

## **2011 Daniel Fast Instructions**

Sunday, January 2 - Monday, January 31 (30 days)

### **It's Not All About the Food**

Seeking God and “Taking out the Trash”

Daniel’s reasoning from abstaining from certain foods was to keep from defiling himself (Daniel 1:8). The Daniel Diet is not all about the food! If it were, the spiritual benefits would be negated. The result would be a life style choice on how to eat, or simply put, a new twist on the vegetarian diet. This is time to “Take out the Trash.” Do an inventory.

What consumes your time from God and Family?

What TV Programs are you watching?                      How much time are you surfing the Internet?  
What books are you filling your mind with?              Do they edify God?

During this diet you should evaluate what you watch on TV. Don’t watch movies, or read books that don’t deepen your walk with God. Choose books on spiritual matters. Spend more time reading the Bible and more time in prayer. Limit your time on the computer and don’t waste your time with continual surfing of the Internet.

You may want to consider keeping a journal of special insights of blessings you receive during this time. Look at it as a new adventure.

### **Foods to Avoid**

Information taken from The Daniel’s Fast Cookbook by Grace Bass & Lynda Anderson Pg.29

- All meat product including seafood, beef and chicken broth, etc.
- Imitation meat products (artificially flavored, highly processed)
- Dairy products such as milk, cheese, sour cream, etc.
- All egg products
- Grains that have been bleached and processed such as white flour and all products containing it
- White sugar and all products containing it
- White rice
- Artificial sweeteners (Splenda® (sucralose), NutraSweet® (aspartame), Sweet’N Low® (saccharine), etc)
- Carbonated beverages (soda, soft drinks, carbonated flavor water, etc)
- Food containing additives, chemicals and dyes
- Soy sauce (fermented)
- Artificial anything including flavors and colors
- Hydrogenated oils (margarine, shortening and all products containing it)
- Fried food should be avoided (most fried foods are fried in Hydrogenated oil)
- Corn Syrup (high fructose corn syrup)
- Alcohol – Daniel didn’t drink the King’s wine
- Vinegar – made by a fermentation process like wine
- Black tea – fully fermented
- Baking powder – it is baking soda (natural) and an acid like cream of tartar mixed together.
- Cream of tartar is a byproduct of wine making.

\*\*\*Should you be led to do a juice/water fast during these 30 days, do so as the Lord leads.\*\*\*

## **2011 Daniel Fast Instructions**

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### **Guidelines: Food to Enjoy**

Information taken from The Daniel's Fast Cookbook by Grace Bass & Lynda Anderson pg 30

- All fruits and vegetables
- All grains, beans, legumes, that have not been bleached stripped and processed. Grains should be whole such as whole brown rice, whole wheat flour etc.
- All nuts
- All herbs and seasonings and spices – salt is fine. Try and use natural herbs and seasoning
- Baking soda – all natural
- Agave Nectar – this is great! It is all natural and has a consistency similar to honey...just a little thinner. PLUS-the glycemic index of Agave nectar is very low.
- Stevia – a leaf that is naturally sweet. It is up to 300 times sweeter than sugar and has ZERO calories and ZERO carbohydrates
- Bragg Liquid Aminos® (natural alternative to soy sauce)
- Water, naturally decaffeinated tea, fruit and vegetable juices
- Cold pressed oils such as olive oil, unprocessed coconut, peanut, sesame, walnut, almond, and mustard seed oil
- Soy milk (read the nutritional label)
- Tofu (whole soy beans and water)
- Pasta (whole-grain flour and water) NO EGGS or WHITE flour

\*\*\*\*\*This is slightly different than some of the foods on the master list. The addition of no white flour or white rice is better for you, but you can be your own judge.\*\*\*\*\*

### **Daniel's Fast Friendly Restaurants, Stores and Products**

There are a few chain restaurants with Daniel Diet friendly menus. Chipotle, Tropical Smoothie Cafe and Subway. Applebee's has a steamed vegetable plate and a sizzling vegetable skillet (remember, no butter.) P.F. Changs, Wendy's (Baked Potatoe) also offer good choices. Taco Bell does not use lard and so their refried and pinto beans are acceptable. **Tropical Smoothie Café with certain items on the menu will be acceptable.**

**Go online to [www.upperroomassembly.com](http://www.upperroomassembly.com) and find a bigger list of foods acceptable on the Daniel's Fast.**

Protein is the building block of our bodies, it is necessary for life. Many people have concerns about consuming enough protein when they abstain from all meat and animal products.

Consuming the amount of protein you need is not difficult in the Daniel Diet. Protein can be found in nearly all vegetables, beans, grains, nuts and seeds. As long as you consume a variety of whole unrefined grains, legumes, seeds, nuts, and vegetables throughout the day, you will get enough protein.

