



21 DAY  
DANIEL DIET PLAN

GROW DEEP BEFORE WE GO WIDER

Metropolitan Seventh-Day  
Adventist Church

## PRIMARY SCRIPTURES:

**DANIEL 1:8-16; DANIEL 10:2,3**

THE DANIEL FAST IS A SEASON OF CONSECRATION, CLARITY, AND SPIRITUAL ALIGNMENT AS WE PREPARE FOR MARCH GLADNESS REVIVAL.

## WHAT WE CAN EAT

- Fruits (fresh, frozen, dried - no added sugar)
- Vegetables (raw, cooked, steamed)
- Whole grains (brown rice, oats, quinoa, whole wheat)
- Legumes (beans, lentils, chickpeas)
- Nuts & seeds (unsalted)
- Plant oils (olive, avocado, coconut - lightly)
- Water, herbal tea, natural smoothies

## WHAT TO AVOID

- Meat & seafood
- Dairy products
- Eggs
- Bread with yeast (optional stricter version)
- Sugar & desserts
- Fried foods
- Processed snacks
- Caffeine (coffee, soda, energy drinks)
- Alcohol

## CONNECTION

**VIRTUAL:** DAILY AT 6 AM | **PHONE:** 1-260-475-0758 (PIN 761 593 021) OR **VIDEO:** MEET.GOOGLE.COM/GVM-CPIU-IOA.

**IN-PERSON:** WEDNESDAYS AT 7 PM | METRO'S SANCTUARY













































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