

The Daniel Fast

January 2017 • Houston's First Baptist Church



Pastor Gregg and the staff and deacons are following the Daniel Fast the week of Jan 9-13 (Mon-Fri). If you choose to follow a Daniel Fast, you are invited to participate along with them or on other dates of your choosing in January (for 5, 10 or 21 days).

Foods to Include

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to:

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

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to:

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili peppers
- Collard greens
- 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
- Veggie burgers are an option if you are not allergic to soy

All whole grains, including but not limited to:

- Barley
- Brown rice
- Grits
- Millet
- Oats
- Popcorn
- Quinoa
- Rice cakes
- Whole wheat
- Whole wheat pasta
- Whole wheat tortillas

All nuts and seeds, including but not limited to:

- Cashews
- Peanuts
- Sesame
- Sunflower seeds
- Nut butters (including peanut butter)

All legumes. These can be canned or dried. Legumes include but are not limited to:

- Black beans
- Black eyed peas
- Cannellini beans
- Dried beans
- Kidney beans
- Lentils
- Pinto beans
- Split peas
- White beans

All quality oils, including but not limited to:

- Olive
- Canola
- Grape seed
- Peanut
- Sesame

Beverages:

- Spring water
- Distilled water
- Other pure waters

Other:

- Herbs and spices
- Salt
- Seasonings
- Soy products
- Tofu
- Vinegar

The Daniel Fast

January 2017 • Houston's First Baptist Church



Foods to Avoid

All meat and animal products, including but not limited to:

- Beef
- Lamb
- Fish
- Pork
- Poultry

All dairy products, including but not limited to:

- Butter
- Cream
- Cheese
- Eggs
- Milk

All sweeteners, including but not limited to:

- Agave
- Honey
- Cane juice
- Molasses
- Date honey
- Raw sugar
- Stevia
- Sugar
- Syrups

All leavened bread, including:

- Baked goods
- Ezekiel Bread (it contains yeast and honey)

All refined and processed food products, including but not limited to:

- Artificial flavorings
- Food additives
- Chemicals
- Foods that contain artificial preservatives
- White flour
- White rice

All deep fried foods, including but not limited to:

- Corn chips
- French fries
- Potato chips

All solid fats, including:

- Foods high in fat
- Lard
- Margarine
- Shortening

Beverages, including but not limited to:

- Alcohol
- Coffee
- Carbonated beverages
- Energy drinks
- Herbal teas
- Tea