



Emmanuel's Daniel Fast 2018

Week 1 (Feb 5-11): Eliminate

- All sweeteners and sweets:
 - Including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.
 - Candies, cakes, cookies, pies, etc
- Beverages:
 - Including but not limited to coffee, tea, carbonated beverages, energy drinks, and alcohol.

Week 2 (Feb 12-18): Additionally Eliminate

- All meat and animal products:
 - Including but not limited to beef, lamb, pork, poultry, and fish.
- All deep fried foods:
 - Including but not limited to potato chips, french-fries, corn chips.

Week 3 (Feb 19-25): Additionally Eliminate

- All leavened bread:
 - Including Ezekiel Bread (it contains yeast and honey) and baked goods.
- All refined and processed food products:
 - Including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

Week 4 (Feb 26 – Mar 4): Additionally Eliminate

- All dairy products:
 - Including but not limited to milk, cheese, cream, butter, and eggs.
- All solid fats:
 - Including shortening, margarine, lard and foods high in fat.

Fast Ends Monday, March 5, 2018



Allowable Foods Through Out the Fast

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 whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds: including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils: including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.