

List of food for the Daniel Fast.

TOP TIP

**Head to the free from aisle in the supermarket.
Read all the labels!** Even gravy powder has sugar and milk in!

Foods to eat

- Fruit and Vegetables both fresh, tinned, dried and frozen.
- all whole grains such as brown rice, quinoa, oats.
- Nuts and seeds.
- Legumes both tinned, dried and fresh.
- water
- Herbs, spices and seasoning.
- Soy products include tofu, soy milk, yoghurt.

Foods to remove from you diet.

- Meat,
- Fish
- Gluten
- Dairy
- Yeast (Leavening products),
- Sugar in all forms including honey and sweeteners.
- Alcohol
- Caffeine
- Fried Food
- Highly Processed Food.