

The Daniel Fast

is a plant-based diet based

on the Book of Daniel that involves abstaining from certain foods and drinks for a set period of time *for the purpose of aligning our will with God's will and to increase our spiritual awareness.*

What to avoid: Animal products, caffeine, alcohol, refined carbs, sugars, sweeteners, leavened bread, refined and processed foods, deep-fried foods, and solid fats

What to eat: Fruits, vegetables, whole grains, legumes, nuts, and seeds

Drinks: Spring water, distilled water, or other pure waters, and caffeine-free herbal teas

Length: The Daniel Fast can be observed for 10, 21, or 40 days

The Daniel Fast is not intended as a weight loss diet, but rather as a way to be more sensitive to God. Some Christians practice the Daniel Fast during Lent, while others observe it at other times of the year.

The Daniel Fast history:

The Daniel Fast is a type of spiritual fast modeled after Daniel's eating pattern in a passage from the book of Daniel in the Old Testament of the Bible. When the prophet Daniel was captured by a Babylonian king, the scriptures dictate that he rejected the rich, indulgent food and wine offered to him; instead, he requested meals rich in vegetables, fruit and water as a demonstration of his faith in God. The Bible details that Daniel physically and intellectually grew from this decision—after 10 days, he appeared stronger and more nourished than others who had indulged in the royal's food supply, according to scripture.

Modeled after those details, **the Daniel Fast is a plant-based eating plan that involves doubling down on fruits, vegetables, beans, whole grains and water — and eliminating animal products, caffeine and alcohol, among other staples.**

The Daniel Fast is a partial fast, which means that eating isn't exactly entirely restricted. Typically, the diet is followed for three weeks, or 21 days, though there are other variations of Daniel's diet that are for 10 days only.

What foods are forbidden on the Daniel Fast?

All animal products are restricted on the traditional Daniel Fast, including :

- **Meat:** Including poultry, fish and other seafood
- **Eggs:** Including those cooked in any way, scrambled, fried, etc.
- **Dairy:** Including milk, cheese, cream, yogurt, etc.
- **Added sugars:** Including artificial sweeteners and other sugar substitutes, brown sugar, cane juice, corn syrup, honey, molasses, raw sugar, etc.
- **Leavening agents and leavened bread:** Any products using yeast
- **Refined grains:** Including white flour, white rice, etc.
- **Solid fats:** Including butter, margarine, lard, etc.
- **Fried foods:** Including fries, potato chips, etc.
- **Beverages other than water:** Including alcohol, coffee, energy drinks, soda, other caffeinated drinks, etc.

How many times a day do you eat on a Daniel Fast?

Since the Daniel Fast is considered a partial fast, that means it doesn't limit how many meals you choose to eat or how frequently you eat throughout the day — just as long as you don't reach for restricted ingredients.