

# **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