



Daniel Fast 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).

What is the Daniel Fast?

The Daniel Fast is based on the prophet Daniel's fasting experiences as recorded in the Bible. The fast is a biblically based partial fast. According to Daniel 1, the results were: (v. 17) learning, skill, wisdom, spiritual understanding, favor, and better appearance! (v. 19) In Daniel 10, the fast resulted in answered prayer and spiritual insight. (vv. 11-12) One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat.

What is the Daniel Fast?

The Daniel Fast is a method of fasting. It's a *partial fast*, meaning that some foods are eaten and others are restricted.

The Daniel Fast is based on the fasting experiences of the Old Testament Prophet Daniel when he and his companions were captured in Israel by the Babylonians under the rule of King Nebuchadnezzar. These young and very intelligent men were to be groomed to take some of the administrative positions of the growing Babylonian empire. So while they were captives, they were still treated very well.

I encourage you to read
the Book of Daniel to
gain a glimpse of this
devoted servant of God.

Daniel was a man of deep faith and devoted to the God of Abraham, Isaac and Jacob. When served the food and wine of the king, Daniel didn't want to defile his body and so requested a different meal:

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink." Daniel 1:12 KJV

Pulse is food grown from seed, so the Daniel Fast is a plant-based way of eating and consists of fruits, vegetables, whole grains, legumes, nuts, seeds, health oils, herbs and spices. You will also see from the verse that the only beverage on the Daniel Fast is water.

Many years later, Daniel was mourning over Israel and its long captivity. From this experience we gain another set of guidelines for the Daniel Fast:

"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:3 KJV

From this passage, and using various translations, the standards of sweeteners (including artificial varieties), leavening agents, deep fried foods, solid fats and sweet desserts are not allowed on the Daniel Fast. It is also from this verse that we the 21-day period is set, however many people use the Daniel Fast for as few as seven days and for as many as 50 days.

Please refer to the [Daniel Fast book](#) for more detailed information about the Daniel Fast.