

# 21 DAY CONSECRATION FAST

JANUARY 2 - JANUARY 22, 2023



## 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 ARE AN OPTION IF YOU ARE NOT ALLERGIC TO 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.

### 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 & FLAVORINGS

INCLUDING BUT NOT LIMITED TO OLIVE, CANOLA, GRAPE SEED, PEANUT, AND SESAME.  
OTHER: TOFU, HONEY, SOY PRODUCTS, VINEGAR, SEASONINGS, SALT, HERBS AND SPICES.

### BEVERAGES

GREEN TEA, SPRING WATER, DISTILLED WATER OR OTHER PURE WATERS, AND 100% JUICE.

### 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, CREAM, AND EGGS.

ALL SWEETENERS INCLUDING BUT NOT LIMITED TO SUGAR, RAW SUGAR, 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.

BEVERAGES INCLUDING BUT NOT LIMITED TO COFFEE, REGULAR TEA, CARBONATED BEVERAGES, AND ENERGY DRINKS.

\*\*PLEASE MAKE SURE TO READ THE LABEL WHEN PURCHASING PACKAGED, CANNED OR BOTTLED FOODS. THEY SHOULD BE SUGAR-FREE AND CHEMICAL-FREE. KEEP THIS IN MIND AS YOU REVIEW THIS LIST OF ACCEPTABLE FOODS.

### PRAYER CONFERENCE CALL

6:00 AM TO 6:15 AM CST | MONDAY - FRIDAY (WEEKDAYS ONLY)

DIAL IN NUMBER: 425-436-6200 ACCESS CODE: 497118

THE YEAR OF  
**RESTITUTION**