



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)
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Legumes & Beans

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

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

- Olive oil

- Avocado oil
 - Sesame oil (small amounts)
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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)
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Beverages

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