

Twenty-One Day FAST

A Daniel Fast is a spiritual consecration that uses simple, plant-based eating to heighten focus, discipline, prayer, and sensitivity to God (Daniel 1; Daniel 10). The goal isn't "diet perfection"—it's devotion, dependence, and direction.

FOODS ON THE "YES" LIST

- Vegetables: fresh, frozen, or plain canned (check for added sugar)
- Fruits: fresh, frozen, unsweetened dried fruit
- Whole grains: oats, brown rice, quinoa, barley, whole wheat, corn, grits
- Legumes: beans, lentils, peas, chickpeas, hummus
- Nuts & seeds: almonds, walnuts, cashews, chia, flax, sunflower, pumpkin seeds
- Healthy fats: olive oil, avocado, olives (in moderation)
- Plant-based drinks: water, sparkling water, herbal tea; unsweetened almond/oat/soy milk
- Natural seasonings: herbs, spices, garlic, onions, lemon/lime, vinegar



FOODS TO AVOID

- Meat & animal products: beef, chicken, fish/seafood, eggs, dairy
- Added sweeteners: sugar, syrup, agave (best avoided), sweetened drinks/juices
- Refined/processed foods: white bread, chips, fast food, "junk" snacks
- Fried foods
- Caffeine & alcohol (strongly encouraged to avoid)

WE AREN'T POLICING PLATES. WE ARE PURSUING PURITY OF FOCUS. IF YOU HAVE MEDICAL NEEDS, FOLLOW WISDOM AND CONSULT YOUR DOCTOR.


2026 Rooted Reset
PRACTICAL GUARDRAILS

“INGREDIENT TEST”

IF A FOOD HAS A LONG INGREDIENT LABEL OR YOU CAN’T PRONOUNCE HALF OF IT—SKIP IT.

HYDRATION GOAL

WATER FIRST. A SIMPLE TARGET: 8 CUPS/DAY (MORE IF ACTIVE, LESS IF MEDICALLY RESTRICTED).

COMMON SUBSTITUTIONS (TO MAKE THIS DOABLE)

- MILK → UNSWEETENED ALMOND/OAT/SOY MILK
- MEAT TEXTURE → LENTILS, BEANS, MUSHROOMS, CHICKPEAS
- CREAMINESS → AVOCADO, BLENDED CASHEWS, TAHINI
- DESSERT CRAVING → FRUIT + CINNAMON, DATES (SPARINGLY), BAKED APPLES
- “COMFORT FOODS” → CHILI, SOUPS, STIR-FRY, VEGGIE BOWLS

SPECIAL GUIDANCE (FOR SAFETY & INCLUSION)

- DIABETES / BLOOD SUGAR CONCERN: EMPHASIZE BEANS, GREENS, PROTEIN-RICH LEGUMES, AND WHOLE GRAINS; LIMIT FRUIT PORTIONS AND AVOID “FAST CARBS.”
- HIGH BLOOD PRESSURE: WATCH SODIUM (CANNED FOODS, SAUCES).
- PREGNANCY, EATING DISORDER HISTORY, MAJOR MEDICAL CONDITIONS: MODIFY THE FAST—CHOOSE A MEDIA FAST OR ONE-MEAL-A-DAY DANIEL MEAL APPROACH WITH MEDICAL COUNSEL.

ALTERNATIVE PARTICIPATION OPTIONS (FOR THOSE WHO CAN’T DO FULL FOOD FAST)

- DANIEL FAST “ONE MEAL A DAY” (DANIEL MEAL AT DINNER; SIMPLE BREAKFAST/LUNCH)
- SUNRISE-SUNSET FAST (DANIEL-APPROVED MEAL AFTER SUNSET)
- MEDIA FAST (SOCIAL MEDIA, ENTERTAINMENT, GAMING, NEWS CYCLES)
- SELECTIVE FAST (NO SWEETS, NO SODA, NO LATE-NIGHT EATING, NO FAST FOOD)



*May these 21 days set our hearts in order—so we
finish this fast healthier in the flesh, stronger in the
Spirit, and ready for deeper faith and greater
service in 2026.*

Pastor Melvin W. Warfield, Jr.