

Fasting Guide

*To the praise of his glorious
grace, which he has freely given us in
the One he loves.*

Ephesians 1:6

WHAT IS FASTING? Fasting is to voluntarily abstain from eating/drinking for an extended period.

HOW MANY DAYS ARE WE FASTING? 21

WHAT KIND OF FASTING ARE WE DOING? We are a Daniel fast. Those with a medical condition can modify their fast.

WHAT TO EAT

FRUITS

Fresh, frozen, dried, cooked or juiced. Try to avoid added sugar or preservatives.

COMMON CHOICES:

apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangerines, watermelon

VEGETABLES

Fresh, frozen, dried, cooked or juiced. Try to avoid added sugar or preservatives.

COMMON CHOICES:

artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cilantro, corn, cucumbers, eggplant, greens, green beans, garlic, ginger root, mushrooms, okra, onions, parsley, peppers, potatoes, radishes, spinach, sprouts, squash, sweet potatoes, tomatoes, zucchini

WHOLE GRAINS

Many people also include whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

COMMON CHOICES:

barley, brown rice, grits, millet, quinoa, oats, bulgur

NUTS & SEEDS

Many people also eat nut butters including peanut butter and almond butter. Try to avoid choices with added sugar, artificial sweeteners, and preservatives.

COMMON CHOICES:

unsalted almonds, cashews, chia, flax, pine, pumpkin, sesame, sunflower, peanuts, pecans, pistachios, walnuts

LEGUMES & BEANS

If you use canned beans, look for organic and/or low sodium

COMMON CHOICES:

black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas, white beans

BEVERAGES

Water & fresh pressed fruit or vegetable juice