

# Fasting

## Food Guidelines for a 21-Day Daniel Fast

A “Daniel fast” is based on Daniel 10:2-3, which says that the prophet Daniel spent three weeks mourning and praying for the Jewish people. During this time, the Bible says Daniel “ate no tasty food” and abstained from meat and wine. No detailed list of foods is offered, but we can assume that he kept his diet very simple.

During a Daniel fast, the diet consists mainly of fruits and vegetables. Keep in mind that you should consume plenty of water. As with all forms of fasting, you may experience headaches, fatigue or irritability because toxins that have been stored in your body will be released. Always consult a doctor before fasting if you have medical conditions such as diabetes or hypoglycemia, or if you are on medication.

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, 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, turnip greens, watercress, yams, zucchini; veggie burgers are an option if you are not allergic to soy.

**Liquids:** Spring water, distilled water, 100 percent all-natural fruit juices, 100 percent all natural vegetable juices.

**Others:** Seeds, nuts, sprouts.

**Foods to Avoid:** Meat, white rice, fried foods, caffeine, carbonated beverages, foods containing preservatives or additives, refined sugar and sugar substitutes, white flour and all products using flour, margarine, shortening, high-fat products.