

DANIEL FAST – FOODS YOU MAY EAT

Vegetables (All kinds, fresh, frozen, or dried)

- Leafy greens (spinach, kale, lettuce, collards)
- Broccoli, cauliflower, cabbage
- Carrots, beets, turnips
- Sweet potatoes, yams
- Squash, zucchini, cucumbers
- Peppers, onions, garlic
- Green beans, peas
- Tomatoes (fresh or canned with no additives)

Fruits (Fresh, frozen, or dried with no added sugar)

- Apples, bananas
- Oranges, lemons, limes
- Grapes, berries
- Mango, pineapple, papaya
- Peaches, pears
- Dates, figs, raisins (unsweetened)

Whole Grains

- Brown rice
- Quinoa
- Oats (plain)
- Barley
- Millet
- Whole wheat (berries or flour, minimally processed)

Legumes (Beans & Lentils)

- Black beans, pinto beans
- Kidney beans, navy beans
- Chickpeas (garbanzo beans)
- Lentils (all kinds)
- Split peas

Nuts & Seeds (Unsalted, no oils)

- Almonds, walnuts, cashews
- Pecans, pistachios
- Sunflower seeds
- Pumpkin seeds
- Chia seeds, flax seeds, sesame seeds

Healthy Oils (Use sparingly)

- Olive oil
- Avocado oil
- Sesame oil

Beverages

- Water (plain or infused with fruit)
- Herbal teas (no sweeteners)

Herbs & Spices

- Basil, oregano, thyme
- Parsley, cilantro
- Cinnamon, ginger
- Turmeric
- Black pepper, cayenne
- Sea salt (minimal)

FOODS TO AVOID

- Meat, poultry, fish
- Dairy (milk, cheese, butter, yogurt)
- Eggs
- Sugar, honey, syrups
- Sweeteners (natural or artificial)
- White flour & processed foods
- Fried foods
- Coffee, soda, alcohol
- Additives & preservatives

Reminder

The Daniel Fast is **about prayer, humility, and drawing closer to God**, not just food choices.

RECOMMENDED DANIEL FAST MEALS & RECIPES

BREAKFAST IDEAS

Oatmeal with Fruit

Old-fashioned oats cooked in water
Top with bananas, apples, or berries
Sprinkle cinnamon or chopped nuts

Fruit Bowl

Mixed fresh fruit
Add chia or flax seeds for fullness

Smoothie

Water + frozen berries + banana + spinach
Optional: flax or chia seeds
(No sweeteners)

LUNCH IDEAS

Bean & Veggie Bowl

Brown rice or quinoa
Black beans or lentils
Steamed broccoli, carrots, onions
Drizzle olive oil + herbs

Chickpea Salad

Chickpeas
Tomatoes, cucumber, red onion
Lemon juice, olive oil, salt, pepper

Lentil Soup (Simple Recipe)

Lentils
Onion, garlic, carrots
Water or vegetable broth (no additives)
Simmer with bay leaf, cumin, and pepper

DINNER IDEAS

Stir-Fried Vegetables

Mixed veggies (bell peppers, zucchini, onions, broccoli)

Sauté lightly in olive oil

Season with garlic, ginger, and herbs

Serve over brown rice

Stuffed Bell Peppers

Fill peppers with cooked quinoa, beans, onions, tomatoes

Bake until tender

Sweet Potato Plate

Baked sweet potato

Side of sautéed greens (spinach or kale)

Add beans or lentils for protein

SNACK IDEAS

Raw nuts or seeds (unsalted)

Fresh fruit

Veggie sticks (carrots, cucumbers, celery)

Leftover beans or soup

SIMPLE DANIEL FAST HUMMUS

Chickpeas

Olive oil

Lemon juice

Garlic

Blend with a little water

(No tahini if avoiding processed items)

