

THE DANIEL FAST

Beginning Monday, February 23

FOODS TO EAT

WHOLE GRAINS: Brown Rice, Oats, Barley

LEGUMES: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

FRUITS: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

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

Seeds, Nuts, Sprouts,

LIQUIDS: Water, Natural Fruit Juices, Herbal Teas (preferably caffeine free), Unsweetened Soy or Rice Milk. Honey

FOODS TO AVOID

Meat, Poultry, Fish

White Rice

Fried Foods

Caffeine, Coffee, Tea

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

White Flour

Margarine, Shortening, High Fat Products

All Breads

Dairy (milk, butter, cheese, yogurt, etc.)

**Do this for a minimum of 3 days.
If possible do it 21 days.**

**Record your thoughts and insights on
Bobby's Blog at www.creeksend.org**