



You are invited to join Ray of Hope Christian Church in a 21 day fast (consisting of water, fruits, grains, legumes, and vegetables) starting Monday, January 4, 2021. Fasting is a personal matter, so fast at whatever level is sacrificial for you. If you are pregnant or nursing, have health concerns or are on medications, please consult a medical professional before fasting. One of the great things about the Daniel Fast is that you are not limited to any specific amount of food but rather to the kinds of food you can eat.

### **FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST**

All fruits  
All vegetables  
All whole grains  
All nuts and seeds  
All legumes  
All quality oils

Beverages: spring water, distilled water or other pure water

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices

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

All meat and animal products  
All dairy products  
All sweeteners  
All leavened bread  
All refined / processed food products  
All deep-fried foods  
All solid fats

Beverages: coffee, tea, herbal teas, energy drinks, carbonated beverages and alcohol

**For more information go to <http://daniel-fast.com>**