



Daniel Fast Safe Places to Eat

♦ **Killer Vegan**
996 Stuyvesant Avenue
Union, N.J. 07083

Opening Hours
Sunday Closed
Monday- Tuesday 11:00 AM.- 4:00 PM
Wednesday- Saturday 11:00 AM – 9:00 PM

♦ **Conscious Fork**
97 Baker St Suite 4,
Maplewood, NJ 07040
(973) 763-8030

Hours of Operation
Sunday 9:00AM.- 4:00 PM
Mon - Friday: 9:00AM - 6:00PM
Saturday 9:00AM - 5:00PM

♦ **4 Seasons Cafe**
186 W. Market Street
Newark, N.J. 07103
(862)241-1665
www.4seasonscafetogo.com

♦ **The Dancing Blender**
21 South Orange Avenue
South Orange, N.J. 07079
Sunday- Saturday 10:00AM-7:00PM

Snacks for the Daniel Fast

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something."

- Rice cakes, just plain old crunchy patties
- Rice cakes with peanut butter and raisins
- Almonds
- Dried fruit including apricots
- Apples dipped in nut butter
- Sliced fruit
- Veggies with dip (Daniel Fast dip)
- Popped popcorn
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- Fruit kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas
- Whole wheat crackers with nut butter
- Raisins
- Mixed Nuts



HEARD AME CHURCH

THE COMMUNITY CHURCH

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#OCTOBERFAST
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Rev. Stephen A. Green
Pastor

310 E. 8th Avenue (Rev T.R. Goyins Plaza)
Roselle, NJ. 07203

www.heardame.org

Our church is being called to a special season of fasting and prayer for the month of October . Since ancient times, fasting (abstaining from all foods, certain kinds of food, and various liquids) has been a spiritual discipline that believers have practiced for strengthening their relationship with God, direction in decision making, power to break certain habits or to resist the attack of the enemy, healing for the body and mind, adoption of healthier lifestyles, and as a support and aid in prayer when certain request are being laid before the Lord.

Prayer and fasting go together as a hand inside of a glove. Abstinence from food can be viewed as a diet. What gives a fast its distinctiveness is its spiritual focus, which deepens one's relationship with God. Even if one is seeking something in particular from the Lord, one should still become closer to the Lord during a fast. Thus, a spiritual fast is always accompanied by increased prayer, meditation, reading/studying the word of God, and worship.

The scriptural basis for this fast is Daniel 1:1-17. At the end of his fast, Daniel and his friends were found to be healthier physically, mentally, and spiritually than any of their other contemporaries who had made no sacrifice for their faith. At the end of their training period, Daniel and his friends received such favor and showed such wisdom that they were given promotions in the kingdom.

Preparation for Daniel Fast

During the Daniel Fast, you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps, and other typical symptoms.

You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period. Anytime you have concerns about symptoms you may be experiencing, please be sure to contact your healthcare professional. Fasting should never be harmful to the body.

THE DANIEL FAST FOOD LIST



Foods To Include During the Daniel Fast

ALL FRUITS: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, 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, and watermelon.

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, sprouts, scallions, spinach, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and veggie burgers are an option if you are not allergic to soy.

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 QUALITY OILS: Includes but not limited to olive, canola, grape seed, peanut, and sesame.

ALL NUTS AND SEEDS: Including but not limited to sunflower seeds, cashews, peanuts, and sesame. Also nut butters including peanut butter.

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, and white beans.

BEVERAGES: Spring water, distilled water or other pure waters, fresh juices (no sweeteners added), and unsweetened almond milk.

OTHER: Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods To Avoid During the Daniel Fast

ALL MEAT AND ANIMAL PRODUCTS: including but not limited to beef, lamb, pork, poultry, and fish.

ALL DAIRY PRODUCTS: including but not limited to milk, cheese, cream, butter, and eggs.

ALL SWEETENERS: including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

ALL LEAVENED BREADS: including but not limited to Ezekiel Bread (it contains yeast and honey) and baked goods.

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.

ALL DEEP FRIED FOODS: including but not limited to potato chips, French fries, and corn chips.

ALL SOLID FATS: including shortening, margarine, lard and foods high in fat.

BEVERAGES: including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember to READ THE LABELS!