

# DANIEL FAST

From 'Awakenings' by Stovall Weems.

The 'Daniel Fast' is a 21 day fast based on the events described in the Bible's book of Daniel and in particular Chapter 1 & Chapter 10.2-3, where Daniel ate only fruit, vegetables, nuts and drank water in order to not defile himself with the food set before him.

The purpose of the fast is individual, however it is essentially a discipline to enable a more intimate relationship with God.

You can choose whether you do a full Daniel Fast, or do a partial fast by simply deciding on a particular food, beverage, habit or regular past time that you are prepared to forgo (fast). Examples could be fasting coffee, chocolate, TV, etc. all of which can be substituted to spend more time reading the Bible, seeking God and in prayer. The main idea is that as we start to crave the physical foods, we would depend more upon the spiritual food or 'bread from heaven'.

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

All fruits. These can be fresh, frozen, dried, juiced or canned.

All vegetables. These can be fresh, frozen, dried, juiced or canned, 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, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds

All legumes. These can be canned or dried.

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

All refined and processed food products including but not limited to artificial flavourings, 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.

Remember, **READ THE LABELS!**

