



THE DANIEL FAST FOR THE MIND, BODY, AND SOUL

**Living Word Ministries
825 Taylor Street
Lynchburg, VA
24504**

**Dr. James E. Camm
Pastor**



What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

Then in Daniel 10 we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners and no breads

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.

When asked about the eating plan on the Daniel Fast, I often say it is a "vegan diet with even more restrictions."

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients

At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

Daniel 1:8-16

Anchoring Scriptures

*So I turned to the LORD God and pleased
with Him in prayer and fasting. I also wore
rough burlap and sprinkled myself with ashes.*

Daniel 9:23

But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods ...But he responded. "I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, the king will have me beheaded."

"Please test us for ten days on a diet of vegetables and water," Daniel said. "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see. "

In those days I, Daniel, was mourning for three whole weeks. I ate no pleasant or desirable food, nor did any meat or wine come into my mouth, and did not anoint myself at all for the twenty one days.

Daniel 10:2,3

About the fast. . .

The Daniel Fast for the body, soul and spirit

The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Daniel Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

The Body - Certainly our bodies are effected as our diet is changed, for some in very dramatic ways, during the Daniel Fast. Many men and women experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and malaise.

Most people lose weight during the Daniel Fast. And many report healings from diabetes, allergies, arthritis and cancer.

The Soul - Frequently referred to as "the flesh" in the Bible, the soul is also greatly impacted during the Daniel Fast. The soul is the seat of our emotions, intellect, personality and will. It is in the "soulsh realm" where we experience cravings, frustration, anger . . . and even happiness.

During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Daniel Fast.

The Spirit - Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Daniel Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just as a parent takes control of a rebellious child).

Fasting is always coupled with a spiritual goal. So during this time of fasting, you will want to focus on prayer, study and meditation

An important question to ask yourself . . .

During your Daniel Fast you will have many times when you might want to "stretch the rules" a little bit. For example, even though the guidelines say we are to drink only water . . . you conclude that herbal teas are vegetables and water is water and therefore you will go ahead and drink herbal teas during the Daniel Fast.

But I encourage you to learn a powerful spiritual lesson by asking yourself (examining your heart) the question, "Why do you want the herbal teas?"

My guess is that the answer will be, "Well I just want them. I can't drink only water. I have to have something else."

The Daniel Fast teaches us to deny our "selves" and instead put our spirit in control over our flesh. As you plan your meals and eat your food, keep in mind that the definition of a fast is *to deny food for a spiritual purpose*.

Biblical reasons why Christians should fast

Reasons and examples of fasting in the OT:

- ◉ In times of war or the threat of it (Israel)
- ◉ When loved ones were sick (2Samuel 12:21,22)
- ◉ When a loved one dies (1Chronicles 10:12)
- ◉ When seeking God's forgiveness (Ahab, Daniel)
- ◉ When seeking God's direction (Israel, Daniel)
- ◉ When seeking God's protection (Ezra)
- ◉ Needing to be set free from bondages (Isaiah 58)
- ◉ Needing spiritual awakening (Isaiah 58)
- ◉ Needing spiritual maturing (Isaiah 58)

Reasons and examples of fasting in the NT:

- ◉ When dealing with temptations (Matthew 4:2)
- ◉ When serving the Lord (Acts 14:23)
- ◉ When beginning a work for the Lord (Acts 14:23)
- ◉ When Selecting and appointing elders (Acts 13:2)
- ◉ Sharpening spiritual senses (Acts)
- ◉ Life of a disciple (Luke 5:35)
- ◉ Strengthening of marriage (1Corinthians 7:5)
- ◉ Strengthening of the Christian walk (1 Corinthians 7:5)



Seven ways to a successful Daniel Fast

1 Be Specific.

Like everything that has to do with the Christian walk and faith, we must be specific in what we are doing. During the fast, spend time with God daily, asking Him to help you become more spiritually fit, and to change the areas that are causing you to fail or stumble as a Christian. Believe for the three people that you have committed to the Lord to be saved

-that their eyes will open to the Truth. Confess daily that Jesus is Lord, and that we will grow and be successful in all that God has called us to do. Also, expect that through this time, your lifestyle of eating will change to a healthier one.

