

# Food List

Try not to get too hung up on what you should and shouldn't eat. The most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to Him. Your fast may look a little different than someone else's, and that's fine. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. These food guidelines are meant to be just that – a guide. They are given to help you create boundaries for your fast.

## Foods to Enjoy on the Daniel Fast

**All fruit** – 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
- Mangos
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangelos
- Tangerines
- Watermelon

**All vegetables** – fresh, frozen, dried, juiced, or canned.

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussel 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
- Squash
- Tomatoes
- Turnips

# Food List

Watercress  
Yams  
Zucchini

If you are not allergic to soy, veggie burgers are also an option.

## All whole grains

Amaranth  
Barley  
Brown rice  
Grits  
Millet  
Oats  
Popcorn  
Rice Cakes  
Quinoa  
Whole Wheat

## All nuts & seeds

Almond Butter  
Almonds  
Cashews  
Macadamia nuts  
Nut Butter  
Peanuts  
Pecans  
Pine nuts  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

## All legumes – canned or dried

Black beans  
Black eyed peas  
Cannellini beans  
Garbanzo beans (chickpeas)  
Great northern beans  
Kidney beans  
Lentils  
Pinto beans  
Split peas

## All quality oils

Avocado  
Coconut  
Grapeseed  
Olive  
Peanut  
Sesame  
Walnut

## Beverages

Distilled water  
Filtered water  
Spring water

## Other Foods

Coconut milk  
Herbs  
Pepper  
Rice milk  
Salt  
Seasonings  
Spices  
Soy milk  
Soy products  
Tofu  
Unsweetened almond milk  
Unsweetened coconut flakes

# Food List

## Foods to Avoid on the Daniel Fast

### All meat & animal products

Bacon  
Beef  
Buffalo  
Eggs  
Fish  
Lamb  
Pork  
Poultry

### All dairy products

Butter  
Cheese  
Cream  
Eggs  
Milk  
Yogurt

### All sweeteners

Agave nectar  
Artificial sweeteners  
Brown rice syrup  
Cane juice  
Honey  
Molasses  
Raw sugar  
Stevia  
Sugar  
Syrups

**All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).

**All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

**All deep-fried foods** – corn chips, French fries, and potato chips.

**All solid fats** – lard, margarine, and shortening.

**Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

### Healthy Snacking

The following is a list of healthy snack options. All of the snacks are combination snacks, including a protein, fat and/or fiber food with a carbohydrate food.

- Nuts, such as pecans, almonds, cashews and a piece of fruit/veggies
- Guacamole (no added preservatives other than citrus like lemon/lime) with sliced veggies
- Nut butters with fruit or veggies
- Hummus with sliced veggies
- Fruit salad (no added sugar)
- Oatmeal with nuts
- Fruit smoothie
- Bean dip and veggies
- Olives and crunchy chickpeas (chickpeas are roasted and seasoned in oven until crunchy)
- Apples or Pears



# *Daniel* FAST

## CAN HAVE

- All fruits
- All vegetables
- Mushrooms
- All whole grains:
  - amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat
- All nuts and seeds (raw)
- All legumes
  - black beans, cannellini beans, garbanzo beans, kidney beans, lentils, split peas, great northern beans, black-eyed peas.
- Quality oils
  - avocado, coconut, grapeseed, olive, sesame.
- Beverages
  - water
  - unsweetend coconut/almond milk
- Other
  - herbs, spices, unsweetened coconut flakes, seasonings, Bragg's aminos

## CANNOT HAVE

- All meat and animal products
  - bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- All dairy products
  - butter, cheese, cream, milk and yogurt
- All sweeteners
  - agave, artificial sweeteners, brown syrup, cane sugar, honey, molasses, raw sugar, syrups, stevia, sugar.
- All leavened bread and yeast
  - baked goods and Ezekiel bread (if has yeast)
- All refined and processed foods
  - meals in a box, junk food, crackers, cereal, white flour, white rice, chemicals, preservatives, flavorings
- All deep-friend foods
- All solid fats
- Beverages
  - Alcohol, coffee, energy drinks, herbal tea, tea

# BAKED OATMEAL



## Baked Oatmeal

If you prefer to start your day with a hot breakfast, you'll appreciate this baked dish.

