

Prepare for the Daniel Fast

During the Daniel Fast you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms.

You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period.

Anytime you have concern about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!

As a corporate body we are fasting from sundown September 8th to sundown September 29th.

For great recipe ideas pick up a recipe booklet and you can go to www.daniel-fast.com and www.ultimatedanielfast.com for more recipe ideas.

Also like Live Oak's Daniel Fast page on Facebook for updates on recipes, encouragement and other exciting information during the fast.

www.facebook.com/LOCDanielFast

In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 10:2,3



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2019 *Daniel* FAST
FIGHT

BECAUSE YOUR _____ IS WORTH IT

September 8-29

Quick Guide

Daniel Fast Food List

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific health needs.

Foods to include during the Daniel Fast

All Fruits: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All Vegetables: These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini and veggie burgers.

All Whole Grains: Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All Nuts and Seeds: Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also all nut butters including peanut butter.

All Legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans and white beans.

All Quality Oils: Including but not limited to olive, canola, grape seed, peanut and sesame.

Beverages: These include spring water, distilled water and all other pure waters.

Other: Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All Meat and Animal Products: Including but are limited to beef, lamb, pork, poultry and fish.

All Dairy Products: Including but not limited to milk, cheese, cream, butter and eggs.

All Sweeteners: Including but not limited to sugar, raw sugar, syrups, molasses and can juice.

All Leavened Bread: Including Ezekiel Bread and baked goods.

All Refined and Processed Foods Products: Including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour and foods that contain artificial preservatives.

All Deep Fried Foods: Including but not limited to potato chips, and french fries .

All Solid Fats: Including shortening, margarine, lard and foods high in fat.

Beverages: Including but not limited to coffee, tea, carbonated beverages, energy drinks and alcohol.

When you shop for food remember to READ THE LABELS to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners-all of which are not allowed on the Daniel Fast.