

VCC 21-Day Daniel Fast

	Foods we are avoiding	Foods we are eating
Phase 1: January 3 - January 8	All Fried Foods (including chips, fries, etc.) Red Meat White Meat Sweeteners (such as sugar, honey, syrup, sugar substitutes, etc.) Candy Sweetened Cereals Canned fruit in syrup/sugar Dairy (including cheese, eggs, cream, etc.) Refined & processed foods Solid fats (including butter, margarine, shortening, lard, etc.) Bread & baked goods Beverages: Any caffeinated drink such as coffee or tea, any carbonated drink, any sweetened drink, alcoholic drinks	Chicken/Turkey Fish Unsweetened Cereals Whole grains (including brown rice, oats, quinoa, whole wheat, etc.) Beans & Peas Fruits Vegetables (including potatoes) Tofu Quality oils (such as olive oil, coconut oil, avocado oil, sesame oil, etc.) Nuts & Seeds Herbs Beverages: Water, Natural & unsweetened fruit or vegetable juice, unsweetened almond milk, soy milk, coconut milk, rice milk
Phase 2: January 9 – January 12	All of the above, AND Chicken/Turkey Fish Unsweetened Cereals	Whole grains (including brown rice, oats, quinoa, whole wheat, etc.) Beans & Peas Fruits Vegetables (including potatoes) Tofu Quality oils (such as olive oil, coconut oil, avocado oil, sesame oil, etc.) Nuts & Seeds Herbs Beverages: Water, Natural & unsweetened fruit or vegetable juice, unsweetened almond milk, soy milk, coconut milk, rice milk

<p>Phase 3: January 13 – January 16</p>	<p>All of the above, AND Fruits Fruit Juices</p>	<p>Whole grains (including brown rice, oats, quinoa, whole wheat, etc.) Beans & Peas Vegetables (including potatoes) Tofu Quality oils (such as olive oil, coconut oil, avocado oil, sesame oil, etc.) Nuts & Seeds Herbs</p> <p>Beverages: Water, Natural vegetable juice, unsweetened almond milk, soy milk, coconut milk, rice milk</p>
<p>Phase 4: January 17 – January 23</p>	<p>Everything, except water until 6PM</p>	<p>AFTER 6PM Whole grains (including brown rice, oats, quinoa, whole wheat, etc.) Beans & Peas Vegetables (including potatoes) Tofu Quality oils (such as olive oil, coconut oil, avocado oil, sesame oil, etc.) Nuts & Seeds Herbs</p> <p>Beverages: Water Only</p>