**Daniel Fast 2024**

I want to introduce you to a secret healing therapy that can take your spiritual, physical and emotional health to a whole new level — it’s called the Daniel Fast, and it includes many Bible foods that support healing.

Fasting is a natural discipline that can bring supernatural results. I’ve seen fasting work when nothing else will. Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul, even Jesus … fasted.

In fact, they didn’t just fast for a day or two, but both Jesus and Moses fasted for 40 days! The Bible is filled with more than 70 references to fasting, but over the last several decades fasting has disappeared from the church and is only beginning to make a resurgence today.

What is a fast? Fasting is abstaining from something like food, drink or entertainment for a period of time to create some type of benefit in body, mind or spirit.

There are many types of fasts, including: a standard fast (water only); an absolute Fast (no water or food); a partial fast (restrict certain food and drink categories); or an intermittent fast (only eating during a small daily window, for example: 1 p.m.–6 p.m.).

If you are looking for a healing breakthrough in body, mind and spirit, then you should keep reading and find out how to do the Daniel Fast.

**What Is the Daniel Fast?**

The Daniel Fast or Daniel Diet is based upon the prophet Daniel’s dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It’s a type of partial fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein.

Many users of this Biblically based fasting method follow it for 21 consecutive days.

Looking for Daniel Fast scripture readings? The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

Daniel 1:12, which states, “Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink.”

Daniel 10: 2-3, which says, “In those days I, Daniel, was mourning three full weeks. 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.”

The Daniel Fast only includes clean foods as described in Leviticus 11.

While on the Daniel Fast, you won’t be consuming any protein from animal sources at all.

**Daniel Fast Menu**

According to our understanding of the Hebrew definition of “pulse” that was used in the verse for vegetables can actually mean a range of foods. Here is the Daniel Fast food list of what you are allowed to eat, aka your eating plan.

Consider it a stricter version of a vegan diet yet overall plant based.

**Beverages**

Water only — it must be purified/filtered; spring or distilled water is best.

Homemade almond milk, coconut water, coconut kefir and vegetable juice

**Vegetables** (should form the basis of the diet)

Fresh or cooked

May be frozen and cooked but not canned

**Fruits** (consume in moderation 1–3 servings daily)

Fresh and cooked

Ideally low glycemic index fruits like stone fruits, apples, berries, cherries and citrus fruits

May be dried but should not contains sulfites, added oils or sweeteners

May be frozen but not canned

**Whole grains** (consume in moderation and ideally sprouted)

Brown rice, oats quinoa, millet, amaranth, buckwheat, barley cooked in water

**Beans and Legumes** (consume in moderation)

Dried and cooked in water

May be consumed from can as long as no salt or other additives are contained and the only ingredients are legumes or beans and water

**Nuts and Seeds** (sprouted are best)

Raw, sprouted or dry roasted with no salt added

Related: Ezekiel Bread: Superfood or Gluten Trap?

**Common Foods**

Here is a list of some common foods you can consume on their own or include in Daniel Fast recipes:

**Vegetables** (preferably organic and fresh or frozen)

Artichokes, Asparagus, Beets, Broccoli, Brussel sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard greens, Corn, Cucumbers, Eggplant, Green beans, Kale, Leeks, Lettuce, Mushrooms, Mustard greens, Okra, Onions, Peppers, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squash, Sweet potatoes, Tomatoes, Turnips, Yams, Zucchini

**Fruits** (preferably organic and fresh or frozen)

Apples, Apricots, Avocados, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Coconuts, Cranberries, Dates, Figs, Grapefruit, Grapes, Guava, Honeydew melons, Kiwi, Lemons, Limes, Mangoes, Melons, Nectarines, Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon

**Legumes** (preferably organic)

Black beans, Black-eyed peas, Garbanzo beans, Kidney beans, Lentils, Mung beans, Pinto beans, Split peas

**Nuts and Seeds** (preferably organic, raw, unsalted and soaked/sprouted)

Almonds, Cashews, Chia seeds, Flaxseeds, Pumpkin seeds, Sesame seeds, Sunflower seeds, Walnuts

**Whole Grains** (preferable organic)

Amaranth, Barley, Brown rice, Millet, Quinoa, Oats (groats soaked)

**Liquids**

Water (spring, distilled, filtered), Vegetable juice (fresh pressed), Coconut milk, Coconut kefir, Almond milk

**Foods to Avoid**

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And I want to mention that some allow sea salt or Himalayan salt and others do not.

