

GROCERY LIST

VEGETABLES	PROTEIN & LEGUMES
<p>kale spinach broccoli brussel sprouts asparagus cabbage green beans (any in season veggie is best)</p> <p>alfalfa sprouts lettuce bok choy collard greens zucchini carrots beets</p>	<p>tofu edamame black beans garbanzo beans lentils pinto beans</p> <p>FRUITS</p> <p>bananas blueberries black berries rasberries mango avocados lemon apples tomatoes</p>
FATS + OILS	"DAIRY"
<p>raw almonds almond/peanut butter (no sugar added) raw cashews coconut oil extra virgin olive oil chia seeds</p>	<p>almond milk coconut milk coconut milk yogurt</p>
GRAINS + "GOOD CARBS"	CONDIMENTS + SEASONINGS
<p>oats/oatmeal quinoa brown rice whole wheat breads (no yeast) rice cakes whole wheat tortilla sweet potatoes almond meal</p>	<p>siracha salsa apple cidar vinegar balsamic vinegar</p>

DANIEL FAST FOOD LIST

WHOLE GRAINS

BROWN RICE
QUINOA
BARLEY
ROLLED OATS
BULGUR
MILLET

VEGETABLES

ALL VEGETABLES ARE
ALLOWED (FRESH, FROZEN, CANNED)

AVOID THOSE WITH EXTRA SAUCES,
LIKE BUTTER OR CHEESE

FRUITS

ALL FRUITS ARE ALLOWED (AVOID
THOSE WITH ADDED SUGARS)

- FRESH
- FROZEN
- CANNED
- DRIED

BEANS & LEGUMES

BLACK BEANS
KIDNEY BEANS
PINTO BEANS
CHICKPEAS
CANNELLINI BEANS
GREAT NORTHERN BEANS
SPLIT PEAS
LENTILS
PEANUTS

NUTS & SEEDS

ALMONDS
CASHEWS
WALNUTS
PECANS
HAZELNUTS
PEANUTS
NUT BUTTERS (NO ADDED SUGARS)
PINE NUTS
PISTACHIOS
SUNFLOWER SEEDS
PUMPKIN SEEDS
SESAME SEEDS

OILS

OLIVE OIL
COCONUT OIL
SESAME OIL

Daniel FAST FOODS

I ATE NO PLEASANT FOOD, NO MEAT OR WINE CAME INTO MY MOUTH, NOR DID I ANOINT MYSELF AT ALL, TILL THREE WHOLE WEEKS WERE FULFILLED. - DANIEL 10:3

ALLOWED: FOODS GROWN FROM SEED, DRINK ONLY WATER



Vegetables

asparagus, broccoli, cabbage, celery, corn
kale, onions, potatoes, tomatoes, etc.



Fruits

apples, bananas, berries, oranges, pears,
plums, tangerines, watermelon, etc.



Nuts & Seeds

almonds, seeds, walnuts, nutbutters (no
sugar added, made with healthy oils), etc.



Healthy Liquid Oils

grapeseed, seed, olive, peanut, etc.



Whole Grains & Legumes

barley, brown rice, oats, popcorn, beans,
chickpeas, lentils, etc.

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Not Allowed

meats, animal products, dairy, eggs, sweets, all sweeteners, honey, breads with leaven, baked goods, refined and processed foods, deep fried "pleasant foods" like chips, solid fats (e.g. butter, margarine), soda, alcohol, white flour and rice, beverages other than water (can make a personal decision to include vegetable and fruit juices, (juicing fresh vegetables and fruits okay though), check labels.

DANIEL FAST

Eating Guide

EAT THIS



Fruits



Vegetables



Grains & Legumes



Nuts & Seeds



Water & Tea

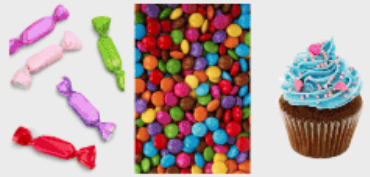
NOT THAT



Meat



Dairy



Sugar



Processed Foods



Caffeine & Alcohol