



Transform Your Health!

40 Day Food and Fitness Fast

Feb 26 - Apr 6, 2023

Foods to Avoid on the Fast

Animal products (pork, beef, seafood, eggs, poultry)

Artificial sweeteners (sugar, corn syrup, artificial sweeteners), honey, agave, Stevia

Processed foods (white rice, white flour, refined grains, artificial preservatives/colors)

Alcoholic beverages

Deep-fried foods

Animal based dairy products

Foods to Have on the Fast

Legumes (beans, lentils, chickpeas, soy)
Tempeh

Fruit and Vegetables (canned and frozen ok, check for added sugar/preservatives)

Whole grains (brown/red rice, quinoa, oats, whole wheat, etc.)

Water, unsweetened plant-based milks, Unsweetened tea/coffee/caffeinated beverages (avoid excess)

Nuts and seeds

Whole grain bread

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 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>