

UCF 21-Day Daniel Fast

Foods to Avoid

Croissants, Bagels, Donuts
Pastries or Sweetened Cereals
Canned Fruit
Vegetables cooked in butter, cheese or cream
White Potatoes
Grits
Ice Cream
Milk (Cow)
Coffee
Butter, Margarine Cheese
French Fries
Pasta dishes w/ cheese or cream sauce
Eggs
White Sugar
Meats
Fruit Pies, Cakes
Iceberg Lettuce
Fish
Chips & Dip
Sodas, Kool-Aid, Sports Drinks
Canned or Dry Soups

Foods to Eat

All Natural/Low Sugar Cereal Bars
All Natural Raw Cereals, Raisins, Prunes
Fresh Fruit
Fresh, Baked or Steamed Vegetables
Sweet Potatoes
Steel Cut Oatmeal, Cream of Wheat, Malt-O-Meal
Smoothie made w/ Fresh Fruit & Rice/Almond Milk
Almond Milk, Rice Milk
Kangen or Distilled Water, All Natural Herbal Tea
Smart Balance or Earth Balance
Yams
Whole-Grain Brown Rice
Black, Kidney & Garbanzo Beans
Honey, Stevia, Agave
Collard or Mustard Greens, Spinach
Nuts, Berries, Unsweetened Dried Fruit
Cabbage, Dark, Leafy Lettuce (Greens)
Lentils
Hummus
100% Juice NOT from Concentrate w/ Water
Fresh Homemade Vegetable Soup