2 Be Committed.

The Daniel Fast involves a spiritual commitment. Recognize that this is a spiritual time between you and your Lord. Fasting puts the body under subjection to your spirit. The Word says, *"Walk in the Spirit and you will not fulfill the lust of the flesh"* (Galatians 5:16). Do the things that build the spirit - meditate on the Word and the messages that you are hearing in church. Read Proverbs and a chapter in John every day for the 21 days. Pray in the Spirit. Sing to the Lord and give Him thanks daily.

3 Be Disciplined.

Make sure that your decisions during the day will help you fulfill the fast, and not hinder it. This is probably not a good time to go out to lunch or dinner with co-workers or friends who are not fasting. Get up every morning confessing your success in your commitment to fast before God.

4 Resist Temptation.

"...Resist the devil and he will flee from you" (James 4:7). Beware of "food" temptations, and even those who would try to convince you that you don't need to do this fast. Unless it is a doctor, do not listen to those who try to hinder you! Try to stay away from grocery stores as much as possible. Stock up what you need for the fast, or have someone that is not fasting shop for you.

5 Be submitted to God.

"Submit to God..." (James 4:7). Give your life and time to God. Put Him first in everything by seeking His Wisdom. Trust Him to help you have strength during this time, just as He did for Daniel!



6 Expect supernatural intervention.

As Daniel fasted, God gave him knowledge and skill in learning and understanding of visions and dreams. Fasting opens our hearts and minds to receive and to perceive what God is saying and what God is doing in us. Expect greater wisdom and ability in everything you do during this time.

7 God loves you.

If you finish this fast or not, if you commit to this or not, know that God loves you PERIOD! This fast benefits you. It will get you closer to God and more in tune to spiritual things. It will help you control the flesh so that you can have victory in the spirit. But know this; it does not make God love you more or less! This fast will only benefit you and our church because we are getting closer to God by disciplining our flesh and mind to the things of God.

What if you have health issues?

Fasting should never bring harm to the body. And if you have concerns, be sure to consult your health professional before going on the Daniel Fast or making any major dietary change.

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast, but otherwise stay the course.

Diabetics may need to add more carbohydrates or include chicken and fish. Also, those who are especially active either through sports, bodybuilding or vocation may need to slightly alter the eating plan.

Frequently Asked Questions

What is the Daniel Fast? It's a biblically based partial fast based on two accounts of the Prophet Daniel's fasting experiences (see Daniel 1 and 10) and typical Jewish fasting principles. The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast Food List for a more complete outline of foods to include and foods to avoid.

Why are fruits and grains allowed when the Bible says Daniel ate only vegetables and drank water? The early translations (including KJV) use the word **pulse** instead of vegetables. That word is rightly translated as "foods grown from seed." Therefore, the Daniel Fast includes fruits, vegetables and whole grains.

Can I take medications during the Daniel Fast? If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Fasting should never bring harm to the body, so medications should be continued.

Are supplements okay to take during the Daniel Fast? Yes, but read the label to make sure they are of good quality and that the ingredients comply with the Daniel Fast Guidelines.

Why can't I have herbal tea on the Daniel Fast? This is a common question! The reason that no tea is allowed is because the only beverage on the Daniel Fast is water (see Daniel 1). This is based on the prophet's fasting practice in Daniel 1 where he and his companions ate only pulse (food grown from seed) and drank only water. Tea is not water and therefore is not allowed on the Daniel Fast.

Can I have honey on the Daniel Fast? It's natural with no preservatives. No sweeteners are allowed on the Daniel Fast. This is based on Daniel's fast recorded in Daniel 10 where he ate no meat and consumed no precious foods. So even though honey is natural and free of chemicals, it would be considered a "precious food" and therefore not allowed during the Daniel Fast.

I am pregnant. Can I still engage in the Daniel Fast? First, you will want to contact your doctor and explain that the Daniel Fast is a vegan diet with additional restrictions (leavened breads, caffeine, alcohol, sweeteners and chemicals).

Generally, pregnant and nursing mothers follow the Daniel Fast guidelines, but add enough chicken or fish to meet the additional protein demands.

What about marital relations during the Daniel Fast? The Bible does speak of husbands and wives abstaining from sexual relations during fasts. However, this is to be a mutual agreement by both the husband and wife. Many couples do refrain from sex while fasting and find their relationship strengthened as they intentionally express love for one another in other ways.

