

## Examples of Foods to Eat on the Daniel Fast

### Fruits and Vegetables

Apples	Apricot	Bananas	Blackberries	Blueberries
Cantaloupe	Cherries	Grapefruit	Grapes	Honeydew
Kiwis	Lemons/Limes	Nectarines	Oranges	Peaches
Pears	Plums	Raspberries	Strawberries	Kiwis
Watermelon	Asparagus	Avocado	Beets	Bok Choy
Broccoli	Brussels sprouts	Carrots	Cauliflower	Celery
Corn	Cucumbers	Eggplant	Garlic	Green beans
Lettuce/Greens	Mushrooms	Okra	Onions	Squash
Spinach	Tomatoes	Sweet Peppers	Jalapenos	Chilis
Potatoes	Spinach	Squash	Zucchini	Sweet potatoes

### Grains

Brown Rice	Wild Rice	Arborio Rice	Farro	Quinoa
Tabbouleh	Rye	Barley	Rolled Oat	Steel Cut Oat

### Legumes and Nuts

Chickpeas	Pinto beans	Lentils	Split Peas	Mung beans
Red kidney beans	Soy beans	Black beans	White beans	Pecans
Cashews	Peanuts	Walnuts	Alfalfa Sprouts	Carob

### Herbs and spices

Basil	Black pepper	Bay leaf	Cilantro	Cinnamon
Cumin	Curry	Garlic	Ginger	Mint
Oregano	Paprika	Parsley	Red pepper	Salt
Turmeric	Vanilla extract	Nutmeg	Rosemary	Thyme

### Oils – Use minimally.

Coconut oil	Olive oil	Sesame oil	Avocado oil	Grapeseed oil
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