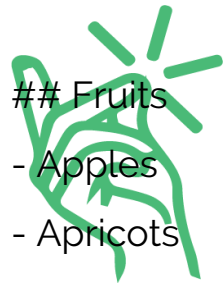


Daniel Fast Food List

Here is a complete food list for the Daniel Fast formatted for a PDF

Daniel Fast Food List



Fruits

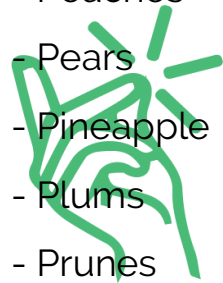
- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconut
- Cranberries
- Dates
- Figs
- Grapefruit

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- Grapes
- Guava
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Vegetables

- Artichokes
- Asparagus
- Beets



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- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili Peppers
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Potatoes
- Radishes
- Rutabagas
- Shallots



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- Spinach
- Sprouts
- Squash
- Sweet Potatoes
- Tomatoes
- Turnips
- Yams
- Zucchini

Legumes

- Black Beans
- Black-Eyed Peas
- Cannellini Beans
- Chickpeas
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pinto Beans
- Split Peas
- Soybeans

Whole Grains

- Amaranth
- Barley



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- Brown Rice
- Buckwheat
- Bulgur
- Farro
- Millet
- Oats
- Popcorn
- Quinoa
- Whole Wheat Pasta
- Whole Wheat Tortillas
- Wild Rice



Nuts & Seeds

- Almonds
- Brazil Nuts
- Cashews
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Peanuts
- Pecans
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

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Oils

- Avocado Oil
- Coconut Oil
- Flaxseed Oil
- Hemp Seed Oil
- Olive Oil
- Sesame Oil

Beverages

- Almond Milk
- Coconut Milk
- Coconut Water
- Coffee
- Herbal Tea
- Nut Milk
- Plant-Based Protein Powders
- Soy Milk
- Tea
- Water

Spices & Condiments

- Apple Cider Vinegar
- Black Pepper
- Cinnamon



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- Curry Powder
- Dijon Mustard
- Ginger
- Herbs
- Mineral Salt
- Nutritional Yeast
- Sea Salt
- Tamari
- Vanilla Extract

Foods to Avoid

- Alcohol
- Artificial Sweeteners
- Dairy
- Eggs
- Fish
- Fried Foods
- Leavened Bread
- Meat
- Processed Foods & Sweets
- Refined Sugars
- Solid Fats
- Yeast



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