



## **PRACTICAL GUIDELINES TO THE DANIEL FAST:**

### **Foods to Avoid:**

- No meat, fish and chicken.
- No dairy products and eggs.
- No soups that contain meat.
- Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives/Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products using it, Margarine, Shortening and High Fat Products.

### **Foods You May Eat:**

- All vegetables and fruit.
- Nuts, different beans and soy for protein.
- Whole Grains: Brown Rice, Oats and Barley.
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils and Black Eyed Peas.
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon etc.
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, 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 are an option if you not allergic to soy.
- Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
- Others: Seeds, Nuts, and Sprouts.

### **Vegetable Soups (Vegetable Stock To Taste):**

- Potato and Leek soup
- Vegetable soup
- Butternut soup
- Onion soup etc.

### **Vegetable Platter for Main Course:**

- Potatoes in jackets, avocados, sweet potatoes, corn cobs, aubergines, carrots, peppers, cabbage, cauliflower, broccoli, (of this can be fried up in olive or sunflower seed oil and served as a Mediterranean vegetable dish).

### **Fruit and Vegetable Juices:**

- Avoid pure, over the counter fruit juices, especially in the morning as the sugar content is too high and if you do take it, take a portion of protein (nuts or protein powder) with it.
- Home made fruit and vegetable juices will require a juice extractor and liquidizer if possible. Or else just have the fruit and vegetables in their natural form.
- Vegetables like carrots, spinach, celery, cabbage, beetroot (all raw) need to be juice extracted.
- Fruit like apples can be liquidized or juice extracted.
- Fruit like paw-paws, bananas, pears, berries, can all be liquidized.
- Add a good portion of ice to the mixture and it thins the concentration and increases the volume.
- Once again protein powder can be added (Combine vegetables and fruit juices eg. Juice extracts, beetroot, cabbage, celery and then place in liquidizer with a paw-paw and ice cubes. A few almond nuts can be added. This is a wonderful detoxifier for the body's system).

**DRINK LOTS OF WATER, BUT VERY LITTLE FRUIT JUICE. JUICE IS TOO CONCENTRATED AND ONE GLASS OF APPLE JUICE IS 4-7 APPLES.**

**\*IMPORTANT NOTICE - FOR ANYONE WHO HAS ANY EXISTING MEDICAL CONDITIONS, PLEASE CONSULT WITH YOUR LOCAL GP BEFORE EMBARKING ON THIS DANIEL FAST.**