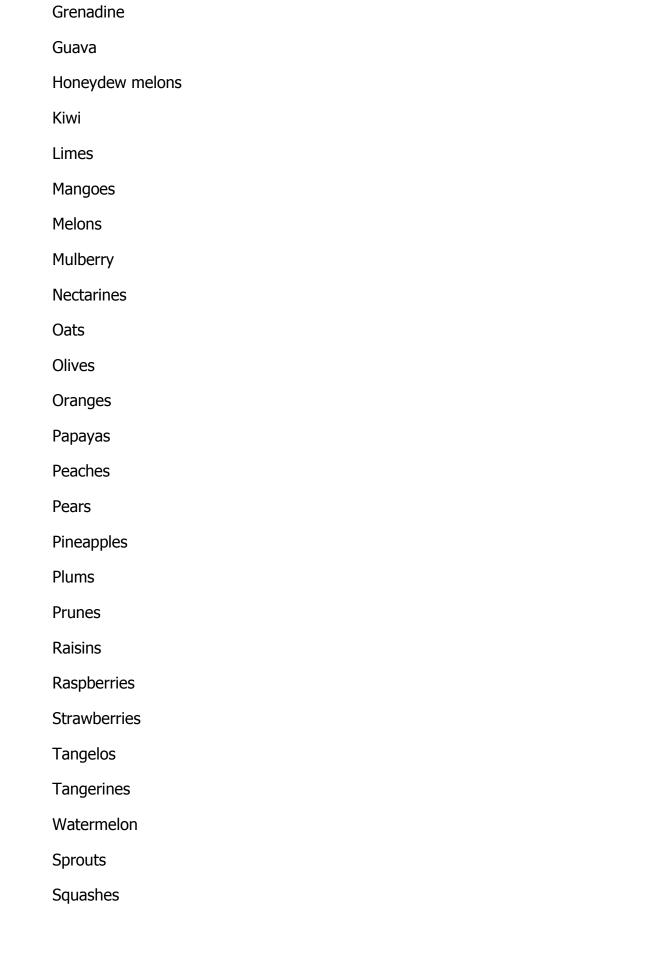
CHRIST'S CHURCH DANIEL FAST

Foods to include in your diet during the Daniel Fast

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar) **Apples Apricots Avocados Bananas Berries** Blackberries Blueberries Boysenberries Breadfruit Cantaloupe Cherries Coconuts Cranberries **Dates** Figs Grapefruit

Grapes



Sweet potatoes
Tomatoes
Turnips
Watercress
Yams
Zucchini
Lemons
Vegetables:
These can be fresh, frozen, dried, juiced or canned (watch salt content).
Artichokes
Asparagus
Beets
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Chili peppers
Legumes: Dried beans, Black beans, Cannellini, Pinto beans, Split peas, Lentils
Seeds: All nuts (raw, unsalted), Sprouts, Ground flax
Whole Grains: Whole wheat, Brown rice, Millet, Quinoa Oats
Liquids: Water (spring, distilled, filtered), Unsweetened Soy Milk

Other: Tofu, Soy products, Herbs, Small amounts of Honey, Small amounts of Sea Salt, Small amounts of Ezekiel Bread

Collard greens
Corn
Cucumbers
Eggplant
Garlic
Ginger root
Kale
Leeks
Lettuce
Mushrooms
Mustard greens
Okra
Onions
Parsley
Peppers
Potatoes
Radishes
Rutabagas
Scallions
Spinach
Black eyed peas
Green beans
Green peas
Kidney beans
Peanuts (includes natural peanut butter)
Cashews

Walnuts
Sunflower
Rolled Oats
Plain Oatmeal- not instant Barley, Grits (no butter)
Whole wheat pasta
Beans
Lentils
Lupines
White Peas
Sesame
Almonds
Natural Almond Butter
Whole wheat tortillas
Plain Rice cakes
Popcorn (see recipe in FAQ's)
Herbal (caffeine free) Tea
100% Fruit/Vegetable Juice (no added sugar)
Small amounts of Olive Oil
Spices (read the label to be sure there are no preservatives)