



**APPLE CREEK**  
SEVENTH-DAY ADVENTIST CHURCH

PRAYER MINISTRY PRESENTS

# THE DANIEL FAST

IT'S A PERSONAL  
RETREAT WITH GOD

BASED ON THE PROPHET  
DANIEL'S FASTING EXPERIENCES.

THOUGH YOU MAY LOSE WEIGHT,  
WEIGHT LOSS SHOULD **NOT** BE YOUR  
PRIMARY GOAL.





# PREPARATION IS **KEY** FOR THIS FAST

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Prepare your spirit, soul, and body for the Daniel Fast beginning about a week before your start date.

You are investing in yourself and your spiritual life. Take time to learn about the fast, the guidelines, so you can experience a successful fast.

Slowly taper off foods that contain a lot of sugar (such as candy, sodas, desserts, and other sweet foods) about a week beforehand so you don't experience withdrawals during the fast.

Prepare simple meals to reduce the importance that food has in your life (e.g. Think of and prepare 4-4 breakfasts, dinners, snacks, etc you can have).

# FOODS **ALLOWED** DURING THE **21-DAY DANIEL FAST**

## PART ONE

### FRESH, FROZEN, DRIED, OR CANNED VEGETABLES

Such as:

- Broccoli
- Kale
- Spinach
- Mushrooms
- Cabbage
- Tomatos
- Patchoi (Bok Choy)
- Callaloo
- Spinache
- Okra
- Corn

### FRESH, FROZEN, DRIED, OR CANNED FRUITS

Such as:

- Apples
- Blueberries
- Dates
- Oranges
- Raisins

### WHOLE GRAINS AND LEGUMES

Such as:

- Brown Rice
- Black Rice
- Buckwheat
- Oats
- Quinoa
- Popcorn
- Wild Rice
- Black Beans
- Chickpeas
- Lentils

# FOODS **ALLOWED** DURING THE **21-DAY DANIEL FAST**

## PART TWO

### HEALTHY LIQUID OILS

Such as:

- Olive Oil
- Canola
- Corn
- Safflower
- Soybean

### NUTS AND SEEDS

Such as:

- Almonds
- Cashews
- Sesame Seeds

And nut butters including Peanut Butter

### BEVERAGES

**ONLY** Water

# FOODS **NOT ALLOWED** DURING THE **21-DAY DANIEL FAST**

## PART ONE

### MEAT AND ANIMAL PRODUCTS

Including:

- Beef
- Venison
- Poultry
- Fish

### DAIRY PRODUCTS

Including:

- Milk
- Cheese
- Yogurt
- Cream
- Butter
- Eggs

### BEVERAGES OTHER THAN WATER

Including:

- Tea
- Soda
- Energy Drinks
- Alcohol
- Caffeinated Drinks (and foods), such as coffee and chocolate

# FOODS **NOT ALLOWED** DURING THE **21-DAY DANIEL FAST**

## **PART TWO**

### **LEAVENING AGENTS AND BAKED GOODS**

Including:

- Leavened Bread
- Ezekiel Bread
- Other Baked Goods

### **REFINED AND PROCESSED FOODS**

Which include:

- Artificial Flavourings
- Additives
- Chemicals

Also:

- White Rice
- White Flower
- Preservatives

### **DEEP-FRIED FOODS**

Including:

- Potato Chips
- French Fries
- Onion Rings

### **SOLID FATS**

Including:

- Shortening
- Margarine



# THOUGHTS **DURING** THE FAST

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It is natural that one of the first things you will think about as you prepare for your Daniel Fast is the foods that you'll eat.

However, please bear in mind that the Daniel Fast, or any kind of spiritual fasting, is **NOT** about the food.

While you will change what you eat during the fast, remember that a Biblical fast is "to deny food for a spiritual purpose." Keep in mind that the fast is intended to facilitate a meaningful encounter with God and to draw nearer to Him.