

FOOD FOR FASTING

Dan 1:16-17 So the steward took away their [rich] dainties and the wine they were to drink and gave them vegetables. ¹⁷ As for these four youths, God gave them knowledge and skill in all learning and wisdom, and Daniel had understanding in all [kinds of] visions and dreams. AMP

2 Cor 7:1 THEREFORE, SINCE these [great] promises are ours, beloved, let us cleanse ourselves from everything that contaminates and defiles body and spirit, and bring [our] consecration to completeness in the [reverential] fear of God. AMP

**DON'T FORGET THE PURPOSE OF THE FAST.
CONTEMPLATE YOUR DAILY PURPOSE FOR FASTING EVERYDAY
WITH PRAYER AND WORSHIP.**

WHAT NOT TO EAT

- No meat, fish, chicken
- No dairy products and eggs
- No soups that contain meat

WHAT CAN BE EATEN

- All vegetables and fruit
- Nuts, different beans and soy for protein

VEGETABLE SOUPS (vegetable stock to taste)

- Potato and leek soup
- Vegetable soup
- Butternut soup
- Onion soup etc

VEGETABLE PLATTER FOR MAIN COURSE

- Potatoes in jackets, avocados, sweet potatoes, corn cobs, aubergines, carrots, peppers, cabbage, cauliflower, broccoli, (of this can be fried in olive or sunflower seed oil and served as a Mediterranean vegetable dish).

FRUIT AND VEGETABLE JUICES

- Home made fruit and vegetable juices will require a juice extractor and liquidizer if possible. Or else just have the fruit and vegetables in their natural form.
- Vegetables like carrots, spinach, celery, cabbage, beetroot (all raw) need to be juice extracted.
- Fruit like apples can be liquidized or juice extracted.
- Fruit like paw-paws, bananas, pears, berries, can all be liquidized.
- Add a good portion of ice to the mixture and it thins the concentration and increases the volume. Once again protein powder can be added. (Combine vegetables and fruit juices eg. Juice extract beetroot, cabbage, celery and then place in liquidizer with a paw-paw and ice cubes. A few almond nuts can be added. This is a wonderful detoxifier for the body's system)

DRINK LOTS OF WATER AND DILUTED FRUIT JUICE.

HERE IS AN ADDITIONAL LIST THAT WILL ALSO BE HELPFULL

Food Guidelines for a Daniel Fast

Foods You May Eat:

- **Whole Grains:**
Brown Rice, Oats, Barley
- **Legumes:**
Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:**
Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **Vegetables:**
Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.
- **Liquids:**
Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
- **Others:**
Seeds, Nuts, Sprouts

**FASTING
GUIDELINES**
LITTLE FALLS CHRISTIAN CENTRE