

The idea of a Daniel fast comes from the practical application, and net positive results of a vegetable and fruit diet found in the book of Daniel:

*<sup>11</sup> Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, <sup>12</sup> "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. <sup>13</sup> Then compare our appearance with that of the young men who eat the royal food and treat your servants in accordance with what you see." <sup>14</sup> So he agreed to this and tested them for ten days.*

*<sup>15</sup> At the end of the ten days, they looked healthier and better nourished than any of the young men who ate the royal food. <sup>16</sup> So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.*  
*Daniel 1:11-16*

*<sup>2</sup> At that time, I, Daniel, mourned for three weeks. <sup>3</sup> I ate no choice food; no meat or wine touched my lips, and I used no lotions at all until the three weeks were over.*  
*Daniel 10:2-3*

The phrases "royal food" or "choice food" suggest that Daniel rejected the king's indulgent food table. King Nebuchadnezzar's menu would likely have included bread, sweets, wine, animals sacrificed to idols, and animals deemed "unclean" by Jewish tradition. Daniel reshaped his diet to be for sustenance only, not for personal gratification, allowing his attention to be focused on the Spiritual and to better hear from the Lord:

*<sup>17</sup> To these four young men, God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.*  
*Daniel 1:17*

Practically, a Daniel fast avoids indulgent foods, which in a modern context might include:

- Processed/refined sugar, sweeteners of any kind (including artificial), honey, agave,
- Snack foods, candy, cookies, etc.
- Meat of any kind, including eggs
- Dairy of any kind
- Leavened Breads
- Bleached and/or refined grains (white rice, white flour, etc.)
- Energy drinks, soda, alcohol

Essentially, a Daniel fast is closest to a strictly vegan diet but taking it a step further to remove those foods and drink, which are often a temptation and indulgence.

Foods that are encouraged and included in a Daniel fast are:

- All fruits, fresh, frozen, or dried. Avoid canned fruits and anything with added sugar and preservatives
- All vegetables, fresh, frozen, or dried. Avoid canned vegetables and anything with added salt or preservatives
- Whole grains like quinoa, brown rice, oats, barley, etc.
- Beans like lentils, black beans, split peas, etc. Avoid anything cooked or canned with added fat or meat-based broth. Dried legumes are recommended but require more planning ahead
- Nuts and seeds, including nut butters (with no added sugar)
- Herbs and spices, for adding additional flavor and nutrition
- High quality, plant-based oils used in moderation, alongside no-sugar vinegars
- Non-dairy milks soy, almond, coconut, or oat (all with no added sugar)
- Water, herbal and non-caffeinated tea, fruit juice in limited amounts

Traditionally beverages like tea and coffee would be on the “do not consume list.” Still, like a relationship with Jesus, the goal is not strict rule-following, but obedience to what He is calling one to.

In a modern American culture, most meals feature an animal-based protein. Compared to a “no-food” fast, a Daniel fast may be more challenging to execute, mainly if it is for an extended period like one sees in Daniel (10 or 21 days). With a Daniel fast, it is essential to maintain high nutritional standards that the body may have become accustomed to while limiting food consumption types. You can include adding vitamins and other supplements for a season, taking note of their origin.

By regularly including nuts, seeds, legumes (beans), and whole grains (especially sprouted grains) into meals, you can maintain a high protein level. Fruit smoothies using alternative kinds of milk are an excellent meal replacement. Adding nut butters and toasted rolled oats into smoothies result in higher protein and fiber levels, making it “stick to the ribs” a little better. You can also include many plant-based protein powders derived from peas or hemp. Avocados also add healthy fats and blend very well into smoothies.

Dried fruits are another excellent source of long-lasting energy and are high in nutritional value. Do note that many dried fruits contain added sugars for flavor and sulfur dioxide for preservatives. Look for dried fruits that either has nothing added or use natural fruit juice as a “sweetener.”

There are also many meat replacement products on the market like tofu, tempeh, “Beyond Meat” brand items, etc. However, the intent of a Daniel fast is to set aside certain types of foods that one might regularly default to and instead limit intake to the most holistic and natural foods possible. Legalistically abiding by a Daniel fast should be avoided but replacing a beef cheeseburger with an “impossible burger” or Thanksgiving turkey with “tofurkey” may defeat the purpose of the fast all together.

Choosing to enter into a Daniel fast, or any fast for that matter, is not about strict adherence to the law. The focus of a fast should be to regularly turn one's attention, awareness, and dependence to the Father. The pursuit of and obedience to Jesus is the ultimate goal of everything we do, including fasting.

#### Examples of a daily meal plan

Breakfast: Oatmeal cooked with water, topped with alternative milk and sliced bananas or other fruit. Add a spoonful of peanut, sunflower, or almond butter to up the protein.

Mid-morning snack (if needed): Sliced apples with peanut butter

Lunch: A spring-mix salad with cooked and cooled quinoa, sunflower seeds, shaved shallot or red onion, roasted red peppers, topped with a no-sugar vinaigrette.

Dinner: Stir-fried vegetables in olive oil atop brown rice.

Breakfast: Fruit smoothie made with alternative milk, nuts or nut butter, frozen fruits, cinnamon (a known antioxidant and anti-inflammatory that helps the body absorb more nutrients)

Mid-Morning snack (if needed): Trail mix with dried fruits, seeds, and nuts.

Lunch: Soup like roasted cauliflower or butternut squash.

Dinner: Roasted peppers stuffed with brown rice, black beans, corn, and tomatoes.

More information, including recipes for meals and snacks, can be found at:

[www.daniel-fast.com](http://www.daniel-fast.com)

[www.allrecipes.com/article/recipes-kick-start-daniel-fast](http://www.allrecipes.com/article/recipes-kick-start-daniel-fast)

[www.ultimatedanielfast.com/recipes](http://www.ultimatedanielfast.com/recipes)