Daniel’s Fast

What Is a Daniel Fast?

Many people wonder what did Jesus eat? Did Jesus eat meat? The Daniel fast isn’t based on what Jesus ate, but it is based on what one of Jesus’ followers consumed and this follower was not surprisingly Daniel.

in the [Biblical](https://en.wikipedia.org/wiki/Hebrew_Bible) [Book of Daniel](https://en.wikipedia.org/wiki/Book_of_Daniel) and the three-week mourning fast in which Daniel abstained from all the Babylonian king's “rich foods”.

The **Daniel Fast** is a religious partial fast in which meat, wine, and other rich foods are avoided in favor of vegetables and water for typically three weeks in order to draw the believer closer to the [God](https://en.wikipedia.org/wiki/God_in_Christianity)

The Daniel Fast or Daniel Diet is based on the prophet Daniel’s dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It’s a partial fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein. Many users of this biblically-based fasting method follow it for 21 consecutive days. The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

**Daniel 1:12 which states,**

*“Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink.”*

**Daniel 10: 2-3, which says**,

*“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”*

## DANIEL FAST PRAYER POINTS FOR OUR FAMILIES

## PERSONAL ENCOUNTER WITH GOD FOR OUR SPOUSES AND CHILDREN

## BLESS OUR PERSONAL FINANCES

## BLESS OUR MARRIAGES

## HEALTH AND QUALITY OF LIFE

## COVERING OVER OUR EXTENDED FAMILY AND FRIENDS

## DANIEL FAST PRAYER POINTS FOR OUR CHURCH

* PERSONAL ENCOUNTER WITH GOD FOR ALL OUR MEMBERS
* VOLUNTEERS WITH A HEART FOR OUR MINISTRY TO COME
* PEOPLE THAT HAVE BEEN BLESSED BY THIS MINISTRY TO GIVE FINANCIALLY

## DANIEL FAST PRAYER POINTS FOR OUR NATION

* PROTECTION FOR OUR PRESIDENT AND HIS CABINET
* PEACE AROUND OUR BORDERS
* THE UNITED STATES OF AMERICA WILL STAND UNITED IN PEACE
* A VISITATION FROM HEAVEN TO TRANSFORM OUR YOUTH ACROSS THE NATION WITH THE FEAR OF GOD
* CHURCHES AND INTERCESSORS TO RISE UP AND ERECT A PRAYER SHIELD AROUND THOSE IN LEADERSHIP IN OUR NATION.

Daniel Fast: Food List

[(CLICK HERE FOR RECIPES)](https://dynamicprayer.net/daniel-fast-recipes/)

According to our understanding of the Hebrew definition of “pulse” that was used in the verse for vegetables can actually mean a range of foods. Here is the Daniel Fast food list of what you are allowed to eat:

**Beverages**

* Water only — it must be purified/filtered; spring or distilled water is best
* Homemade almond milk, coconut water, [**coconut kefir**](https://draxe.com/coconut-kefir/) and vegetable juice

**Vegetables** (should form the basis of the diet)

* Fresh or cooked
* May be frozen and cooked but not canned

**Fruits** (consume in moderation 1–3 servings daily)

* Fresh and cooked
* Ideally low [**glycemic index**](https://draxe.com/glycemic-index-glycemic-load-discover-what-both-are-all-about/) fruits like stone fruits, apples, berries, cherries and citrus fruits
* Maybe dried but should not contains sulfites, added oils or sweeteners
* May be frozen but not canned

**Whole grains** (consume in moderation and ideally [**sprouted**](https://draxe.com/sprout/))

* Brown rice, oats quinoa, [**millet**](https://draxe.com/millet-recipes/), amaranth, buckwheat, barley cooked in water

**Beans & Legumes** (consume in moderation)

* Dried and cooked in water
* May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

**Nuts & Seeds** (sprouted are best)

* Raw, sprouted or dry roasted with no salt added

## Common Foods for Daniel Fast

Here is a list of some common foods you can consume while following a Daniel Diet plan:

**Vegetables (preferably organic and fresh or frozen)** [LINK TO RECIPES](https://dynamicprayer.net/daniel-fast-recipes/)

* Artichokes
* Beets
* Broccoli
* Brussel sprouts
* Cabbage
* Carrots
* Celery

**Vegetables (preferably organic and fresh or frozen)** Cont’d

* Collard greens
* Corn
* Cucumbers
* Eggplant
* Green beans
* Kale
* Leeks
* Lettuce
* Mushrooms
* Okra
* Onions
* Peppers
* Potatoes
* Radishes
* Rutabagas
* Scallions
* Spinach
* Sprouts
* Squash
* Sweet potatoes
* Turnips
* Yams
* Zucchini

**Fruits (preferably organic and fresh or frozen)**

* Apples
* Apricots
* Avocados
* Bananas
* Blackberries
* Blueberries
* Cantaloupe
* Cherries
* Coconuts
* Cranberries
* Dates
* Grapefruit
* Grapes
* Guava
* Honeydew melons
* Kiwi
* Lemons
* Limes
* Mangoes
* Melons
* Nectarines
* Oranges
* Papayas
* Peaches
* Pears
* Plums
* Prunes

**Fruits (preferably organic and fresh or frozen) Cont’d**

* Raisins
* Raspberries
* Strawberries
* Tangerines
* Watermelon

**Legumes** (preferably organic)

* Black beans
* Black-eyed peas
* Garbanzo beans
* Kidney beans
* Lentils
* Pinto beans
* Split peas

**Nuts & Seeds (preferably organic, raw, unsalted and soaked/sprouted)**

* Almonds
* Cashews
* Flaxseeds
* Pumpkin seeds
* Sunflower seeds
* Walnuts

**Whole Grains (preferable organic)**

* Amaranth
* Barley
* Millet
* Quinoa
* Oats (groats soaked)

**Liquids**

* Water (spring, distilled, filtered)
* Vegetable juice (fresh pressed)
* Coconut kefir

## Foods to avoid

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And, I want to mention that on the Daniel Fast some allow sea salt or Himalayan salt and others do not. My recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

* Iodized salt
* Sweeteners
* Meat
* Dairy products
* Breads, pasta, flour, crackers (unless made from sprouted ancient grains)
* Cookies and other baked goods
* Oils
* Juices
* Coffee
* Energy drinks
* Gum
* Mints
* Candy