\*\*\*Below: Foods You Can Eat List acceptable for the Daniel's Fast.\*\*\*

**Additional Fruits and Vegetables from Seeds**

Pinto Beans	White Rice	Pure Veggie Oil
Lima Beans	Brown Rice	Grape Seed Oil
Red Beans	Arborio Rice	Walnut Oil
Cranberry Beans	Jasmine Rice	Coconut Oil
Northern Beans	Short Grain Rice	Olive Oil
Fava Beans	Wehani Rice	Vinegars
Kidney Beans	Brown Basmati Rice	Wheat Pasta
Canary Beans	Long Grain White	Semolina Pasta
Black eye Beans	Risotto	Yokeless Pasta
Yellow eye Beans	Jasmati	Pesto (no cheese)
Black Beans	Sushi Rice	Tomato Pesto (no cheese)
Lentil Beans	Texmati Rice	Polenta
Yellow Lentil	Aka Mochi Rice	Veggie Broth (no salt)
Red Lentil	Wild Rice	Soba noodles
Split Peas	Red Wild Rice	Rice noodles
Barlotti Beans	Bulgur Wheat Rice	
Cannellini Beans	Whole Wheat 100%	
Garbanzo Beans	Calypso Beans	
Hummus (Chick Peas)	Ezekiel Bread	
Baked Bean (Vega Style)	Kamut Bread	
Black Runner Beans	Oat Bread	
Navy Beans	Smelt Bread	
Appaloosa Beans	Rye Bread	
Black Turtle Beans	Semolina Bread	
Jacobs Cattle Beans	Flat Bread	
Rattlesnake Beans	Lavosh	
Rice Beans	Pita Bread	
Scarlet Runner Beans	Naan Bread	
Swedish Buckskin Beans	Chapati Bread	
Tongues of Fire Beans	Wheat English Muffins	
Tabouli Salad	Wheat Flour Tortilla	
Couscous	Cabbage	Yucca Root
Pearl Couscous	Savory Cabbage	Sun Chokes
Barley Bean	Chinese Cabbage	Carrots
Quinoa	Red Cabbage	Idaho Potatoes
Wheat Berry	Swiss chard	Russell Potato
Romaine	Cauliflower	Purple Potato
Spring Mix	Celery	Redskin Potato
Watercress	Corn	Sweet Potato
Arugula	Cucumbers	Fingerling Potato

Boston Lettuce	Endives	Yukon Potato
Bibb Lettuce	Eggplant	Tomatillo green tomato
Radicchio	Fennel	Yellow Tomato
Iceberg Lettuce	Garlic	Grape Tomato
Frisse Lettuce	Ginger	Plum Tomato
Spinach	Mushrooms	Cherry Tomato
Red Oak Lettuce	Portabella mushrooms	Avocado
Green oak Lettuce	Shitake mushrooms	Bananas
Leaf Lettuce	Oyster mushrooms	Chayote
Red Leaf	Trumpet mushrooms	Cherimoya
Mache Lettuce	Rosemary	Dragon Fruit
Mesculin mix greens	Basil	Figs brown
Chervil	Oregano	Figs black mission
Sorrel	Chives	Figs green
Radishes	Thyme	Gooseberries
Diakon	Cilantro	Blackberries
Kale	Parsley	Raspberries
Turnip	Dill weed	Champagne grapes
Collards	Sage	White grape
Rubard	Tarragon	Red grapes
Jerusalem chokes	Green peppers	Cranberries
Artichokes	Red peppers	Grapefruit
Asparagus green	Poblano peppers	Kiwi
Asparagus white	Jalapeno peppers	Cantaloupe
Green beans	Chile peppers	Honeydew
French green beans	Jicama	Crenshaw
Italian green beans	Lotus root	Kiwano melon
Haricot beans	Alfalfa	Mango
Snap beans	Rutabagas	Papaya
Sugar snap peas	Acorn squash	Passion fruit
French green beans	Yellow squash	Sapote fruit
Wax beans	Zucchini	Oranges
Whole green beans	Butternut squash	Pears
Long green beans	Spaghetti squash	Pineapples
Beets	Apricots	Raisins
Golden beets	Kumquats	Lemons
Broccoli florets	Limes	Star fruit
Broccoli rape	Green Peas	
Brussels sprouts	Scallion	
Pomegranate		
Rhubarb		
Tangerine		
Watermelon		
Persimmon		
Apples		
Peaches		
Plums		
Coconuts		
Leeks		

### *Protein*

Protein is the building blocks of our bodies, it is necessary for life. Many people have concerns about consuming enough protein when they abstain from all meat and animal products.

Consuming the amount of protein you need is not difficult in the Daniel Diet. Protein can be found in nearly all vegetables, beans, grains, nuts and seeds. As long as you consume a variety of whole unrefined grains, legumes, seeds, nuts, and vegetables throughout the day, you will get enough protein.

### *Calcium*

Dairy products are not allowed in the Daniel Diet. Many Americans believe dairy is the primary source of calcium in our diets. However, calcium is abundant in leafy green vegetables as well as some fruit, beans and grains. You may want to take an all natural calcium supplement if you have any concerns.

### *B-12*

Taking a B-12 supplement is especially important while on the Daniel Diet. We obtain B-12 from animal sources. Take a sublingual tablet.

\*\*\*Should you be led to do a juice/water fast during these 26 days, do so as the Lord leads.\*\*\*

