



Daniel's Fast 2026

21 Days of Prayer & Fasting January 2026

The 21 Day Daniel's Fast is a powerful spiritual discipline rooted in Scripture and practiced by believers who desire deeper intimacy with God. This fast is based on the biblical account found in the Book of Daniel, where Daniel chose to abstain from rich foods and instead consumed simple foods as he sought understanding, wisdom, and direction from the Lord.

This fast is also commonly known as a Partial Fast or a Vegetable and Fruit Fast, as it focuses on eating whole, plant-based foods while eliminating meats, sweets, breads, processed foods, and other rich or indulgent items. It's also a way to eliminate toxic waste from the body. While the physical component of the fast is important, the Daniel's Fast is not primarily about food—it is about spiritual focus, prayer, and surrender.

THE DANIEL'S FAST

THE PARTIAL (DANIEL) FAST

Scripture: Daniel 1:1-21, 10:1-21, Ephesians 5:29 (we must overcome the flesh)
Daniel 1:8, 12, 15 and 10:2-3;

Types of Fasts: **Absolute** - no food, no water
Normal - no food, but water
Partial - diet is restricted

Daniel 1:15; 10:3

- The Emphasis here is placed upon restriction of diet rather than complete abstention.
- The idea ... These men resolved **NOT TO DEFILE THEMSELVES** with the king's rich food or wine (Daniel 1:8).
- The value of the partial fast is not confined by any means to just the **Physical**, but the **Spiritual** as well (verse 20).
- The fast (diet) was to include - "**Pulse**" (vegetables) and **water** (verse 12).

EAT These Foods During The Fast:

VEGETABLES:

Artichokes	Chard	Kale	Peas	Squash
Asparagus	Celery	Kohlrabi	Peppers	Sour Kraut
Beets	Corn	Leeks	Pumpkin	Squash
Broccoli	Cucumbers	Lettuce (All)	Radishes	Sweet Potatoes
Brussels Sprouts	Eggplant	Mushrooms	Scallions	Turnips
Cabbage	Endive	Okra	Spinach	Yams
Carrots	Green Beans	Onions	Sprouts	Zucchini
Cauliflower	Greens (All)	Parsley		

These are the Non-Starchy, Alkali-Forming Vegetables. Because of their high water content You May Eat All You Want.

FRUITS:

Apples	Coconuts	Grapes	Mangoes	Pineapples
Apricots	Cranberries	Guava	Melons (All)	Plums
Avocados	Currants	Honey	Nectarines	Raspberries
Bananas	Dates	Huckleberries	Oranges	Raisins
Blackberries	Figs	Kiwi	Papayas	Strawberries
Blueberries	Fruit Juices	Lemons	Peaches	Tangerines
Cherries	Grapefruit	Limes	Pears	Tomatoes

The Garden of Eden was not only a Garden of Herbs (green leafy vegetables), but contained a fruit orchard also. This is the Diet of Paradise.

DO NOT EAT the following foods during the Fast (diet), because these are foods that are...

Building Foods:

Oysters	Fish	Fowl	Eggs
Lean Meats	All Meats	Cheeses	Whole Milk
Kidney Beans	Navy Beans	Lima Beans	Soy Beans
Peanut Butter	All Nuts	Lentils	Dried Peas

Starchy Foods:

Grain Products	Pastries	Cereals	Peanuts
All Breads	Crackers	Oatmeal	Parsnips
Pancakes	Cookies	Corn Meal	Potatoes
Waffles	Noodles	Hominy	Dried Beans
Pies and Cakes	Macaroni	Corn Starch	Dried Peas
Doughnuts	Spaghetti	Tapioca	White Rice

Sweet Foods:

Beet Sugar	Molasses	Sweet Bread	Cakes
Cane Sugar	Maple Syrup	Sweet Drinks	Jelly
Maple Sugar	Corn Syrup	Frostings	Jam
Corn Sugar	Preserves	Pastries	Candy

Fatty Foods:

All Pork	All Nuts	Corn Oil	Vegetable Oil
Lard	Margarine	Cottonseed Oil	Meat Fats
Cream	Chocolate	Olive Oil	Doughnuts
Butter	Cocoa	(Minimal Use)	Potato Chips

DO NOT EAT or DRINK ... anything that has been sweetened with sugar, syrup or molasses. You CAN, however USE **HONEY TO SWEETEN** food during the Fast.

DO NOT DRINK ... any coffee, tea, or sodas.

DO NOT USE ... rich salad dressings with your salads.

The main purpose of this fast (diet), is to **Tear Down, Burn Up, and Carry Away** Bacteria and waste matter from every part of your body.

PRAYER AND FASTING

In addition to a constant diet of God's word, Jesus advises that **Faith needs prayer** for its full development and growth, and **prayer needs fasting** for its full development. Fasting is a biblical doctrine and has done wonders when used in combination with prayer and faith. (Matt.17:19-21; Isaiah 58)

Happy Fasting!