

Daniel's Fast Food List

So many wonderful things take place when we sacrifice our plates and dedicate more time to God. We pray that this fast opens up new doors for you and draws you closer to the Almighty God. Below is a list of different foods, along with a couple of recipe ideas to help you obtain your goal of fasting. Try to mix and match and change-up your meals every few days. This will keep you motivated throughout the fasting period.

Fruits

- Apples
- Oranges
- Peaches
- Strawberries
- Grapes
- Kiwi
- Pineapple
- Pears
- Bananas
- Tomatoes
- Cherries
- Apricots
- Plums
- Berries (Blueberries, raspberries, etc.)
- Grapefruit
- Lemons, limes
- Avocados
- Melons
- Watermelon
- Cantelope
- Cranberries
- Raisins

Vegetables

- Lettuces
- Greens (Collard, Kale, Turnip)
- Broccoli
- Corn
- Lentils (all types of beans except canned Baked Beans)
- Cabbage
- Celery
- Onions (red, white, green)

- Cucumbers
- Cauliflower
- Carrots
- Peppers (red, green, yellow, orange)
- Green beans
- Snap Peas
- Black-eyed peas
- Potatoes
- Sweet potatoes
- Green Peas
- Spinach
- Squash
- Zucchini
- Eggplant
- Artichokes
- Okra
- Asparagus
- Garlic
- Radish
- Beets
- Mushrooms

Whole Grains

- 100% Whole Wheat Bread
- Whole Wheat Pastas
- Brown Rice
- Whole Wheat Pancake mix

Dressings and Sauces

- Vinaigrette Dressings (any that do not have cheese products)
- Olive/Canola Oil

- Soy Sauce
- Ketchup
- Mustard
- Honey
- All Natural Honey Mustard
- All Natural Honey Mustard Dressing
- Seasonings (salt,pepper,etc.)
- Agave

Nuts

- Peanuts
- Almonds
- Cashews
- Walnuts
- Pistachios
- Pecans
- Other

Snack Foods

- Corn-based Tortilla Chips (Yellow Corn, Black corn, etc.)
- All-Natural Salsas
- All-Natural Popcorn (Avoid "battered popcorn")
- All-Natural Spreadable Fruit (ie. Polaners All-Fruit)
- All-Natural Peanut Butter
- Hummus
- Granola
- Pickles

