

21 DAYS OF
PRAYER
AND FASTING

DIETARY GUIDE



FOODS TO AVOID

All meat, animal, fish and seafood products including beef, lamb, pork, poultry, fish, and shellfish.

All dairy products including milk, cheese, cream, butter, and eggs.

All sweeteners including sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

All leavened bread including Ezekiel Bread and baked goods.

All leavening agents including yeast, baking soda, and baking powder.

All refined and processed foods including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods including potato chips, french fries, and corn chips.

All solid fats including shortening, margarine, lard, and foods high in fat.



VEGETABLES

ALL FRESH, FROZEN, DRIED OR CANNED VEGETABLES

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
scallions
spinach
sprouts
squashes
sweet potatoes
tomatoes
turnips
watercress
yams

FRUITS

ALL FRESH, FROZEN, DRIED OR CANNED FRUITS

apples
apricots
bananas
blackberries
blueberries
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
watermelon

WHOLE GRAINS

ALL WHOLE GRAINS AND LEGUMES

- whole wheat
- brown rice
- millet
- quinoa
- oats
- barley
- grits
- whole wheat pasta
- whole wheat tortillas
- rice cakes
- popcorn
- dried beans
- pinto beans
- split peas
- lentils
- black eyed peas
- kidney beans
- black beans
- cannellini beans
- white beans

NUTS & SEEDS

ALL NUTS AND SEEDS

- sunflower seeds
- cashews
- peanuts
- sesame
- nut butters

HEALTHY OILS

ALL HEALTHY LIQUID OILS

- olive
- canola
- grape seed
- peanut
- sesame

ADDITIONAL

- water
- tofu
- soy products
- vinegar
- seasonings
- salt
- herbs
- spices
- plant-based milks
- juices
- coffee