



Kickstart Your Health Transformation with a **DANIEL FAST**

Foods to Avoid on the Fast	Foods to Have on the Fast
Animal products - pork, beef, chicken, turkey, seafood, milk, eggs, cheese, cream sauces, etc.	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
Added sweeteners – sugar, honey, monk fruit with erythritol, Stevia, corn syrup, maple syrup and artificial sweeteners	All fruits and vegetables (canned and frozen ok, just check labels for no added sugar/sweetener); may use dates, raisins
Processed foods – white rice, white pasta, bread, apple cider vinegar, nutritional yeast, butters, artificial flavors, preservatives, additives, etc.	Whole grains – brown/red/black rice, quinoa, oatmeal, couscous, barley, whole wheat pasta, etc. Unleavened bread (no yeast) is acceptable
Alcohol and caffeinated beverages including unsweetened coffee and green/black tea	Nuts and seeds; popcorn, baked chips (look at other added ingredients!)
Deep-fried and fried foods (includes chips)	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 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.

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