The Daniel Fast
A Brief Summary





**About the Daniel Fast**

***"So I turned to the Lord God and pleaded with him in prayer and petition, in fasting." - Daniel 9:3***

The Daniel Fast is partial fast based upon Daniel's own experiences as recorded in the Bible. The purpose is to restrict commonly enjoyed foods as an act of worship and consecration to God. Someone who chooses to undergo a Daniel Fast demonstrates a physical commitment that reflects a deep spiritual desire for a more intimate relationship with the Lord.

On one occasion, Daniel was greatly concerned for his people and sought the Lord's wisdom during a 3-week time of prayer and fasting. Daniel 10:2-3 says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips." The meaning of "choice food" is not clear; however, most commentaries conclude that he ate no bread or sweets. The Message translation sums up Daniel's eating habits during that time: "I ate only plain and simple food."

The intention of today's Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel's passion for the Lord caused him to hunger and thirst for spiritual food rather than physical food, which should be the desire for anyone doing the Daniel Fast. To view a detailed list of foods, see Food Guidelines (below).

The Ultimate Guide to the Daniel Fast is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast. As you deny yourself certain foods—such as sugars, processed ingredients, and solid fats—you will not only embrace healthier eating habits, you’ll also discover a greater awareness of God’s presence.

**Food Guidelines**

**Foods to Eat on the Daniel Fast**

* **All fruit** - fresh, frozen, dried, juiced, or canned.
* **All vegetables** - fresh, frozen, dried, juiced, or canned.
* **All whole grains** - amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
* **All nuts & seeds** - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds. Nut butters are also included.
* **All legumes** - canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
* **All quality oils** - canola, coconut, grapeseed, olive, peanut, and sesame.
* **Beverages** - distilled water, filtered water, and spring water.
* **Other** - herbs, spices, salt, pepper, seasonings, soy products, and tofu.

**Foods to Avoid on the Daniel Fast**

* **All meat & animal products** - beef, buffalo, fish, lamb, poultry, and pork.
* **All dairy products** - butter, cheese, cream, eggs, and milk.
* **All sweeteners** - agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
* **All leavened bread & yeast** - baked goods and Ezekiel bread (if it contains yeast and honey).
* **All refined & processed food products** - artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
* **All deep-fried foods** - corn chips, French fries, and potato chips.
* **All solid fats** - lard, margarine, and shortening.
* **Beverages** - alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

On the website you will find recipes for breakfast, smoothies, juices, appetizers, snacks, salads, soups, vegetables, and main dishes. [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com) or [www.danielfast.com](http://www.danielfast.com)

[**Frequently Asked Questions**](http://www.ultimatedanielfast.com/p/faq.html)

If you're thinking about participating in a Daniel Fast, you're probably doing a little research before you begin. That's good! Listed below are the most common questions about the fast:

**1. Why isn't yeast allowed on the Daniel Fast?**

In the Bible, yeast is often a symbol for sin, and God often required the Israelites to give up leavened bread (contains yeast) during certain times as a way of setting them apart from neighboring peoples. Therefore, by not having yeast, we are making a statement against sin and keeping with Jewish tradition by refusing to eat leavened bread as we seek the Lord.

**2. What about nutritional yeast since it's deactivated and not a leavening agent?**

Whether or not to use nutritional yeast, which is an inactive form of yeast, is really matter of personal conviction. Some people may choose to have it, while others do not. Personally, I don't use any type of yeast in my recipes.

**3. Can I have whole wheat bread?**

Whole wheat products are allowed, including bread. HOWEVER, the bread must be made without yeast or sugar (these are restricted on the fast). In other words, it needs to be unleavened bread, otherwise known as flatbread.

**4. Why isn't vinegar allowed**?

The process of creating vinegar involves fermentation, and the oxidation of ethanol produces an alcohol-containing liquid. However, one particular vinegar, apple cider vinegar, has many nutritional benefits, so some people may choose to include it on their fast. The idea of the fast is to deny yourself as an act of worship to the Lord. We don't want to be so legalistic about every single thing that we put into our mouths that we miss the whole point of the Daniel Fast, so I would encourage you to seek the Lord for direction.

Note: Fresh lemon juice is a good substitute for vinegar!

**5. Is seafood allowed?**

Fish is not allowed on the Daniel Fast However, some people may choose to modify the guidelines slightly for medical reasons and include it. Again, this is a matter between you and the Lord. He will show you what your fast should look like.

**6. I know tea is restricted because it contains caffeine, but what about herbal tea?**

The main reason teas (even herbal) are restricted is based upon Daniel's example in the Bible and the fact that he drank only water during his fasts (Daniel 1:12 and 10:3). For some people, having tea is a daily treat, so they may choose to give it up for a period of fasting as a sacrifice to the Lord. Perhaps this is not the case for you and maybe you might choose to include herbal tea on your fast.

The Daniel Fast guidelines are meant to help provide boundaries. However, they are not meant to cause legalism so that you are overly focused on what to eat and what not to eat. That would negate the whole point of drawing near to God. The goal is to eliminate foods that will give you a sense of self-denial and sacrifice. I would encourage you to pray about what sacrifices God is asking you to make on your fast and if herbal tea is one of them.

**7. Can I have honey or agave nectar?**

No added sugars are allowed on the Daniel Fast, including honey, agave nectar, molasses, maple syrup, and artificial sweeteners.

**8. Is coffee allowed?**

Sorry, but no.

**The Ultimate Guide to the Daniel Fast by Kristen Feola**

The Ultimate Guide to the Daniel Fastis an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast. As you deny yourself certain foods—such as sugars, processed ingredients, and solid fats—you will not only embrace healthier eating habits, you’ll also discover a greater awareness of God’s presence.

The book explains the Daniel Fast in easy-to-understand language, provides 21 thought-provoking devotionals for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, I help you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. You will also discover that “to fast” means “to feast” on the only thing that truly nourishes–God’s powerful Word.

The Ultimate Guide to the Daniel Fast** w**ill help you:

* Create your own fasting plan, including tips on how to prepare physically and spiritually.
* Understand the history behind the Daniel Fast by looking at Daniel’s fasting experiences.
* View fasting from God’s perspective as outlined in Isaiah 58 and other related passages.
* Sense God’s voice more clearly.
* Recognize God’s work in your life so you’re ready to step out in faith when he prompts you to act.
* Apply Scripture to your everyday circumstances through the 21 daily devotions.
* Move beyond self-centered praying into powerful intercession on behalf of others.
* Organize the food portion of your fast with more than 100 recipes and a 3-week meal plan.
* Fuel your body with food that won’t leave you feeling guilty.
* Focus on God while feasting on tasty recipes and His powerful Word!

The Lord is inviting you to draw close to Him. You can count on His promise in Matthew 5:6: "Blessed are those who hunger and thirst for righteousness, for they will be filled." The book will be your helpful guide and constant companion as you embark on your Daniel Fast journey. We pray that God will bless you richly as you seek Him!