COURSE Breakfast, Dessert, Snack

SERVINGS: 6 (2 squares per serving)

## INGREDIENTS

- 1 ½ cups old-fashioned rolled oats
- 1 ½ cups unsweetened almond milk
- ½ cup unsweetened applesauce
- ¼ cup chopped dried apricots
- ¼ cup chopped dates or raisins
- ¼ cup chopped pecans or walnuts
- ½ teaspoon cinnamon
- ¼ teaspoon salt

## INSTRUCTIONS

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

# TUSCAN SOUP



## Tuscan Soup

A perfect soup for a cold, rainy day (or any time you crave a bowl of delicious vegetable soup).

SERVINGS: 8

### INGREDIENTS

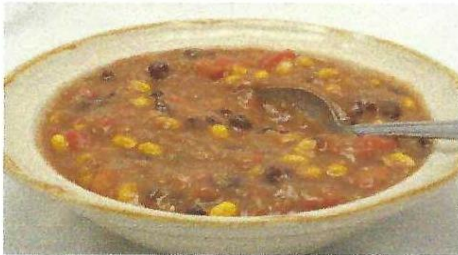
- 1 tablespoon extra-virgin olive oil
- 1 cup diced onion
- 1 cup diced carrots
- 2 cloves garlic, minced
- 6 cups [Vegetable Broth](#) or water see Recipe Notes
- 1 cup dry lentils, sorted and rinsed
- 1 15-ounce can cannellini beans, rinsed and drained
- 1 14.5-ounce can diced tomatoes, undrained
- ½ 10-ounce package frozen chopped spinach, unthawed
- ½ tablespoon dried crushed rosemary
- 1 bay leaf
- 1 teaspoon salt
- 1/8 teaspoon pepper

### INSTRUCTIONS

1. Heat olive oil in large saucepan over medium heat. Add onions and carrots, and cook until onions are soft and translucent. Stir in garlic, and cook 1 minute, stirring constantly so garlic doesn't burn.
2. Add water or broth, lentils, cannellini beans, tomatoes, spinach, rosemary, bay leaf, salt, and pepper. Heat to boiling, and then reduce heat. Simmer 20-25 minutes with lid tilted. Discard bay leaf before serving.

Yield: 8 servings (serving size: about 1 ¼ cups)

# TACO SOUP



## Taco Soup

This recipe is ideal for those nights when it's so cold outside you don't even want to leave the house. One bite and you'll see why Taco Soup is a great go-to meal during the winter months and any time of the year.

3.84 from 53 votes

SERVINGS: 8

## INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 cup diced onion
- 4 cups [Vegetable Broth](#) or water see Recipe Notes
- 1 14.5 ounce can diced tomatoes
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed, drained, and mashed
- 1 15-ounce can corn, drained
  - 1/2 cup dry polenta
  - 1 tablespoon [Taco Seasoning](#)
  - 1 teaspoon salt
  - 1/8 teaspoon pepper

## INSTRUCTIONS

Heat olive oil in large saucepan over medium heat. Cook onions until soft and translucent. Add broth, tomatoes, black beans, mashed pinto beans, corn, polenta, Taco Seasoning, salt, and pepper. Heat to boiling. Reduce heat, and cook 30 minutes.

## NOTES

- Substitute 1 1/2 cups cooked brown rice for polenta.
- Place corn in a food processor and pulse a few times for a cream-style texture.
- Use kidney beans instead of black or pinto beans.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. Example: Kitchen Basics Unsalted Vegetable Stock. If you can't find in the store, it's available on Amazon.

# Vegetarian Chili

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons salad oil
- 2 tablespoons chili powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground red peppers
- 2 cups corn kernels (fresh or frozen)
- 2 16 oz. cans tomatoes (juice and all)
- 2 16 oz. cans pinto beans (juice and all)
- 2 16 oz. cans black beans (juice and all)
- 1 4 oz. can mild green chilies
- 1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended.

Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: 6 generous servings



# Sautéed Green Beans & Carrots from Clean Eating Magazine January/February 2010



## Shopping List

- 1 tsp olive oil
- 1 medium shallot, finely diced
- ¾ lb green beans, trimmed (cut in half, if very long)
- 2 medium carrots, peeled and julienned
- 1 large orange, zested and juiced, divided
- 6 to 8 sprigs fresh dill, chopped (about 2 tbsp)
- 1 to 2-inch piece horseradish root, peeled and freshly grated (about 1 tbsp) or 2 tbsp all-natural prepared horseradish
- Sea salt and fresh ground black pepper, to taste



## Directions

1. Heat oil in a large sauté pan over medium-high heat. Add shallot, beans and carrots and sauté, stirring often, about 3 to 4 minutes.
2. Add orange juice to pan and stir once, cover pan with lid and steam for about 1 to 2 minutes.
3. Remove pan from heat, add orange zest, dill and horseradish. Season with salt and pepper. Serve immediately.





25-30  
Minutes  
PREP TIME

# Spa Vegetable Soup

From *The Butt Book* by Tosca Reno



## Shopping List

- 3 c veggie stock (or low-sodium chicken stock if not on Daniel Fast)
- 1 carrot, peeled and diagonally sliced
- 1 c celery, diagonally sliced
- ½ c finely sliced savoy cabbage, red cabbage or spinach
- 1 c cauliflower florets
- 1 c broccoli florets
- 1 green onion, diagonally sliced
- Salt and pepper to taste



## Directions

1. In a saucepan, bring stock to a boil. Add carrot and simmer for 10 minutes.
2. Add remaining vegetables and simmer until tender, about 15 minutes. Season with salt and pepper to taste.

# Vegetable Cabbage Soup

## from Delish



### Shopping List

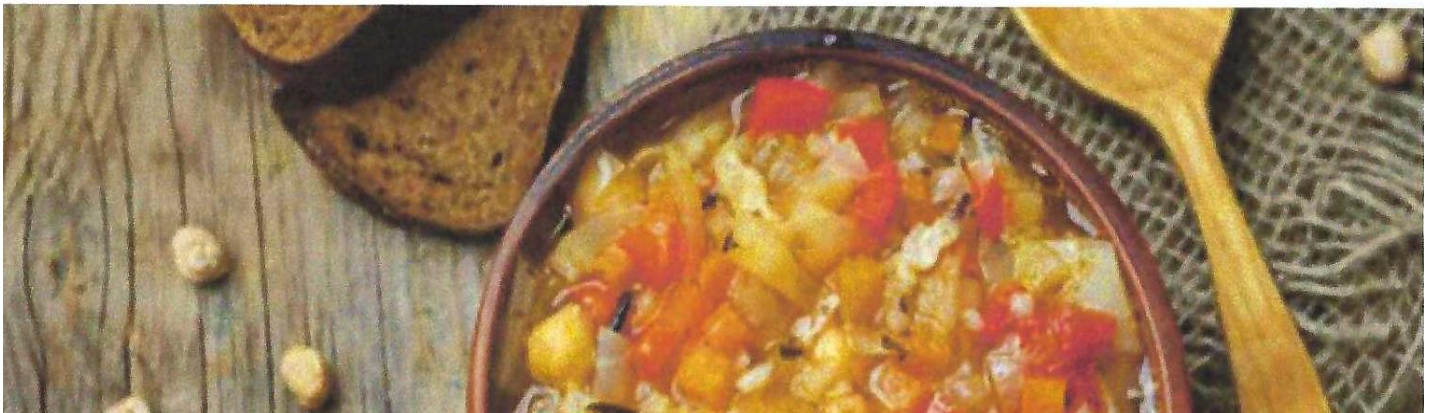
2 tbsp. extra-virgin olive oil  
1 large onion, chopped  
2 carrots, chopped  
2 stalks celery, minced  
1/2 tsp. chili powder  
Kosher salt  
Freshly ground black pepper  
1 (15-oz.) can white beans, drained and rinsed  
2 cloves garlic, minced  
1 tsp. thyme leaves

4 c. vegetable broth (See page 37)  
2 c. water  
1/2 large head cabbage, chopped  
1 (15-oz.) can chopped fire-roasted tomatoes  
Pinch red pepper flakes  
2 tbsp. freshly chopped parsley, plus more for garnish



### Directions

1. In a large pot (or dutch oven) over medium heat, heat olive oil. Add onion, carrots, and celery, and season with salt, pepper, and chili powder. Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in beans, garlic, and thyme and cook until garlic is fragrant, about 30 seconds. Add broth and water, and bring to a simmer.
2. Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
3. Remove from heat and stir in red pepper flakes, and parsley. Season to taste with salt and pepper. Garnish with more parsley, if using.



