**FOOD LIST FOR THE DANIEL FAST**

All fruits: fresh, frozen, dried, juiced or canned

Apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes , oranges, peaches, pears, pineapple, plums, prunes, raisins, raspberries, strawberries, tangerines, watermelon, etc.

All vegetables: fresh, frozen, dried, juiced or canned

Artichokes, asparagus, avocados, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, garlic, gingerroot, green beans, kale, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, peppers, potatoes, radishes, scallions, tomatoes, spinach, sweet potatoes, yams, turnips, veggie burgers, etc.

All whole grain: barley, brown rice, corn flour, grits, millet, oat bran, popcorn, quinoa, rice cakes, wheat germ, whole wheat pasta and whole wheat tortillas.

All nuts and seeds: almonds cashews, coconut, flax seed, pecans, peanuts, pine nuts, poppy seed, sesame seeds and walnuts. Nut butters such as peanut butter and tahini.

All legumes: fresh, canned, or dried

Black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas and white beans.

All quality oils: canola, coconut, grape seed, olive, peanut and sesame.

Water: distilled, filtered, spring or other pure waters.

Other: tofu, cilantro, unsweetened mustard, vegetable broth