



*Join in*

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THE CHURCH OF  
**Eleven22**  
**DANIEL FAST**

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Fasting is a willing act of self-denial meant to remove distractions to focus on God. Our hunger is to be directed toward God and seeking Him in prayer. Our prayer throughout our Daniel Fast is to seek the manifest presence of God at Saturated. His presence will bring revival in our church and our community.

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## **QUICK SUMMARY OF DANIEL FAST**

### **FOODS TO EAT:**

Fruits, Vegetables, Legumes, Seeds, Water & Natural Fruit Juices

### **FOODS TO FAST:**

Meats, animal products, dairy, sugars/sweetener (desserts), tea, soft drinks, alcohol, energy drinks; anything artificial (Yes, this means fasting caffeine\*, which often resulting in 2-3 days of on/off headaches)

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## **DETAILED SUMMARY OF DANIEL FAST**

### **FOODS TO HAVE:**

**ALL FRUIT** – apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc. (Canned, Fresh or Frozen)

**ALL VEGETABLES** – artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc. (Canned, Fresh or Frozen)

**WHOLE GRAINS** - brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat

**LEGUMES** – dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, kidney beans, cannellini beans, black beans, etc., grain legumes include beans, lentils, peas and peanuts (Canned, Fresh or Frozen)

**SEEDS** – all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc. Liquids – spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices Oils – all quality oils including olive, canola, grape seed, peanut, and sesame

**OTHER** – tofu, soy products, vinegar, seasonings, salt, herbs, and spices

### **FOODS TO AVOID:**

All meat and animal products, all dairy products, all sweeteners, all leaven bread (including ezeziel bread), all refined and processed foods, all deep fried foods, all solid fats, tea, herbal teas, carbonated beverages, energy drinks, etc.

### **PREPARING FOR YOUR FAST:**

While fasting you may not consume any caffeine\*, sugar or sweeteners of any kind. You should not have anything artificial. This may cause many to experience the same feelings associated with detoxing. Most of the time these effects phase out after a few days. But the best thing to do is consume as much water as possible. This should not be a bad experience. It should be an overall good experience for the mind, body and soul.

*\*Coffee is acceptable*