# Veggie Stock from Kitchen Scraps by Tasty

## Ingredients

- Onions (tops, bottoms and skins)
- Celery (tops and bottoms)
- Carrots (tops, bottoms and skins)
- Mushrooms (stems)
- Garlic (tops, bottoms and skins)
- Potatoes (tops, bottoms and skins)
- Parsley (stems)

You can add many other vegetable scraps (think sweet.) i.e. corn cobs, winter squash, zucchini and other squash, beet greens, fennel, chard, lettuce, parsnips, green beans, pea pods, bell peppers, eggplant, asparagus, and herbs like dill, thyme, parsley, cilantro and basil.

AVOID vegetables like brussels sprouts, broccoli or cauliflower as they will add a bitter taste to your stock.



## Directions

1. Remove tops/bottoms/skins/stems from any vegetables you are preparing and place them in a ziplock bag and put in the freezer. Continue like this until bag is full. They can stay frozen up to 6 months.
2. Dump bag into pot and fill  $\frac{3}{4}$  of the pot (or until scraps just start to float) with water.
3. Bring water to a boil and let simmer for at least 30 minutes.
4. Pour the broth through a fine mesh strainer into a large heat-proof bowl or pot; put solids aside (can compost these later).
5. Once the broth has cooled, transfer it to airtight containers. Refrigerate stock up to 4 days, or freeze up to 3 months.

# ULTIMATE HEALING GUAC

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PREP TIME: 5 MINUTES | SERVINGS:2

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## *ingredients*

2 avocados  
2-5 garlic cloves (to  
taste, start with 2)  
1/4 of cilantro bunch  
1/4 of a small red onion  
1/4 of green pepper  
1 green onion stalk  
juice of 1/2- 1 lime  
salt  
pepper

## *directions*

1. Cut avocado in half and separate. Safely remove seed. Put in a bowl (a large molcajete is best), add salt and pepper to the top, and mash until just slightly chunky.
2. Chop cilantro and red onion to your liking add to avocado and mix together. Repeat with green pepper and green onion.
3. Mince garlic cloves and put juice of lime on top then mix into your guac.
4. Taste to make sure you have enough salt and pepper.
5. Enjoy!

# FRESH SALSA

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PREP TIME: 15 MINUTES | SERVINGS: SEVERAL

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## *ingredients*

6 tomatos  
1 jalapeño  
1 bunch of green onion  
1 clove of garlic  
1 green pepper  
1 bunch of cilantro  
juice of 1 lime  
salt and pepper to taste

## *directions*

1. Chop tomatoes, jalapeños, green onion, garlic, green pepper and cilantro into big chunks.
2. Add to food processor and blend until texture of your liking.
3. Transfer into a medium bowl and add lime and salt and pepper to your taste. Mix well.
4. Ready to use. Can use vegetables or put on top of other meals.

# ROASTED BREAKFAST POTATOES

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COOK TIME: 45 MINUTES | SERVINGS: 4-6

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## *ingredients*

2 pounds red potatoes  
cubed  
3 cups sliced bell  
pepper (any color)  
1 medium vidalia onion  
sliced and chopped  
1/2 tsp smoked paprika  
1/2 tsp cumin  
1/2 tsp garlic powder  
1/4 tsp black pepper  
salt to taste  
2 tbsp olive oil

## *directions*

1. Preheat oven 450
2. Prep all potatoes and veggies and add them to a large bowl.
3. Option to sauté onions before adding to bowl.
4. Toss the potatoes and veggies with the spices (and optional oil).
5. Transfer to baking dish.
6. Bake the potatoes and veggies in the preheated oven for 45 minutes (toss half-way through), until potatoes are nicely browned and crisp.