My recommendation is to only use a bit of sea salt when necessary, in flavoring dishes. Here are foods you definitely want to refrain from eating:

Iodized salt, Sweeteners, Meat, including shellfish, Dairy products, Processed foods, Breads, pasta, flour, crackers (unless made from sprouted ancient grains), Cookies and other baked goods, Oils, Juices, Coffee, Energy drinks, Gum, Mints, Candy

NOTE: Nutritional supplements are optional. If any are taken while on the fast, then they would preferably be in line with the accepted foods/ingredients that are listed.

**Potential Benefits**

When you fast and pray — two words that go hand-in-hand in scripture — you pursue God in your life and open yourself up to experiencing a renewed dependence on God, but it isn’t easy. It is a spiritual discipline that requires denying your physical and mental self because your stomach and your brain will most likely work overtime to remind you when and what they want to eat!

As I mentioned earlier, Daniel wasn’t the only one in the Bible who fasted. There were others, but you don’t have to be a “spiritual giant” like Daniel or put yourself through torturous fasts to draw closer to God.

However, fasts can help focus your spirit, heart and mind on God and not your own eating and drinking desires.

In fact, before you begin your fast, you can make a list of prayer requests you are asking God to answer. Then, every time you experience hunger pangs or food or drink cravings, ask God to work in your Daniel Fast prayer request areas.

**How can a Daniel Diet benefit you physically?**

During a fast, many systems of the body are given a break from the hard work of digesting foods that it normally has to manage. The extra energy the body gains gives the body a chance to restore itself, while the burning of stored calories gets rid of toxic substances stored in the body.

Here’s another example.

The digestive tract is the body area most exposed to environmental threats, including bacteria, viruses, parasites and toxins. Plus, most of your immune system is in your digestive tract, so it needs to be in top shape.

When food is broken down in the intestines, it travels through the blood to the liver, the largest organ of the body’s natural detoxification system.

The liver breaks down and removes the toxic byproducts produced by digestion, including natural ones and the chemicals which are typically present in our food supply and often on our daily menus. During a fast, the liver and immune system are essentially freed up to detoxify and heal other parts of the body.

Some of the potential benefits of a Daniel diet can be broken down into three categories: spiritual; mental and emotional; and physical.

**Spiritual Benefits**

Spiritual growth is a top reason for fasting and may include:

Fasting brings you closer to God

Fasting makes you more sensitive to God’s voice

Fasting helps break bad habits or even addictions

Fasting shows us our weakness and allows us to rely on God’s strength

**Mental and Emotional Benefits**

Fasting benefits are different from person to person, but the following have been known to occur:

Fasting relieves anxiety and nervousness

Fasting can increase peace and shalom

Fasting clears your mind of negative thoughts and feelings

Fasting can help heal relationships in your life that have been stressful

Fasting decreases brain fog

Fasting helps increase your ability to trust God

Fasting clears out toxins that can make you feel sluggish or depressed

**Physical Benefits**

Some benefits to the physical body have been known to include:

Fasting helps break addictions to sugar

Fasting supports the body’s detoxification

Fasting helps one lose weight

Fasting promoted healthy energy levels

Fasting improves skin health

Fasting promotes healthy digestion and elimination

Fasting supports healthy inflammation response and promotes joint comfort

Fasting promotes healthy hormonal balance

Now let’s talk specifically about the elements of the Daniel Fast, including vegetables, fruits and water. The dietary fiber, vitamins, minerals, and antioxidants in vegetables and fruits help to add vibrancy to your health.

A diet high in vegetables and fruits is known for halting bodily inflammation and oxidation — two primary processes that can lead to ill health. No wonder Daniel and his friends looked better than the others!