



Harvest Tabernacle Church

5066 Ellenwood Drive, Los Angeles, CA 90041 | 323-257-0064 | www.htabupc.org

Dear Harvest Tabernacle Church,

Join us for a 21-day spiritual experience.

Daniel Fast Food list

✓ Foods you can eat

- Whole grains
 - Brown rice, oats, bulgur, whole wheat, wild rice, buckwheat
- Beans and Legumes
 - Black beans, split peas, lentils, pinto beans, kidney beans, chickpeas
- Nuts and seeds
 - Almonds, cashews, macadamia, peanuts, pistachios, walnuts, etc.
- Vegetables
 - All vegetables (fresh, frozen, dried, juiced or canned)
- Fruit
 - All fruits (fresh, frozen, dried, juiced, and canned) – no added sugar
- Oils
 - Coconut, Olive, and sesame. Avoid deep frying
- Other
 - Soy products...tofu etc. are allowed
- Beverages
 - Water and 100% fruit juice (no added sugar)

✓ Foods to avoid

- Animal products
 - Meats, Dairy, Fish, Eggs
- Added sugar
 - Artificial sweeteners, honey, cane juice, corn syrup, raw sugar
- Yeast
 - Bread and baked products
- Refined grains
 - White flour, white rice
- Processed food
 - Any food with artificial flavorings, food additives, and preservatives
- Deep fried food
 - French fries, potato chips, etc.
- Solid fats
 - Butter, lard, margarine, and shortening
- Chocolate
 - Milk, dark, semi-sweet chocolate, no syrup or cocoa
- Caffeinated and alcoholic beverages
 - Coffee, tea, energy drinks, alcohol

Daniel Fast Procedure (Jan 10 to Jan 31)

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| <ul style="list-style-type: none">✓ The fast is a period of time that we deny ourselves of the normal routine of life to focus more on the things of God✓ Obviously, you are allowed to eat during the time of the fast.✓ Here are ways you can do it:<ul style="list-style-type: none">○ No food or water for 21 days○ No food only water for the 21 days○ One meal per day for the 21 days, using the only the foods allowed○ Enjoy your natural routine for 21 days using only the allowed foods for breakfast, lunch, and dinners. All snacks should come only from the approved food list✓ All of the above options are valid for the fast | <ul style="list-style-type: none">✓ We know that some may have medical conditions that will prevent them from doing extended fasts✓ We are suggesting that those who have these medical conditions to still participate but do so with shorter intervals of time or simply skip a meal. A day or whatever time span is medically allowed (<u><i>please consult your doctor if you are not sure</i></u>)✓ 100% participation is encouraged and we believe that there is divine strength in numbers |
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Matthew 17:21 (KJV) Howbeit this kind goeth not out but by prayer and fasting.

Join us for the Daniel fast and let us see what GOD will do!