

THE DANIEL FAST



FOODS TO ENJOY

FRUITS

APPLES
APRICOTS
AVOCADOS
BANANAS
BLACKBERRIES
BLUEBERRIES
CANTALOUPE
CHERRIES
COCONUTS
CRANBERRIES
DATES
FIGS
GRAPEFRUIT
GRAPES
GUAVA
HONEYDEW
KIWI
LEMONS
LIMES
MANGOES
MELONS
NECTARINES
ORANGES
PAPAYAS
PEACHES
PEARS
PINEAPPLES
PLUMS
RAISINS
RASPBERRIES
STRAWBERRIES
TANGERINES
WATERMELON

LEGUMES

BLACK BEANS
BLACK-EYED PEAS
KIDNEY BEANS
LENTILS
MUNG BEANS
PINTO BEANS
SPLIT PEAS

VEGETABLES

ARTICHOKES
ASPARAGUS
BEETS
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
COLLARD GREENS
CORN
CUCUMBERS
EGGPLANT
GREEN BEANS
KALE
LEEKs
LETTUCE
MUSHROOMS
OKRA
ONIONS
PARSLEY
PEPPERS
POTATOES
RADISHES
RUTABAGAS
SCALLIONS
SPINACH
SPROUTS
SQUASH
SWEET POTATOES
TOMATOES
TURNIPS
YAMS
ZUCCHINI

LIQUIDS

WATER
VEGETABLE JUICE
FRESH FRUIT JUICE
COCONUT MILK
ALMOND MILK

FOODS TO AVOID

MEAT
BREAD
PASTA
CRACKERS
COOKIES
CHIPS
CHEESE
CANDY
ENERGY DRINKS
MILK & CREAM
EGGS
SWEETENERS
ALCOHOL
SOFT DRINKS
HONEY

