



FOODS GUIDE

*What's so
amazing
about
scripture?*

28 DAYS DEVOTIONAL

Cade Chapel M.B. Church
1000 W Ridgeway St
Jackson, MS 39213

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FOODS GUIDE

SAMPLE MENU 1: Fruits, Vegetables, Juices, Water

- Breakfast: Fruit smoothie with protein powder
- Mid-morning Snack: Fresh fruit or fresh vegetables
- Lunch: Raw vegetable salad with light dressing and vegetable broth soup
- Mid-afternoon Snack: Fresh fruit or fresh vegetables
- Dinner: Fresh salad with light dressing and steamed grilled vegetables

SAMPLE MENU 2: Liquids Only

- Breakfast: Fruit smoothie with protein
- Mid-morning Snack: Herbal tea or vegetable broth soup
- Lunch: Raw juiced vegetables
- Mid-afternoon Snack: Fresh fruit juice or fruit smoothie with protein
- Dinner: Vegetable juice or vegetable broth soup

SAMPLE MENU 3: Modified Daniel Fast

- Breakfast: 1 - 2 servings whole grains with fresh fruit juice
- Mid-morning Snack: Fresh fruit or fresh chopped vegetables
- Lunch: 1 - 2 servings whole grains; fresh salad with legumes and light dressing
- Mid-afternoon Snack: Fresh fruit juice or fruit smoothie with protein
- Dinner: 1 - 2 whole grains; fresh salad with legumes and light dressing

The Daniel Fast: Foods To Include

1. All fruits: These can be fresh, frozen, dried, juiced or canned. 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, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
2. All vegetables: These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers (an option if you are not allergic to soy).
3. All whole grains: Including, but not limited to, whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

All nuts and seeds, including, but not limited to, sunflower seeds, cashews, peanuts, sesame. Also, nut butters, e.g. peanut butter and almond butter.

4. All legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
5. All quality oils: Including, but not limited to, olive, canola, grape seed, peanut, and sesame.
6. Beverages: Spring water, distilled water, or other pure waters.
7. Other: Tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

The Daniel Fast: Foods To Avoid

1. All meat and animal products: Including, but not limited to, beef, lamb, pork, poultry, and fish.
2. All dairy products: Including, but not limited to, milk, cheese, cream, butter, and eggs.
3. All sweeteners: Including, but not limited to, sugar, raw sugar, honey, syrups, molasses, and cane juice.
4. All leavened bread: Including Ezekiel Bread (it contains yeast and honey) and baked goods.
5. All refined and processed food products: Including, but not limited to, artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
6. All deep fried foods: Including, but not limited to, potato chips, french fries, corn chips.
7. All solid fats: Including shortening, margarine, lard, and foods high in fat.
8. Beverages: Including, but not limited to, coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Special thank you to Life Change Church.