



Daniel Fast Overview

Who:

We are asking our congregation to join us in the Daniel Fast as we seek God during this exciting season.

When:

Monday, January 8th: Begin the "Daniel Fast".

Sunday, January 28th: Break the Fast!

Nights of Prayer & Worship: January 7 & 28 at 6:30PM

What:

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

How:

There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the bible as to exactly what Daniel did during his fast. However, to keep it simple, we have included in this packet what the staff of The People Church will be doing during the fast and some of the resources we will be using. This fast will require preparation as most meals will be made from scratch. We will have some recipes available online.

Resources:

www.christ-web.com/missions/farho/daniel-fast

www.danielfast.wordpress.com/

www.hacres.com/recipes/recipes.asp

Foods to include in your diet during the Daniel Fast...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples	Coconuts	Limes	Pineapples
Apricots	Cranberries	Mangoes	Plums
Avocados	Dates	Melons	Prunes
Bananas	Figs	Mulberry	Raisins
Berries	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oats	Strawberries
Blueberries	Grenadine	Olives	Tangelos
Boysenberries	Guava	Oranges	Tangerines
Breadfruit	Honeydew melons	Papayas	Watermelon
Cantaloupe	Kiwi	Peaches	
Cherries	Lemons	Pears	

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes	Collard greens	Mustard greens	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Rutabagas	Zucchini
Celery	Lettuce	Scallions	
Chili peppers	Mushrooms	Spinach	

Legumes:

Dried beans	Black eyed peas	Beans
Black beans	Green beans	Lentils
Cannellini	Green peas	Lupins
Pinto beans	Kidney beans	White
Split peas	Peanuts (includes natural peanut butter)	Peas
Lentils		

Seeds:

All nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground flax	Sunflower	Natural Almond Butter

Whole Grains:

Whole wheat	Rolled Oats	Whole wheat tortillas
Brown rice	Plain Oatmeal- not instant	Plain Rice cakes
Millet	Barley	Popcorn (see recipe in FAQ's)
Quinoa	Grits (no butter)	
Oats	Whole wheat pasta	

Liquids:

Water (spring, distilled, filtered)	100% Fruit/Vegetable Juice (no added sugar)
Unsweetened Soy Milk	
Herbal (caffeine free) Tea	

Other:

Tofu	Small amounts of Honey
Soy products	Small amounts of Sea Salt
Herbs	Small amounts of Ezekiel Bread

Small amounts of Olive Oil
Spices

Foods to avoid on the Daniel Fast...

All animal products including all meat, poultry, fish...
White rice
White bread
All deep fried foods
Caffeine
Coffee (including decaf b/c contains small amount of caffeine)
Carbonated beverages
Energy drinks
Foods containing preservatives, additives
Refined foods
Processed foods
Food additives
Refined sugar
Sugar substitutes
Raw sugar
Syrups
Molasses
Cane juice
White flour
Margarine
Shortening
High fat products
Butter
All leavened breads
Baked goods
All dairy
Milk
Cheese
Yogurt
Cream
Eggs
Alcohol
Mayonnaise

Preparation for the Daniel Fast

First, have the right kinds of foods in the house that you can eat for the Daniel Fast. Also, plan your menus and prepare the foods so they are available to you.

Second, you might want to get rid of or at least put away foods that are tempting. Kind of like the biblical accounts of Jewish women as they prepared for the Passover by cleaning their houses from top to bottom and removed all yeast from their homes. Many Jews engage in this same practice today when they prepare for the Passover.

Third, plan time to prepare meals as they will likely take a little longer than when you are not fasting. Most of the meals you prepare will be from scratch since there are so few prepared products that don't have chemicals in them. So you will want to set aside enough time to prepare your meals, not only for those you will have at home, but also those you will have at work or when you are traveling.

1. You will probably need to cook a vast majority of your meals "from scratch." That's because so many of the prepared foods include sugar and chemicals, which are both no-no's on the Daniel Fast.
2. **READ THE LABELS.** You will likely be amazed, and maybe even a bit discouraged, as you try to find prepared foods that are sugar-free and chemical-free. And this is why in point #1 I said you will likely prepare most of your meals from scratch. But make sure you read the labels.
3. Use frozen vegetables. Obviously, you will increase your use of vegetables on the Daniel Fast. The good news is that the vegetables found in the frozen food cases are usually totally free from any chemicals and they are more nutritious than most vegetables found in the produce section (that's because fruits and vegetables lose their vitamins and minerals the longer they are separated from their vine or branch - wow, there's a spiritual truth in that statement - and when the foods are flash frozen within only a few hours from harvesting, they retain more of their food value). Frozen fruits and vegetables are also "ready to go." They are washed, trimmed, sliced and diced and ready for you to do your creative work on them to make them even better!
4. Generally, if a food is a fruit or vegetable and free from sugar or chemicals, it is okay for the Daniel Fast. Make sure you review the Daniel Fast Food List and then make a call.
5. Beans, rice and tofu are great sources of protein. The Daniel Fast is a great time to find new recipes that may become family favorites. There are millions of people in the world who eat foods consistent with the Daniel Fast as their core diet. Look for Asian, Latin, and East Indian recipes and you will find many are appropriate for the Daniel Fast with just a few variations.

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

What about popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove...here is a recipe.

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

How can I identify whole grain foods?

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing?

Olive oil and lemon or lime are an option.

Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

Where can I go out to eat?

Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras.

What about bread?

We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.