



DANIEL FAST FOOD GUIDE

The **Daniel Fast** is a partial fast with limited food and prioritized worship, prayer, intercession, spiritual warfare, Bible reading and meditation for 21 days. It is fasting with prayer versus dieting to lose weight.

Daniel 1:12,15: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. ¹⁵ At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food."

Daniel 10:2-3: "In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."

FOODS TO EAT:

- Vegetables
- Whole Grains
- Legumes
- Seeds
- Nuts
- Fruits
- Water
- Tofu, Soy products
- Herbs, Spices
- Liquids: Unsweetened Juices, decaffeinated hot or cold beverages

FOODS TO AVOID:

- Meat
- Sugar
- Desserts
- Alcohol
- Artificial or processed foods
- Foods high in cholesterol
- Junk foods

BENEFITS OF DANIEL FAST:

Improved health; clear mind; manifested CHAYIL Glory; victorious spiritual warfare.

*****People with special needs such as: pregnancy, nursing mothers, other health issues (eg. Diabetes, etc.) should check with a Doctor for guidance.*