

## Breakthrough Vision 21-Day Fasting Challenge

*"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:2-3*

### Daniel Fast Shopping List

*This list is provided as a guide; seek the Lord's guidance and consider your unique needs*

#### ALL VEGETABLES

These can be fresh, frozen, dried, pickled, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, cauliflower (cauliflower rice), celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, peas, pickles, plantains, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, Swiss chard, tomatoes, turnips, watercress, yams, zucchini (zucchini noodles), veggie burgers are an option if you are not allergic to soy.

#### ALL QUALITY OILS

Including but not limited to avocado, canola, grape seed, olive, peanut, sesame, walnut

#### ALL FRUIT

These can be fresh, frozen, dried, juiced or canned (no added sugar). Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, pluots, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

#### ALL LEGUMES

These can be canned or dried. Legumes include but are not limited to black beans, black eyed peas, cannellini beans (white kidney beans), Garbanzo beans (chickpeas), Great northern beans, kidney beans, lentils, lima beans, pinto beans, split peas, lentils, white beans.

#### ALL WHOLE GRAINS

Including but not limited to whole wheat, amaranth, barley, brown rice, couscous, millet, quinoa, oats, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

#### BEVERAGES

Black Coffee, Distilled Water, Filtered Water, Spring Water, Unsweetened Tea, 100% Unsweetened Fruit Juice, Unsweetened Plant Milks: Almond Milk, Coconut Milk, Hemp Milk, Rice Milk, Soy Milk

#### OTHER

Herbs Seasonings / Spices  
Soy Sauce, Braggs Liquid Amino All Purpose Seasoning

#### Meat Substitutes:

Tofu; Soy Veggie Patties; Soy Veggie Crumbles

Common foods to avoid include: meat, dairy, white, refined sugars, flours; artificial sweeteners, foods; caffeine; fatty, fried foods; alcoholic beverages