

DANIEL FAST FOOD LIST

WHOLE GRAINS

BROWN RICE
QUINOA
BARLEY
ROLLED OATS
BULGUR
MILLET

VEGETABLES

**ALL VEGETABLES ARE
ALLOWED (FRESH, FROZEN, CANNED)**

**AVOID THOSE WITH EXTRA SAUCES,
LIKE BUTTER OR CHEESE**

FRUITS

**ALL FRUITS ARE ALLOWED (AVOID
THOSE WITH ADDED SUGARS)**

- **FRESH**
- **FROZEN**
- **CANNED**
- **DRIED**

BEANS & LEGUMES

BLACK BEANS
KIDNEY BEANS
PINTO BEANS
CHICKPEAS
CANNELLINI BEANS
GREAT NORTHERN BEANS
SPLIT PEAS
LENTILS
PEANUTS

NUTS & SEEDS

ALMONDS
CASHEWS
WALNUTS
PECANS
HAZELNUTS
PEANUTS
NUT BUTTERS (NO ADDED SUGARS)
PINE NUTS
PISTACHIOS
SUNFLOWER SEEDS
PUMPKIN SEEDS
SESAME SEEDS

OILS

OLIVE OIL
COCONUT OIL
SESAME OIL

DRINKS

WATER

**UNSWEETENED NON-DAIRY MILKS
(ALMOND, COCONUT, ETC.)**

100% FRUIT JUICE (ON OCCASION)

OTHER

HERBS

SPICES

SEASONINGS

SOY PRODUCTS (TOFU, EDAMAME)

NOTE: This is not an all-inclusive list. There may be other foods not listed.

Use your best judgment! Some people say whole wheat products are allowed while others avoid it. Ultimately, this is between you and God and what He convicts you to do.