



Kickstart Your *Health Transformation*
with a
DANIEL FAST

Jan 2 - Jan 22, 2023

Foods to Avoid on the Fast

Animal products (pork, beef, seafood, eggs, poultry, dairy incl. milk, cheese, creams)

Added sweeteners (honey, sugar, corn syrup, artificial sweeteners)

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

Alcoholic and caffeinated beverages

Deep-fried foods

Foods to Have on the Fast

Legumes (beans, lentils, chickpeas, soy)

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

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

Water, unsweetened plant-based milks

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>