

**The Daniel Fast** is based on two passages from the Old Testament book of Daniel (chapters 1 and 10), with influence from traditional Jewish fasting laws.

To be clear, Daniel wasn't actually fasting in chapter 1. He was simply being obedient to God by avoiding foods that were off limits to his people. It's also important to note that you won't find reference to a "Daniel Fast" anywhere in the Bible. That's because it's a recent concept, not a practice mandated by God. In other words, the rules aren't written in stone.

Think of the Daniel Fast as "inspired by actual events." We can't be sure what the ancient prophet ate and what he didn't, but that's not what's important. The purpose of this exercise is to emulate Daniel's heart for the Lord. In the process, we just might find ourselves "healthier and better nourished" (Daniel 1:15) than before we began.

Below is a list of YES foods (those to include) and NO foods (those to avoid). While this is not an exhaustive list, it should provide a basic outline for your fast. You will find minor variations on other websites, but these are the guidelines I'll be observing for all recipes on this blog.

### **YES Foods**

- **Fruits & Vegetables:** fresh, frozen, dried, canned
- **Whole Grains:** barley, brown rice, bulgur wheat, millet, popcorn, oats, whole wheat flour
- **Pseudo grains** (seeds that are used the same way as grains): amaranth, buckwheat, quinoa, wild rice
- **Legumes:** beans, lentils, peas, peanuts
- **Nuts & Seeds:** raw, sprouted, dry-roasted
- **Unrefined Oils:** avocado, coconut, flax seed, olive, red palm, sesame seed, walnut
- **Beverages:** water, fresh-pressed juice, nut milk
- **Seasonings:** herbs, spices, soy sauce, tamari, liquid aminos, vinegar
- **Other:** nutritional yeast

### **NO Foods**

- **All Animal Products:** dairy, eggs, fish, meat, poultry
- **Sweeteners:** natural and artificial
- **Leavened Breads:** anything with baking powder, baking soda or yeast
- **Refined Grains:** white flour, white rice
- **Processed Foods:** those containing artificial flavors, chemical additives or preservatives
- **Refined Oils:** canola, corn, soybean, vegetable
- **Beverages:** alcohol, coffee, tea
- **Other:** deep-fried foods, gum, mints

**Drink lots of water!** It should be your primary beverage during the Fast. While fresh-pressed juices have some amazing health benefits, they should be viewed as meal supplements or meal replacements.