



Join Our Daniel Fast 2021

Theme: "Hold On To God"

Fasting Period: January 9, 2021 thru January 31, 2021

"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." - Daniel 10:3

21 Days of Intermittent Fasting:

The Intermittent Fasting is a discipline of restricted eating for a stated period. Our Daniel Fast will include a daily 12 hour fast from food eating, No eating only hydrating (water) drinking for a 12 hour period daily; Suggested Intermittent 12 hour fast from food: 8:00pm thru 8:00am.

Daily 21 Day Prayer & Devotional Support

Call - In to Montclair Prayer Line at 7:00am

(425) 436-6371 Passcode: 154363#



Join [Bible.com](https://www.bible.com) app. Devotional

[21 Days of Fasting & Prayer Devotional By James River Church.](#)

Daniel Fast Diet - 21 Days of Pulse:

(Vegan Eating: No Meat, No Dairy, No Sugar, No Refined Foods, No Caffeine, No Animal Products)

What can I eat during the Fast?

 Can Eat	 Cannot Eat
<ul style="list-style-type: none">• Whole Grains: Brown Rice, Oats, Barley •Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas	<ul style="list-style-type: none">• All refined or Processed Food ProductsAll Animal Products (Meat, Dairy, Fish, Etc.)• Meat (Beef, Poultry, Lamb, etc.)

<p>• Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew, Melon, Kiwi, Lemons, Limes, Mangos, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon</p> <p>• Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger, Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.</p> <p>• Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetables Juices. You may drink protein drinks if they do not include dairy products or other ingredients on the "Foods to Avoid" list.</p>	<ul style="list-style-type: none"> • Bread and Other Baked Goods • Dairy Products, Includes Eggs, Milk, Cream, etc. • White Rice • Fried Foods • Caffeine • Carbonated Beverages • Refined Sugar • Sugar Substitutes • White Flour and All Products Using It • Margarine, Shortening, Hig
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| • Others: Seeds, Nuts, Sprouts | |
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TRY PINTEREST : for Daniel Fast Recipes