So, abstaining from sex during the Daniel Fast is not required, however it is an opportunity to experience growth in your marriage and in your relationship with the Lord.

Are there ever situations when I should "pause" from the fast? Yes, there are times when it would be appropriate to briefly pause from the fast, but do so after consulting with the Holy Spirit. For example, last year when I was fasting I visited my son and his wife who live about 120 miles from me.

Frequently Asked Questions continued

How much food can I have on the Daniel Fast? The Scriptures don't really state an amount of food that can be consumed. However, I do encourage people to keep in mind that this is a fast (restricting food for a spiritual purpose). With that in mind, eating no more than three moderate meals and two small snacks would be appropriate.

Can I eat food during the daylight hours? Many fasts begin at sunrise and end at sunset. However, the Daniel Fast does not require this modification to our eating patterns. If you choose to add this step to your fast, then that would still be okay, but it is not a required step for the Daniel Fast.

How do you know what Daniel really ate? That's why the fast is based on the fasting experiences recorded in Daniel 1 and Daniel 10. If you want to "eat as Daniel ate," then you should research what that could have been. The fast is only based and modeled after Daniel 1, Daniel 10 and typical Jewish fasting principles.

Can I have (fill in the blank)? You can have all foods that include ingredients that comply with the Daniel Fast approved food lists. **READ THE LABEL** on any prepared or packaged foods to make sure all of the ingredients comply. Even foods marked as "natural" may still contain sweetener or other foods that are not allowed on the fast.

What foods can I eat straight from the grocery store? You will quickly learn that most of the prepared foods found in grocery stores include sweeteners, chemicals or other ingredients that are not allowed on Daniel Fast. That's why most meals are made from scratch .

What if I want to do the Daniel Fast for dietary reasons and not spiritual purposes?

The definition of *fasting* is to restrict food for a spiritual purpose. Using the Daniel Fast eating plan for strictly health purposes would be a Daniel Diet rather than a fast. Many people do use the Daniel Fast eating plan to improve their health and for weight loss.

What about gum and breath mints?

Gum and breath mints have sweeteners or chemicals included in the ingredients. So alternatives like mint leaves, parsley, whole cloves and cinnamon sticks can be used. Also, adding lemon slices to your water will freshen your mouth. You will also find that eating a plant-based diet produces a "sweeter" breath than eating meats and animal products.

More info...

More liquids, less weight

If you haven't been drinking enough water, your body may have developed a pattern of storing water. This water retention equals extra unwanted weight.

By increasing fluids during the Daniel Fast, you are flushing out toxins and teaching your body that it no longer needs to store water. Drink hot water with lemon slices throughout your day, especially before eating, to help reduce fluid retention. Be sure the water is filtered and free from chemicals.

Love those hunger pangs!

So often when we have hunger pangs, we rush for snacks or something that will make it go away. But some little insights about hunger pangs may have you making a different choice.

Hunger pangs actually mean that your body is using stored fat in our body. So if you want to lose some weight during the Daniel Fast, then welcome those hunger pangs.

Dehydration often sends a message that "reads" like hunger. So instead of grabbing a snack . . . go for a tall glass of filtered water!

Finally, hunger pangs often pass after a few minutes. So when you sense hunger . . . wait it out.

READ THE LABELS

READ THE LABEL so you can learn the ingredients included in the food inside the box, bag, can or jar. We are not so concerned about the nutritional list. But we are very concerned about the ingredients to make sure there are no sweeteners, dairy products or chemicals included in the food.

Remember, this is a fast!

It's important to keep in mind that we are on a fast, which is *restricting food for spiritual purposes*. So while we can eat as much food as we want and any time we want . . . we want to keep in mind that we are fasting.

Stick with three modest Daniel Fast meals and one or two small Daniel Fast snacks. The average-sized adult should drink about 1/2 gallon of filtered water each day.

Food Preparation

You will quickly find that most of the prepared meals you find in grocery stores contain ingredients that are not acceptable for the Daniel Fast. Consequently, you will need to prepare most of your meals from scratch!

Meal preparation can take more time during the Daniel Fast, but you can also adopt some habits to streamline this essential part of your fasting experiences.

Meal Planning - Plan all of your meals for one week. Make sure you have all the ingredients you need along with snack foods!

