

Daniel Fast Simplified Food List

On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind that not every item may be listed here.

FOODS TO EAT

Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Other

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it).

FOODS TO AVOID

Animal products

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy, (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

Added sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast

Yeast (and, therefore, leavened bread) isn't part of the Daniel Fast. (For an explanation on why it's excluded, see #1 under "Food" on my FAQs page.)

Refined grains

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

Processed food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

Deep-fried food

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid fats

Butter, lard, margarine, and shortening.

Chocolate

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

Caffeinated and alcoholic beverages

Alcohol, coffee, caffeinated tea, and energy drinks.