



## **Information**

### **FOODS TO EAT ON THE DANIEL FAST**

Whole grains  
Beans and legumes  
Nuts and seeds  
Vegetables  
Fruit  
Oils  
Other  
Beverages

### **FOODS TO AVOID ON THE DANIEL FAST**

Animal products  
Added sugar  
Yeast  
Refined grains  
Processed food  
Deep-fried food  
Solid fats  
Chocolate  
Caffeinated and alcoholic beverages

**For more information click here:**

<https://ultimatedanielfast.com/>