**Suggested- Fasting Foods starting January 14th-20th, 2019**

**However, Be Led by the Spirit of God – Pandemic 2020**

**(At least 1-3 day out of the 7 days, but continue to pray daily)**

**(Suggested Prayer on the colored cards)**

**Foods to include in your diet during the Daniel Fast**

**All fruits**. These can be fresh, frozen, dried, **juiced or canned.** Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, **cantaloupe, cherries**, cranberries, figs, grapefruit, **grapes**, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, **oranges,** papayas, **peaches, pears**, pineapples, plums, prunes**, raisins**, raspberries, strawberries, tangelos, **tangerines,** ***watermelon***

**All vegetables**. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, **broccoli**, Brussels sprouts, **cabbage**, carrots, cauliflower, celery, **chili peppers,** **collard greens, corn, cucumbers**, eggplant, garlic, ginger root, 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 are not allergic to soy.

**All whole grains**, including but not limited to **whole wheat, brown rice,** millet, quinoa, oats, barley**, grits, whole wheat pasta, whole** **wheat tortillas, rice cakes and popcorn.**

**All nuts and seeds**, including but not limited to **sunflower seeds**, **cashews, peanuts**, sesame. Also **nut butters** including **peanut butter.**

**All legumes**. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, **lentils**, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including but not limited **to olive**, **canola,** grape seed, **peanut,** and sesame.

**Beverages**: **spring water**, distilled water or other pure waters.

**Other**: tofu, soy products, vinegar, **seasonings, salt, herbs and spices**.

**Foods to avoid on the Daniel Fast**

**All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods** including but not limited to potato chips, French fries, corn chips.

**All solid fats** including shortening, margarine, lard and foods high in fat.

**Beverages** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.