Set a Cook Day - Use Saturday as the day to plan meals for the coming week and then cook several meals in advance. Make pots of soup, vegetable chili, chapatis and many other dishes. This saves hours of time and lots of frustration in the coming week, plus it's fun!

Salad Prep - Wash and trim all salad ingredients as soon as you get home from the grocery store. Then store each item in a container for easy use later in the week. You can make a lovely salad in less than a minute because all the ingredients are already prepared!

Fast with a Purpose

Before you begin, decide on the purpose of your fast. Otherwise, without a purpose, you will be merely dieting. So prayerfully consider the focus of your fast.

For example, what is your greatest need at this time in your life? Do you want to learn to trust God in a deeper and more consistent manner? Could your marriage be stronger? Do you have financial pressures? Do you have family members who don't yet know the Lord or have walked away from the Christian life?

Invest some quality prayer time and decide on a purpose for your fast. Then make a plan for your prayer and study time. Gather books and study materials to help feed your spirit and guide your quiet time.

Most men and women on the Daniel Fast find it helpful to journal during their consecrated time of prayer and fasting. Write expecting the Holy Spirit to partner with you as you seek a greater level of intimacy with your Father.



How to Prepare for the Daniel Fast

You will experience a more successful fast if you spend some time preparing for your time of focused prayer and fasting.

Quiet Time: If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. It is best to start the day with the Lord. So every day wake up, brush your teeth and then I meet with God."

Starting your day with the God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

Prepare Your Body: It's a wise move to prepare your body for the fast by easing off sugar, caffeine and chemicals before your first day of fasting. Otherwise, you may experience physical detox symptoms of headaches, cramping and fatigue. Start to drink at least 1/2 gallon of filtered water each day.

How to Conclude Your Daniel Fast

Just as you prepared to start your Daniel Fast, you will want to plan for the conclusion of your fast.

Changing the way you eat: If you have been on an extended fast of 10 or more days, your physical body has enjoyed healthy and easily digestible foods. Most people realize increased energy and better health during their fast.

Reintroduce caffeine, sugar, dairy products, deep fried foods and meat slowly to keep your body from rebelling and bring you discomfort. Small portions are better and adding no more than one type of food each day will give your body a chance to get used to the change.

Keep the gems of the fast: Most likely, you have gained many powerful lessons about your health and spiritual life. Carry these positive changes into your everyday life. If you have created a habit of meeting with the Lord each morning, then continue that practice.

If you have gained understanding about healthy eating habits or broken addictions to specific foods, then continue with those good practices.

Let the lessons you learned during your Daniel Fast continue to bring more health to your body, soul and spirit all year long.

Foods to include in your diet during the Daniel Fast

- ◉ All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples,
- ◉ Apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
- ◉ All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers (soy).
- ◉ All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- ◉ All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.
- ◉ All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- ◉ All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.
- ◉ Beverages: spring water, distilled water or other pure waters.
- ◉ Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

- ◉ All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.
- ◉ All dairy products including but not limited to milk, cheese, cream, butter, and eggs.
- ◉ All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.
- ◉ All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.
- ◉ All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
- ◉ All deep fried foods including but not limited to potato chips, French fries, corn chips.
- ◉ All solid fats including shortening, margarine, lard and foods high in fat.
- ◉ Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol

Foods to include in your diet during the Daniel Fast

All fruits:

These can be dried, juiced or canned but not the best (watch added sugar).

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Blackberries
- Blueberries
- Boysenberries
- Breadfruit
- Cantaloupe
- Cherries
- Coconuts
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Grenadine
- Guava
- Honeydew melons
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Mulberry
- Nectarines
- Oranges
- Olives
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangelos
- Tangerines
- Tomatoes
- Watermelon

Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content)

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili peppers
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Ginger root
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Parsley
- Peppers
- Potatoes
- Radishes
- Rutabagas
- Scallions
- Spinach
- Sprouts
- Squashes
- Sweet potatoes
- Turnips
- Watercress
- Yams
- Zucchini

Legumes:

- Black beans
- Cannelini beans
- Pinto beans
- Split peas
- Lentils
- Black eyed peas
- Green beans
- Green peas
- Kidney beans
- Lentils
- Lupines
- Peas
- Peanuts (includes natural only peanut butter)
- Seeds
- All nuts (raw, unsalted)
- Sprouts
- Ground flax
- Cashews
- Walnuts
- Sunflower
- Sesame
- Almonds
- Natural almond butter

