Daniel Fast 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	*2*	*3*
4	*5* *No sweets* *No bread*	*6* *No sweets* *No bread*	*7* *No sweets* *No bread*	*8* *No sweets* *No bread* *No meat*	*9* *No sweets* *No bread* *No meat*	*10* *No sweets* *No bread* *No meat*
11 *No sweets* *No bread* *No meat*	*12* *Vegetables* *Fruits* *Water/Juice*	*13* *Vegetables* *Fruits* *Water/Juice*	*14* *Vegetables* *Fruits* *Water/Juice*	*15* *Vegetables* *Fruits* *Water/Juice*	*16* *Vegetables* *Fruits* *Water/Juice*	*17* *Vegetables* *Water/Juice*
18 *Vegetables* *Water/Juice*	*19* *Vegetables/* *Water/Juice*	*20* *Vegetables/* *Water/Juice*	*21* *Vegetables/* *Water/Juice*	*22* *Vegetables/* *Water/Juice*	*23* *Vegetables/* *Water/Juice*	*24* *Water and/or* *Juice*
25 Water	*26*	*27*	*28*	*29*	*30*	*31*

The Fast

This fast will be a 'graduated fast' to build up your confidence and to ease your body "gently" into subjection of your will without risking a serious shock to your system. A graduated fast starts out removing something from the diet and progressively removes more as time goes by. Finally, at the end of the fast we are left with nothing. Throughout this period, we concentrate our attention on God, reading the scripture and not forsaking fellowship one with another.

Foods

Fruits: apples, apricots, bananas, berries, citrus, figs, grapes, melons, peaches, pears, pineapple, plums, prunes, raisins, tropical fruits.

Vegetables: all green vegetables, beets, carrots, cauliflower, peppers, corn, cucumbers, eggplant, garlic, greens, mushrooms, onions, potatoes, roots, squash, sweet potatoes, tomatoes, watercress.

Other: brown rice, oats, barley, dried beans, pinto beans, split peas, lentils, black-eyed peas, unsalted seeds and nuts.

Liquids: water, 100% all-natural fruit and vegetable juices.

Avoid: meat, white rice, fried foods, caffeine, carbonated beverages, condiments, foods containing preservatives or additives, refined sugar, sugar substitutes, white flour and all products using it, butter, margarine, shortening, high-fat products.