

Basic Ingredient List for the Daniel Fast



VEGGIES

LETTUCES • SPINACH • CUCUMBERS • SWEET OR BELL PEPPERS • ONIONS RED AND YELLOW/SWEET • BROCCOLI • CARROTS • CORN • CALIFLOWER • MUSHROOMS • BUTTERNUT SQUASH/ ACORN/ SPAGETTI ANY WINTER SQUASH • BEETS • GREEN BEANS • CABBAGE • AVOCADOS • SWEET POTATOES/YAMS • POTATOES INCLUDING RED/PURPLE/YELLOW AND FINGERLINGS • GARLIC • TOMATOES (Including pasta sauces it is suggested to use no salt added) AND LEEKS

These items can be fresh, frozen or canned (if canned it is suggested to use no salt added)



FRUITS

• PINEAPPLE • TANGERINES • GRAPES • APPLES • LEMONS • BANANAS • PEARS • BERRIES: Blueberries, strawberries, raspberries, blackberries • WATERMELON • CANTALOUPE

**These items can be fresh or frozen (if frozen it is suggested to use no sugar added)



WHOLE GRAINS

- BROWN RICE • QUINOA • GRITS • POLENTA • COUSCOUS • OATS • WHOLE GRAIN BREADS (100% WHEAT, OR NINE GRAINS) • WRAPS (100% WHEAT OR SPINACH)

BEANS & LEGUMES

- CHICK PEAS • BEANS: NAVY, PINTO, BLACK, KIDNEY • LENTELS: RED, BLACK OR GREEN • HUMMUS • Beans and chickpeas can be fresh or canned

OILS & VINEGARS:

- OILVE, COCONUT, AVOCADOS OILS • BALSAMIC, WINE, APPLE CIDER VINEGARS

UNREFINED SWEETNERS: COCONUT SUGAR, MAPLE SYRUP (SUGAR FREE), STEVIA

NUTS & SEEDS

- ALMONDS, PECANS, FLAXSEED, CHIA SEEDS, CASHEW, WALNUTS
- NUT/SEED BUTTERS: PEANUT BUTTER, ALMOND, CASHEW BUTTERS

MILKS: COCONUT MILK (LITE); SOY, ALMOND, CASHEW

