**Food Guidelines for a Daniel Fast**

**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, Oats, 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, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.
* **Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% natural Vegetable Juices. You may also drink protein drinks.
* **Others:** Seeds, Nuts, Sprouts

**Foods to Avoid:**

· Meat

· White Rice

· Fried Foods

· Caffeine

· Carbonated Beverages

· Foods Containing Preservatives or Additives

· Refined Sugar

· Sugar Substitutes

· White Flour and All Products Using It

· Margarine, Shortening, High Fat Products