

21 Day Daniel Fast Food list

When on the Daniel Fast, it's not the specific foods or the amounts you need to limit yourselves from. What you should limit is certain types of food that can be consumed. Basically, the Daniel fast food list consists of all vegetables, fruits, and water. As you go through the list, you will clearly understand the ideal Daniel Fast food ideas and guidelines.

Vegetables

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic
- Ginger Root
- Greens
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Parsley
- Potatoes
- Peppers
- Radish
- Rutabaga
- Scallions
- Spinach
- Sprouts
- Squash
- SweetPotatoes
- Turnips
- Watercress
- Yams
- Zucchini

Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Cranberries
- Dragon Fruit
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew Melon
- Kiwifruit
- Lemons
- Limes
- Mangoes
- Mangosteen
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangelos
- Tangerines
- Tomatoes
- Watermelon

Once you have decided to follow the 21 day Daniel fast instructions, you should pray. Pray over the reasons why you want to commit to the 21 day Daniel fast. You should pray when you feel hungry or are tempted to eat something you are abstained from eating during these 21 days. Remember, Daniel carried out this fast, as it was against the dietary laws. Daniel fast is not only to help you achieve physical health, but also help you gain clarity through prayers to God.

Next, clear off you cupboards, refrigerators, etc. from meat products, fish, poultry, etc. Clear off the artificial foods, processed foods like sugar products and flour. You need to abstain from 'rich food' just as Daniel abstained himself from the king's meal. You need to stock your cupboards and refrigerator with raw and whole foods like vegetables and fruits. You can even stock high protein foods like beans, nuts and legumes. You can eat seeds like nuts, natural peanut butter, natural almond butter, sprouts, ground flax, whole grain products, etc. Get rid of all other beverages in the house and drink only water. Other than water, you can drink 100% natural fruit or vegetable juice, distilled water, spring water and filtered water.

You should even fast from distractions like television, movies, sports and social engagements, as they may tempt you from eating something that you are not supposed to during the 21 day Daniel fast. Your aim is to grow closer to God and these distractions tend to draw you away from God.

You should mediate and pray a lot in a quiet space for 10 minutes or more. You should reflect on your life, accomplishments and spiritual growth. This will help you not only accomplish your 21 day Daniel fast goal physically, but also gain mental peace and growth.

You can continue your fast religiously and do not get carried away with the temptations. You need to control yourself and overcome your weaknesses. The purpose of Daniel fast is not to control the amount of food you eat, but control the kind of food you eat. The Daniel fast instructions help you eat healthy and stay healthy. Just follow the 21 day Daniel fast guidelines to accomplish spirituality. Stay faithful to your decision and say no to meat and alcohol. Discuss the Daniel fast instructions with your doctor and enjoy physical and mental health, along the path of spirituality.