



What is the Daniel Fast?

The Daniel Fast is based on the prophet Daniel's fasting experiences as recorded in the Bible. The fast is a biblically based fast. According to Daniel 1, the results were: (v.17) learning, skill, wisdom, spiritual understanding, favor, and better appearance! (v. 19) In Daniel 10, the fast resulted in answered prayer and spiritual insight. (vv. 11-12). One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather the kind of foods you can eat.

Food List:

All fruit | fresh, frozen, juiced, and canned.

Eg. Apples, apricots, bananas, cherries, grapes, lemons, limes, peaches, pineapples, strawberries, watermelon, etc.

All vegetables | fresh, frozen, juiced, and canned.

Eg. Asparagus, broccoli, cabbage, carrots, corn, cucumbers, lettuce, mushrooms, onions, potatoes, spinach, sweet potatoes, tomatoes, veggie burgers, etc.

All whole grains

Eg. Whole wheat, brown rice, millet, barley, oats, quinoa, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, etc.

All nuts & seeds

Eg. Sunflower seeds, cashews, peanuts, sesame, nut butters (including peanut butter).

All legumes | canned or dried

Eg. Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannelloni beans, white beans.

All quality oils

Eg. Olive, canola, grape seed, peanut, and sesame.

Beverages

Eg. Natural fruit juices, spring water, distilled water, other pure waters.

Other

Eg. Tofu, soy products, vinegar, seasonings, salt, herbs, spices.

Daniel Fast Resources:

[Momentum Church Daniel Fast Resource Guide With Recipes](#)

[21 Day Fast Like Daniel Online Devotional](#)

[The Rock Church: 21 Days of Fasting and Prayer Guide](#)

[Rick Warren Message of Prayer and Fasting for Breakthrough](#)

Book Recommendations:

The Ultimate Guide to the Daniel Fast

How to Fast Biblically: When Desperate Situations Require Drastic Actions

Fasting for Spiritual Breakthrough: A Practical Guide to 9 Biblical Fasts

A Hunger for God: Desiring God through Fasting and Prayer

Fasting for Breakthrough and Deliverance