Other

- Small amounts of Olive Oil
- Oil
- Spices (read the label to be sure there are no preservatives)

Whole Grains:

- Whole wheat
- Brown rice
- Millet
- Quinoa
- Oats
- Rolled oats
- Plain oatmeal (not instant)
- Barley
- Grits (no butter)
- Whole wheat pasta
- Whole wheat tortillas
- Plain rice cakes
- Small amounts of honey
- Small amounts of Ezekial bread

Liquids

- Water, spring, distilled, filtered)
- Herbal Tea (caffeine free)
- Fruit Tea
- 100% pure Fruit Juice
- 100% pure Vegetable Juice (do not use from concentrate)
- The ideal way is to blend juice with a blender or juicer rather than buying them in a can or bottle.

Foods to avoid on the Fast...

All animal products , including all meat, poultry, fish, eggs

- Caffeine
- Coffee
- Mochas
- Cappuccinos, etc.
- Carbonated beverages
- Sodas
- Energy drinks
- Alcohol
- Refined sugar
- Sugar substitutes
- Raw sugar
- Syrups
- Molasses
- Cane juice
- Margarine
- Shortening
- Butter
- White rice
- All leavened breads
- White flour
- White bread
- Baked goods
- All dairy
- Milk
- Cheese
- Yogurt
- Cream
- Mayonnaise
- All deep fried foods
- Refined foods
- Processed foods
- Food additives
- Foods containing preservatives

So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting....Daniel 9:3

List of foods to include in your fast diet				Foods to avoid on the Fast...
All fruits: These can be fresh, frozen, dried, (juiced or canned can be used, but not the best, watch for added sugar). Apples Apricots Avocados Bananas Berries Blackberries Blueberries Boysenberries Breadfruit Cantaloupe Cherries Coconuts Cranberries Dates Figs Grapefruit Grapes Grenadine Guava Honeydew melons Kiwi Lemons Limes Mangoes Melons Mulberry Nectarines Oranges Olives Papayas Peaches Pears Pineapples Plums Prunes Raisins Raspberries Strawberries Tangelos Tangerines Tomatoes Watermelon	Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content). Artichokes Asparagus Beets Broccoli Brussel sprouts Cabbage Carrots Cauliflower Celery Chili peppers Collard greens Corn Cucumbers Eggplant Garlic Ginger root Kale Leeks Lettuce Mushrooms Mustard greens Okra Onions Parsley Peppers Potatoes Radishes Rutabagas Scallions Spinach Sprouts Squashes Sweet potatoes Turnips Watercress Yams Zucchini	Legumes: Dried beans Black beans Cannellini beans Pinto beans Split peas Lentils Black-eyed peas Green beans Green peas Kidney beans Lentils Lupines Peas Peanuts (includes natural only Peanut butter) Seeds: All nuts (raw, unsalted) Sprouts Ground flax Cashews Walnuts Sunflower Sesame Almonds Natural Almond Butter Other: Small amounts of Olive Oil Spices (read the label to be sure there are no preservatives)	Whole Grains: Whole wheat Brown rice Millet Quinoa Oats Rolled Oats Plain Oatmeal- not instant Barley Grits (no butter) Whole wheat pasta Whole wheat tortillas Plain Rice cakes Small amounts of Honey Small amounts of Sea Salt Small amounts of Ezekiel Bread Liquids: Water (spring, distilled, filtered) Herbal Tea (caffeine free) Fruit Tea 100% pure Fruit Juice 100% pure Vegetable Juice (do not use from concentrate) * The ideal way is to blend your juices with a blender or juicer rather than buying them in a can or bottle.	All animal products, including all meat, poultry, fish, eggs... Caffeine Coffee Mochas Cappuccinos, etc. Carbonated beverages Sodas Energy drinks Alcohol Refined sugar Sugar substitutes Raw sugar Syrups Molasses Cane juice Margarine Shortening Butter White rice All leavened breads White flour White bread Baked goods All dairy Milk Cheese Yogurt Cream Mayonnaise All deep fried foods Refined foods Processed foods Food additives Foods containing preservatives

