

DANIEL-STYLE FAST FOOD GUIDE

The Daniel-style fast is a partial fast built around simple, plant-based foods. The goal is not to create complicated rules or spend 21 days searching for substitutes for everything we normally eat.

Keep it simple. Remember, the purpose of the fast is not the menu. **THE PURPOSE IS SEEKING GOD.**

FOODS TO ENJOY

- **Fruits** - Fresh, frozen, or canned fruit with no added sugar.
Examples: apples, bananas, berries, oranges, grapes, peaches, pears, pineapple, watermelon, and dried fruit without added sugar.
- **Vegetables** - Fresh, frozen, or canned vegetables.
Examples: potatoes, sweet potatoes, broccoli, carrots, corn, green beans, spinach, squash, tomatoes, peppers, onions, and mixed vegetables.
- **Beans and Legumes**
Examples: black beans, kidney beans, pinto beans, chickpeas, lentils, peas, and other legumes.
- **Whole Grains**
Examples: brown rice, oats, quinoa, barley, whole-grain pasta, and other minimally processed whole grains.
- **Nuts and Seeds**
Examples: almonds, walnuts, cashews, pecans, peanuts, sunflower seeds, pumpkin seeds, and natural nut butters without added sugar.
- **Healthy Plant-Based Fats**
Examples: avocados, olives, olive oil, and other simple plant-based oils used in moderation.
- **Beverage**
Water is the primary beverage during the fast.

FOODS TO SET ASIDE

During the 21 days, those participating in the Daniel-style food fast generally set aside:

- Meat and poultry
- Fish and seafood
- Dairy products
- Eggs
- Candy and desserts

- Added sugars and artificial sweeteners
- Sweetened drinks and soft drinks
- Alcohol and Caffeine
- Highly processed foods
- Rich or indulgent foods

Do not become overwhelmed by ingredient labels or worried about accidentally “breaking the rules.” This is a spiritual discipline, not a test you are trying to pass.

Choose simple foods. Make thoughtful decisions. Keep your attention on God.

SIMPLE MEAL IDEAS

You do not need complicated recipes to participate in the fast. Many meals you already enjoy can be adapted by keeping the ingredients simple.

BREAKFAST

- **Oatmeal and Fruit**
Oats topped with bananas, berries, apples, cinnamon, nuts, or natural nut butter.
- **Fruit and Nut Bowl**
Fresh fruit with a handful of almonds, walnuts, pecans, or other nuts.
- **Avocado Toast**
Whole-grain bread with avocado, tomato, and simple seasonings.
- **Breakfast Potatoes**
Potatoes or sweet potatoes cooked with peppers, onions, tomatoes, and seasonings.
- **Smoothie**
Fruit, greens, water, ice, and natural nut butter. Check ingredients to avoid added sugars or dairy products.

LUNCH

- **Rice and Bean Bowl**
Brown rice, black or pinto beans, lettuce, tomatoes, corn, avocado, salsa, and vegetables.
- **Baked Potato or Sweet Potato**
Top with beans, vegetables, salsa, avocado, or other plant-based toppings.
- **Large Salad**
Mixed greens and vegetables topped with beans, chickpeas, nuts, seeds, avocado, or fruit.
- **Hummus and Vegetables**
Hummus with carrots, celery, peppers, cucumbers, and simple whole-grain options.
- **Vegetable Soup**
A simple soup made with vegetables, beans, lentils, potatoes, or whole grains.

DINNER

- **Vegetable Stir-Fry**
Mixed vegetables served over brown rice or quinoa.
- **Tacos or Taco Bowls**
Beans or lentils with lettuce, tomato, corn, salsa, avocado, and vegetables.

- **Pasta and Vegetables**

Whole-grain pasta with a simple tomato sauce and vegetables.

- **Bean Chili**

A meatless chili made with beans, tomatoes, corn, peppers, onions, and spices.

- **Lentil or Vegetable Soup**

Serve with a salad, baked potato, or simple whole-grain bread.

- **Stuffed Sweet Potato**

A baked sweet potato filled with black beans, corn, avocado, salsa, and vegetables.

SIMPLE SNACKS

- Fresh fruit
- Raw vegetables
- Nuts and seeds
- Natural nut butter with apples or bananas
- Hummus with vegetables
- Air-popped popcorn with simple seasonings
- Roasted chickpeas

A SIMPLE DAY COULD LOOK LIKE THIS

- **Breakfast:** Oatmeal with banana, cinnamon, and walnuts
- **Lunch:** Brown rice and black bean bowl with vegetables, salsa, and avocado
- **Snack:** Apple with natural peanut butter
- **Dinner:** Vegetable and bean chili with a baked potato or salad

It does not need to be complicated.

A FINAL REMINDER

The Daniel-style fast is not about finding creative ways to recreate every food we normally eat. The simplicity is part of the practice.

Plan ahead. Prepare what you can. Keep meals simple. Give yourself grace as you learn.

Most importantly, remember why we are doing this.

When you miss something you normally enjoy, pray.

When you feel hungry, pray.

When your routine is interrupted, pray.

When you sit down for a simple meal, give thanks.

For these 21 days, we are choosing to step away from some of our normal comforts so that we can intentionally seek God together.

THE FOOD IS TEMPORARY. PRAYER IS THE PURPOSE.

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