



# POP (Power of Prayer) 21-Day Daniel Consecration and Fasting

Sunday-Saturday | January 5 - 25, 25 | Daily Zoom

6 AM PT 7 AM MT / 8 AM CT / 9 AM ET

## Common FAQ's

### *Consecration or Fast?*

Daniel 10:1-3 indicates a consecration where Daniel “ate no pleasant food” and refrained from eating “meat and wine” and even anointing himself for” 3 full weeks.” Sis. Montreece wrote about this in an article [here](#) for those who want a deep dive into the scriptures and the Hebrew language context.

**Scriptures that demonstrate fasting include:** Isaiah 58; Mathew 6:16-18; Esther 4 and so many more

### *What about prepared foods?*

Read the labels of all prepared foods. Remember the Daniel Fast Is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

### *What about pasta?*

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?



The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

*How do I get enough protein in my diet while on the fast?*

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

*What kind of peanut butter is allowed?*

A natural peanut butter with no additives...watch for sugars including molasses. Sucker's creamy natural peanut butter has nothing but peanuts in it.

*What about popcorn?*

Corn is listed in the vegetables to eat list. You can use a pot on the stove...here is a recipe.

1. Put two tbsp. of olive oil in the bottom of a large pot.
2. Add enough popcorn to cover the bottom of the pan.
3. Turn heat to medium high. Look for the first popcorn kernel to pop.
4. Put the lid on the pot. Using potholders shake the pot over the burner.
5. Continue shaking until you no longer hear kernels popping. Remove from heat.

*How can I identify whole grain foods?*

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

*What about salad dressing?*

Olive oil and lemon or lime are an option.

*Do I need to eat organic foods while on the fast?*



No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

*Where can I go out to eat?*

Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras. Woodlands Pure Vegetarian is a local restaurant located at 7128 Albemarle Rd, Charlotte, NC 28227.

*What about bread?*

We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

*How much can I eat?*

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

## **Foods to Avoid on the Daniel Fast**

All animal products including all meat, poultry, fish...

White rice

White bread

All deep fried foods

Caffeine

Coffee (including decaf b/c contains small amount of caffeine)

Carbonated beverages

Energy drinks

Foods containing preservatives, additives

Refined foods

Processed foods



Food additives  
Refined sugar  
Sugar substitutes  
Raw sugar  
Syrups  
Molasses  
Cane juice  
White flour  
Margarine  
Shortening  
High fat products  
Butter  
All leavened breads  
Baked goods  
All dairy  
Milk  
Cheese  
Yogurt  
Cream  
Eggs  
Alcohol  
Mayonnaise



## Foods to Include in Your Diet During the Daniel Fast

Apples

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar)

Apricots

Coconuts

Avocados

Cranberries

Limes

Bananas

Dates

Mangoes

Berries

Figs

Melons

Blackberries

Grapefruit

Mulberry

Blueberries

Grapes

Nectarines

Boysenberries

Grenadine

Oats

Breadfruit

Guava



Olives  
Cantaloupe  
Honeydew melons  
Oranges  
Kiwi  
Papayas  
Cherries  
Peaches  
Lemons  
Pears  
Artichokes  
Vegetables; These can be fresh, frozen, dried, juiced or canned (watch salt content).  
Collard greens  
Asparagus  
Corn  
Mustard greens  
Beets  
Okra  
Cucumbers  
Broccoli  
Onions  
Eggplant  
Brussel sprouts  
Parsley  
Cabbage  
Garlic  
Peppers  
Ginger root  
Carrots  
Potatoes  
Kale  
Cauliflower



Radishes  
Leeks  
Celery  
Rutabagas  
Lettuce  
Chili peppers  
Scallions  
Mushrooms  
Spinach  
Pineapples  
Plums  
Prunes  
Raisins  
Raspberries  
Strawberries  
Tangelos  
Tangerines  
Watermelon  
Sprouts  
Squashes  
Sweet potatoes  
Tomatoes  
Turnips  
Watercress  
Yams  
Zucchini  
Legumes:  
Dried beans  
Black beans  
Cannellini  
Pinto beans  
Split peas



Lentils  
Black eyed peas  
Green beans  
Green peas  
Kidney beans  
Peanuts (includes natural peanut butter)  
Beans  
Lentils  
Lupines  
White  
Peas  
Seeds:  
All nuts (raw, unsalted)  
Sprouts  
Ground flax  
Cashews  
Walnuts  
Sunflower  
Sesame  
Almonds  
Natural Almond Butter  
Whole Grains:  
Whole wheat  
Brown rice  
Millet  
Quinoa  
Oats  
Rolled Oats  
Plain Oatmeal- not instant  
Barley  
Grits (no butter)  
Whole wheat pasta





Whole wheat tortillas

Plain Rice cakes

Popcorn (see recipe in FAQ's)

Liquids:

Water (spring, distilled, filtered)

Unsweetened Soy Milk

Herbal (caffeine free) Tea

100% Fruit/Vegetable Juice (no added sugar)

Other:

Tofu

Soy products

Herbs

Small amounts of Honey

Small amounts of Sea Salt

Small amounts of Ezekiel Bread

Small amounts of Olive Oil

Spices (read the label to be sure there are no preservatives)

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