

# Daniel Fast Information and Recipes

**Daniel FAST FOODS**

I ATE NO PLEASANT FOOD, NO MEAT OR WINE CAME INTO MY MOUTH, NOR DID I ANOINT MYSELF AT ALL, TILL THREE WHOLE WEEKS WERE FULFILLED. - DANIEL 10:3

ALLOWED: FOODS GROWN FROM SEED, DRINK ONLY WATER

 <b>Vegetables</b> asparagus, broccoli, cabbage, celery, corn, kale, onions, potatoes, tomatoes, etc.	<b>Not Allowed</b> meats, animal products, dairy, eggs, sweets, all sweeteners, honey, breads with leaven, baked goods, refined and processed foods, deep fried "pleasant foods" like chips, solid fats (e.g. butter, margarine), soda, alcohol, white flour and rice, beverages other than water (can make a personal decision to include vegetable and fruit juices, (juicing fresh vegetables and fruits okay though), check labels.
 <b>Fruits</b> apples, bananas, berries, oranges, pears, plums, tangerines, watermelon, etc.	
 <b>Nuts &amp; Seeds</b> almonds, seeds, walnuts, nutbutters (no sugar added, made with healthy oils), etc.	
 <b>Healthy Liquid Oils</b> grapeseed, seed, olive, peanut, etc.	
 <b>Whole Grains &amp; Legumes</b> barley, brown rice, oats, popcorn, beans, chickpeas, lentils, etc.	

HISWARRINGHANDMAID.COM

Read about Daniel [here](#) and why he prayed with fasting and how **humbling ourselves before the Lord** this way can be important when our spiritual ears need to be fine-tuned to hear from God, to bring about words from the Lord, to cast out certain kinds of demons, and to overcome by way of warring angels, etc. any demonic hindrances in the spirit realm and heavenlies that are keeping answers to our prayers from manifesting in the natural realm.

You can also read from [Isaiah 58](#) to learn more about humbling oneself before the Lord with prayer that includes fasting. It is very important to note that for a fast like this, you should do every part of it (e.g. watch the words of your mouth and not speak wickedness, **actively and passionately seek to relieve the suffering of others** by blessing and feeding the hungry, etc. in addition to the prayer with fasting).

Prayer with fasting should be done with a pure heart before the Lord and based on His Word.

## Other Information

- <https://www.allrecipes.com/article/what-is-the-daniel-fast/>

## Recipes

- <https://lifemadesweeter.com/mixed-berry-detox-smoothie-bowl/>
- [https://www.pinterest.com/melissabolden1/daniel-fast/?invite\\_code=19603d8ec80643b08d2c6152fd00991f&sender=346425533745085310](https://www.pinterest.com/melissabolden1/daniel-fast/?invite_code=19603d8ec80643b08d2c6152fd00991f&sender=346425533745085310)
- [PINTEREST.COM](#) = SEARCH DANIEL FAST RECIPIES
- <https://www.allrecipes.com/> = SEARCH DANIEL FAST RECIPIES
- <https://30seconds.com/food/tip/38032/The-Best-Air-Fryer-Broccoli-Recipe-This-Easy-Broccoli-Recipe-Is-Freakin-Delicious>
- <https://topteenrecipes.com/daniel-fast-recipes/>