



*Transform Your Health!*

## 40 Day Food, Faith and Fitness Fast

### Foods to Avoid on the Fast

Animal products – pork, beef, chicken, turkey, seafood, milk, eggs, cheese, cream sauces, etc.

Added sweeteners – sugar, honey, Stevia, corn syrup, maple syrup and artificial sweeteners

Processed foods – white rice, white pasta, bread, ~~apple cider vinegar, nutritional yeast~~, preservatives, additives, etc.

Fried foods (includes chips)

Alcohol, ~~caffeinated beverages including unsweetened coffee and green/black tea~~

### Foods to Have on the Fast

Minimally-processed plant protein: beans, chickpeas, split peas, lentils, soy (edamame, tofu, tempeh), mushrooms; protein powders that do not have other ingredients that we are avoiding

All fruits and vegetables (canned and frozen ok, just check labels for no added sugar/sweetener); may use dates, raisins

Whole grains – brown/red/black rice, quinoa, oatmeal, couscous, barley, whole wheat pasta, etc. Unleavened bread (no yeast) is acceptable

Nuts and seeds; popcorn, baked chips (look at other added ingredients!)

Water, unsweetened plant milks, seltzer, smoothies.

### 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](http://www.ultimatedanielfast.com).

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