



The Way Church

Daniel Fast Food List (2026)

Purpose: A season of prayer, repentance, discipline, and seeking God through simple, whole foods.

ALLOWED FOODS

Vegetables (Fresh, Frozen, or Canned*)

- Leafy greens: spinach, kale, lettuce, collards
- Cruciferous: broccoli, cauliflower, cabbage
- Root vegetables: carrots, beets, turnips, radishes
- Squash: zucchini, yellow squash, spaghetti squash
- Peppers, onions, garlic, celery
- Sweet potatoes, potatoes, yams

*No added sugar, fats, or preservatives

Fruits (Fresh, Frozen, or Dried*)

- Apples, oranges, bananas
- Grapes, berries, cherries
- Pineapple, mango, peaches
- Dates, figs, raisins, prunes

*Unsweetened, no sulfur or added sugar

Whole Grains

- Brown rice
- Quinoa
- Oats

- Barley
- Farro
- Millet
- Whole-grain pasta (check ingredients)

Legumes & Beans

- Lentils (all kinds)
- Black beans, kidney beans, pinto beans
- Chickpeas (garbanzo beans)
- Split peas
- Black-eyed peas
- Edamame

Nuts & Seeds

- Almonds, walnuts, pecans, cashews
- Sunflower seeds, pumpkin seeds
- Chia seeds, flaxseed, hemp seeds
- Nut butters (100% nuts only)

Healthy Oils (Use Sparingly)

- Olive oil

- Avocado oil
- Sesame oil (small amounts)

Herbs, Spices & Seasonings

- Fresh or dried herbs
- Salt (in moderation)
- Pepper
- Garlic powder, onion powder
- Cinnamon, cumin, paprika, turmeric
- Vinegar (apple cider, balsamic—no sugar added)

Beverages

- Water
- Juice (Sparingly)
- Unsweetened herbal tea
- Black coffee (optional—Your Discretion)

FOODS TO AVOID

- Meat, poultry, fish, seafood
- Dairy (milk, cheese, yogurt, butter)

- Eggs
- Sugar (white, brown, cane, artificial)
- Honey, syrups, molasses
- Leavened bread and baked goods
- Fried foods
- Processed or packaged foods
- Alcohol
- Soda, energy drinks
- Sweetened juices



SCRIPTURAL FOUNDATION

- **Daniel 1:8–16** – Choosing faithfulness over indulgence
- **Daniel 10:2–3** – A season of mourning, prayer, and restraint

This is not a complete list, use your own discretion. We are not trying to be legalistic, this is about the spirit of sacrifice and surrender.