

# The Daniel Fast

January 2022 • Houston's First Baptist Church



Pastor Gregg and the staff and Deacons are following the Daniel Fast the week of Jan 3-7, 2022 (Mon-Fri). If you choose to follow a Daniel Fast, you are invited to participate along with them or on other dates of your choosing in January.

## Foods to Include

**All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to:

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Cranberries
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Kiwi
- Lemons
- Limes
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangelos
- Tangerines
- Watermelon

**All vegetables.** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to:

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili peppers
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Ginger root
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Parsley
- Potatoes
- Radishes
- Rutabagas
- Scallions
- Spinach
- Sprouts
- Squashes
- Sweet potatoes
- Tomatoes
- Turnips
- Watercress
- Yams
- Zucchini
- Veggie burgers are an option if you are not allergic to soy

**All whole grains,** including but not limited to:

- Barley
- Brown rice
- Grits
- Millet
- Oats
- Popcorn
- Quinoa
- Rice cakes
- Whole wheat
- Whole wheat pasta
- Whole wheat tortillas

**All nuts and seeds,** including but not limited to:

- Cashews
- Peanuts
- Sesame
- Sunflower seeds
- Nut butters (including peanut butter)

**All legumes.** These can be canned or dried. Legumes include but are not limited to:

- Black beans
- Black eyed peas
- Cannellini beans
- Dried beans
- Kidney beans
- Lentils
- Pinto beans
- Split peas
- White beans

**All quality oils,** including but not limited to:

- Olive
- Canola
- Grape seed
- Peanut
- Sesame

**Beverages:**

- Spring water
- Distilled water
- Other pure waters

**Other:**

- Herbs and spices
- Salt
- Seasonings
- Soy products
- Tofu
- Vinegar

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## Foods to Avoid

**All meat and animal products**, including but not limited to:

- Beef
- Lamb
- Poultry
- Fish
- Pork

**All dairy products**, including but not limited to:

- Butter
- Cream
- Milk
- Cheese
- Eggs

**All sweeteners**, including but not limited to:

- Agave
- Honey
- Stevia
- Cane juice
- Molasses
- Sugar
- Date honey
- Raw sugar
- Syrups

**All leavened bread**, including:

- Baked goods
- Ezekiel Bread (it contains yeast and honey)

**All refined and processed food products**, including but not limited to:

- Artificial flavorings
- Food additives
- Foods that contain artificial preservatives
- White flour
- Chemicals
- White rice

**All deep fried foods**, including but not limited to:

- Corn chips
- French fries
- Potato chips

**All solid fats**, including:

- Foods high in fat
- Lard
- Margarine
- Shortening

**Beverages**, including but not limited to:

- Alcohol
- Coffee
- Herbal teas
- Carbonated beverages
- Energy drinks
- Tea