

CONSECRATION 2026

“BELIEVE! IT’S POSSIBLE!”

The Daniel Fast

Eat any amount of approved foods. Pay close attention to labels—no added sugars or chemicals.

Allowed:

- All fruits and berries
- All vegetables and beans
- All nuts, seeds, and nut butters
- All whole grains
- Oils from vegetables, nuts, and seeds
- Tofu, soy products, vinegar, herbs, spices, and water

Not Allowed:

- All meat and animal products
- All dairy products
- All sweeteners (sugar, honey, syrup, etc.)
- Caffeine (coffee, tea, chocolate)
- Bread and fried foods

****As with any dietary changes, please be mindful of your personal health needs and consult your physician if necessary.***