

List of food for the Daniel Fast.

TOP TIP

Head to the free from aisle in the supermarket.
Read all the labels! Even gravy powder has sugar and milk in!

Foods to eat

- Fruit and Vegetables both fresh, tinned, dried and frozen.
- all whole grains such as brown rice, quinoa, oats.
- Nuts and seeds.
- Legumes both tinned, dried and fresh.
- water
- Herbs, spices and seasoning.
- Soy products include tofu, soy milk, yoghurt.

Foods to remove from you diet.

- Meat,
- Fish
- Gluten
- Dairy
- Yeast (Leavening products),

- Sugar in all forms including honey and sweeteners.
- Alcohol
- Caffeine
- Fried Food
- Highly Processed Food.