONS

Daniel Fast Food List



What is the Daniel Fast?

The Daniel Fast is based upon the prophet Daniel's fasting experiences as recorded in the Bible. Scripture gives us some insight (such as in Dan. 10:3) into what he ate and didn't eat; however, we don't know his complete menu. What we do know is this: In Daniel 1, Daniel chose not to eat the royal food that he was being served and ate only vegetables and drank water. Another time (in Daniel 10:2-3) he deprived himself of choice food, meat, and wine as he sought the Lord in prayer. Most commentaries believe "choice food" would have been bread and sweets. This is why, I believe, you will find some variation in the specific guidelines for the modern-day Daniel Fast, as far as what foods are included and which ones are restricted. The food guidelines on my website are the ones most commonly described in a Daniel Fast. The intention of today's Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel's passion for the Lord caused him to hunger and thirst more for spiritual food than for physical food, which should be the desire of anyone choosing to participate in this type of fast.

The Daniel Fast Guidelines

Try not to get too hung up on what you should and shouldn't eat. Remember, **the most important part of the fast is that you deny yourself physically so that you may seek the Lord in prayer** and grow closer to Him. Your particular fast may look a little different than someone else's, but that's ok. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. **These food guidelines are meant to be just that – a guide.** They are given to **help you create boundaries for your fast.**

The Daniel Fast Food List

- **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; unsweetened almond milk. 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.
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

Foods to Avoid on the Daniel Fast

- **All meat & animal products** – beef, buffalo, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, eggs, and milk.
- **All sweeteners** – agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it 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, herbal tea, and tea.

How to Do a Daniel Fast

Three Methods:[The Daniel Fast and Your Relationship to God](#)[The Daniel Fast, Part I](#)[The Daniel Fast, Part II](#)

There are two references to fasting in the biblical book of Daniel from which the "Daniel Fast" is drawn. Daniel, chapter 1, describes how Daniel and his three friends ate only vegetables and drank only water. (Daniel 1)^[1] At the end of a 10-day trial period, Daniel and his friends appeared healthier than their peers who ate the rich foods from the royal table. In Daniel, chapter 10, Daniel fasts again, abstaining from "pleasant food," meat, and wine. (Daniel 10)^[2] You, too, can gain a healthier body and clearer mind by following this diet "fast" in moderation.

Steps

The Daniel Fast promotes healthy eating. But if you have specific health concerns, consult with a trusted health care provider before committing to this 10-day (or 3-week) diet.

Method 1 of 3: The Daniel Fast and Your Relationship to God

- 1** **Avoid distractions.** This is a sacred time between you and God, so avoid secular television and radio programs.
- 2** **Start the diet by focusing on your faith.** Worship God through sacrifice and love Him more than His gifts.
- 3** **Pray.** Your days should be filled with unselfish **prayer**. During the fast, increase the frequency of your daily prayer time by a factor of three or more.
- 4** Reserve **time with God** during the day by studying the Bible.
- 5** Seek the Lord diligently for the **answers to your prayers**.
- 6** Ask for **God's guidance** in your life.

Method 2 of 3: The Daniel Fast, Part I

1 Make your meals somewhat lighter for a few days leading up to your fast. It's an especially good idea to reduce your intake of caffeine.

2 In the first Book of Daniel, the Prophet ate only vegetables and fruit, and drank only water for 10 days. A short rundown of acceptable foods include:

- All fruits and vegetables
- All legumes
- Whole grains
- Nuts and seeds
- Tofu
- Herbs and spices.

3 Conversely, there is also an agreed upon list of foods to avoid. Keep in mind that no artificial or processed foods nor any chemicals are allowed in the Daniel Fast.

- All meats and animal products
- All dairy products
- All deep fried foods
- All solid fats.

4 Carefully read food labels. Foods often contain hidden ingredients. Make sure the foods you buy are compliant with the Daniel Fast.

Method 3 of 3: The Daniel Fast, Part II

1 Move to stage two. In Daniel, Book 10, the Prophet went on a second, 3-week fast. To quote the Bible, Daniel "ate no pleasant food, no meat or wine." The second fast is basically the same as the first fast, but the text specifically names three things to avoid:

- Wine
- All sweeteners (including honey)
- All leavened bread.

2 Assess how you feel after the two stages. If you feel more energetic and healthier, it is likely that you will want to keep up healthier eating habits. While reintroducing many of the items you've not had during the fast is inevitable, you may want to do so with greater consciousness for quality and portion size. And some things, like fried food and sugar are best kept to a new minimum.

Tips

- Lots of prayer...we need God's strength and guidance.
- Keep your diet simple. Avoid highly processed foods in favor of simply prepared or raw foods.
- If for any reason you eat something you shouldn't have during the fast, it is better to ask for forgiveness and continue, than it is to stop the fast.
- If you are experiencing weakness or headaches, drink at least 8 glasses of water each day. Often, we do not understand just how much our body needs water, especially when fasting.
- Set a goal for how long you will do the fast. Ultimately, you may want to continue the Daniel Fast longer than first intended.

- Have a healthy stash of nuts at work to avoid those coworkers who always want to feed you.
- You may want to supplement your diet with a multi-vitamin.
- Be careful not to drink too much water, however. Too much liquid can be as bad as not enough.

Warnings

- During the time of fasting, you will face temptations, resist them in the name of **Jesus Christ**.
- When you have finished fasting, eat light meals and slowly build back up to your normal diet.

Things You'll Need

- **Bible**
- A place and time(s) **to pray**.
- Good variety of **fruits and veggies**