



Kickstart Your *Health Transformation*
with a
DANIEL FAST

Foods to Avoid on the Fast	Foods to Have on the Fast
Animal products (pork, beef, seafood, eggs, poultry, dairy incl. milk, cheese, creams)	Legumes (beans, lentils, chickpeas, soy) Tempeh
Added sweeteners (honey, sugar, corn syrup, artificial sweeteners)	Fruit and Vegetables (canned and frozen ok, but check for added sugar/preservatives)
Processed foods (white rice, white flour, refined grains, artificial preservatives/colors), yeast (breads)	Whole grains (brown/red rice, quinoa, oats, whole wheat, etc.)
Alcoholic and caffeinated beverages	Water, unsweetened plant-based milks, caffeine free drinks
Deep-fried foods	Nuts and seeds

What are some health considerations?

Check with your health provider before beginning the fast, especially if you have pre-existing health conditions and are on meds and also if you don't exercise routinely or get chest pain or short of breath!

For more details on foods/beverages allowed or other questions about the Daniel Fast visit:
www.ultimatedanielfast.com.

Interested? Get registered at the link below:
<https://linktr.ee/lifestylemedrevolution>