HELPFUL TIPS

Keep meals **simple and repetitive**—it helps spiritually and practically

Prep beans, rice, and veggies in advance

Drink plenty of water

QUICK DANIEL FAST MEALS

Rice & Veggie Skillet

Brown rice (pre-cooked)
Frozen mixed vegetables
Garlic, onion powder, black pepper
Heat together with a splash of olive oil

Warm Bean Plate

Any cooked beans
Sautéed onions & bell peppers
Sprinkle cumin or paprika
Eat as-is or over greens

Kale & White Bean Bowl

Steamed kale
White beans or cannellini beans
Olive oil + lemon juice + salt

Sweet Potato & Bean Mash

Microwaved sweet potato
Mash with black beans
Season with garlic & pepper

Cucumber Chickpea Bowl

Chickpeas
Chopped cucumber
Dill or parsley
Lemon juice + olive oil

Mushroom & Spinach Sauté

Mushrooms sautéed with garlic
Add fresh spinach until wilted
Serve with quinoa or rice

Corn & Bean Bowl

Whole corn (fresh or frozen)

Pinto or black beans

Onion, cilantro, lime

Roasted Veggie Wrap (No Bread)

Roasted carrots, zucchini, onions

Wrap in large lettuce leaves

Add avocado slices

Quick Tomato Bean Stew

Canned tomatoes (no additives)

Any beans

Simmer 10 minutes with herbs

Baked Potato Plate

Baked white or sweet potato

Top with beans and sautéed greens

Basic Nopal Salad Recipe

Ingredients

Cooked nopales (strips, boiled & rinsed)

Tomato (chopped)

Onion (finely diced)

Cilantro

Lime juice

Olive oil (optional)

Salt & pepper

Instructions

Boil nopales with onion and garlic until tender (10–15 min).

Rinse well to remove excess slime.

Mix with fresh vegetables.

Season with lime, salt, and herbs.

DANIEL FAST CHALUPA IDEAS

(No meat, dairy, fried foods, or refined flour)

Base Options

Baked corn tortillas (100% corn, no additives)

Whole-grain flatbread (if approved by your church)

Lettuce cups (very simple option)

Bake tortillas at 375°F (190°C) for 8–10 minutes until lightly crisp.

Chalupa Fillings (Mix & Match)

Black beans or pinto beans (seasoned with garlic, onion, cumin)

Lentils cooked with onion and bell pepper

Roasted sweet potatoes (olive oil + paprika)

Sautéed zucchini, mushrooms, or peppers

Shredded cabbage or lettuce

Fresh tomatoes or pico-style chopped veggies

Daniel Fast “Sauce” Ideas

Avocado mash (avocado + lime + salt)

Fresh salsa (tomato, onion, cilantro, lime)

Roasted tomato sauce (blended tomato, garlic, onion)

Sample Daniel Fast Chalupa

Baked corn tortilla

Black beans + roasted sweet potatoes

Shredded cabbage

Fresh salsa

Avocado mash

Simple, filling, and flavorful

ALTERNATIVE FAST IDEAS (NON-DANIEL FAST)

One-Meal-a-Day Fast

Eat **one regular meal per day**

Skip the other meals and use that time for prayer

Drink water throughout the day

Time-Restricted Fast

Examples:

Eat only between **12 PM – 6 PM**

Fast from food **sunup to sundown**

Skip breakfast daily

Partial Food Fast

Give up **one category of food**, such as:

Sweets & desserts

Soda & sugary drinks

Fast food

Snacks between meals

Beverage Fast

Give up:

Coffee - Energy drinks - Soda - Sweetened drinks

Drink water or herbal tea only

Good for: Those unable to change meals

Pleasure Fast

Give up one personal comfort:

Sweets - Snacks - Eating out - Late-night eating

IMPORTANT CHURCH GUIDANCE

Fasting should **never harm health**

Participants should **choose prayer over pressure**

We encourage you to **consult a doctor if needed**

The heart of the fast is **seeking God**, not comparison