

# Daniel Fast by Kerri Weems

As written for [kerriweems.com](http://kerriweems.com)

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Over the years, I've been asked several times about the particulars of how our family handles fasting. These questions range anywhere from what we do to get prepared for the fast, to how we help our children engage the fast in a safe and healthy way. But one of the primary questions I get asked is "What is the Daniel Fast?" Hopefully, these answers will be helpful. What I'm hoping to do here is simply provide a model of what fasting looks like in our family's day to day life, not prescribe a set of rules to be followed.

First, let's talk about what a Daniel fast is. There are basically two fasts referenced in the book of Daniel. In the first ([Dan. 1:11-15](#)) Daniel eats only vegetables and water to the exclusion of everything else. In the second, ([Dan. 10:2-3](#)) Daniel simply eliminates, "Choice foods, meats, and wine." In neither of the fasts is Daniel specific about what exactly he deems a vegetable or "choice food." Within these broad boundaries there is a lot of freedom and room for interpretation.

If you perform a web search of the words "Daniel Fast" you will come up with several good sites devoted primarily to this type of fast. All of them are similar. But the truth is, no specific menu plan is outlined in the Bible. Someone, just like me, read these verses, got the gist of it, filled in the gaps with their own rules, and called it a Daniel fast. And that's how the Daniel Fast has made its way into the 21st century.

Many people consider legumes, nuts and whole grains to be within the boundaries of what can be called a Daniel Fast. Personally, I choose to not incorporate those foods for 2 main reasons:

1. Legumes, nuts, and whole grains are part of my typical diet. So if I eat those things during the fast, the truth is, I don't feel like I'm fasting. So because I want to sacrifice during this time, I take it a little farther.
2. Since this is the only time of the year I go on a prolonged fast (longer than seven days), I want to use this time in a way that is maximally effective for cleansing and purifying my body. So I intentionally eat foods that are exceptionally easy to digest and that have a high water content. I personally find that starchy foods (i.e. potatoes, legumes) are not easy to digest so I don't eat them even though they are within the boundaries of a Daniel fast. The less energy my body has to spend digesting food, the more energy it gets to spend on healing and restoring my body. The less I take in, the more toxins I filter out.

I hope this helps. Lastly, I think it's also important to mention that there is nothing inherently spiritual about this fast. It is just what God led me to do and I have found it to be extremely effective for spiritual focus, bodily discipline and purification in the body and soul. I can't state enough that my way is simply that — *my way*. As you read over this information, please consider how it applies to your circumstances and convictions.

**Daniel Fast / What I Eat:**

1. Fruits and fruit juices
2. Vegetables
3. Soy protein in the form of soy milk and soy protein powder. (Any flavor)
4. Coffee/tea with a little natural sweetener (such as crystalline fructose, stevia, honey, agave nectar) and a little half and half. No more than 2 cups in the AM. However, I make it a goal to wean myself off of caffeine by the end.
5. All salad dressings, spices, seasonings, marinades. I simply try to use the purest kind I can find. However, use it sparingly.

**Daniel Fast / What I Don't Eat:**

1. Meat
2. Bread
3. Rice
4. Dairy, eggs, cheese
5. Legumes
6. Sweeteners of any kind (except the natural ones as listed above)