

W H E E L E R   A V E N U E   B A P T I S T   C H U R C H

# DANIEL FAST *Guide*



..Give us nothing but  
vegetables to eat  
and water to drink.  
**Daniel 1:12 (NIV)**

**January 4TH – 31ST**

THIS 28-DAY EXPERIENCE  
IS DESIGNED TO  
STRENGTHEN US  
SPIRITUALLY, MENTALLY,  
AND PHYSICALLY.

On Wednesdays, we will  
observe a complete fast (water  
only) from 6AM-6PM and resume  
the Daniel Fast after 6PM.

# DANIEL FAST

## What To *Eat*

### FOODS TO ENJOY

#### ALL VEGETABLES

fresh, frozen, dried\* or juiced\* (including potatoes)

#### ALL FRUITS

fresh, frozen, dried\* or juiced\*

#### ALL WHOLE GRAINS

amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn

#### ALL NUTS & SEEDS

almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds and unsweetened nut butters\*

#### ALL LEGUMES

dried or canned\*, black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans and split peas

#### ALL QUALITY OILS

avocado, coconut, grapeseed, olive, peanut, sesame and walnut

#### BEVERAGES

water only: distilled, filtered and spring water

#### OTHER\*

unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products and tofu

*\*For packaged food, check the ingredients list to ensure there are no added sugars, chemicals or preservatives.*

### FOODS TO AVOID

#### ALL MEAT & ANIMAL PRODUCTS

bacon, beef, buffalo, eggs, fish, lamb, poultry, pork and animal sausage casing

#### ALL PLANT-BASED MEATS

Impossible Foods, Beyond Meat, etc.

#### ALL DAIRY PRODUCTS

butter, cheese, cream, milk and yogurt

#### ALL SWEETENERS

agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia and sugar

#### ALL LEAVENED BREAD & YEAST

baked goods and Ezekiel bread (if it contains yeast and honey)

#### ALL REFINED & PROCESSED FOOD PRODUCTS

artificial flavorings, chemicals, food additives, preservatives, white flour and white rice

#### ALL DEEP-FRIED FOODS

french fries and potato chips

#### ALL SOLID FATS

lard, margarine and shortening

#### BEVERAGES

alcohol, carbonated drinks, coffee, energy drinks and herbal tea

# DANIEL FAST

| For *Children*

## THINGS TO DO EVERY DAY

### PRAY

The purpose of our Fast is to grow closer to our Lord and Savior, Jesus Christ. It is important to give up some of the tasty foods we like to eat and to spend time talking to the Lord.

### EAT ONE FAST MEAL

Choose at least one meal a day at which you will only eat Daniel Fast foods. A good choice might be family dinner. That way, you and your family can pray and sacrifice together.

### EAT LOTS OF THIS

#### FRUIT

bananas, oranges, apples and more

#### VEGETABLES

carrots, greens, broccoli and more

#### WHOLE GRAINS

brown rice, quinoa and whole wheat pasta

#### LEGUMES

beans and peas

#### DRINK WATER!!!

### DON'T EAT/DRINK THIS

SUGAR

MEAT

MILK

EGGS

BREAD

WHITE FLOUR

CRACKERS

COOKIES

JUICES

SODA

GUM

MINTS

CANDY



# DANIEL FAST

## Guide For Diabetics

The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have successfully completed the Fast. One of the benefits of the Daniel Fast, from a dietary perspective, is the regular intake of nutrient-dense foods rich in vitamins, minerals, and other nutrients important for health, which help to keep your blood sugar stable. The type of diabetes a person has is important to know because it will affect how one approaches the Daniel Fast while treating the diabetes. In type 1 diabetes, the pancreas produces little to no insulin. Insulin is a hormone needed to allow glucose (sugar) to enter our cells to make energy. Approximately 5-10% of adults in the US are type 1 diabetics. In type 2 diabetes, the most common, the pancreas produces insulin but the body does not use it efficiently. Approximately 90% of adults with diabetes in the US are type 2. During the Daniel Fast, it is recommended to focus on low-glycemic index foods. The glycemic index ranks food on a scale from 0 to 100. The low end of the scale has foods that have little effect on blood sugar levels. A copy of the low-glycemic index is provided here for you.

During the Daniel Fast, you should continue taking your medication as prescribed. It is important to note that it is possible to eat large amounts of carbohydrates/sugars (potatoes, fruits) on the Daniel Fast, so be aware and regularly monitor your glucose, and make adjustments to your medications if and when needed. Consider consuming small but frequent meals. This means avoiding long gaps between meals by eating a small meal every two to three hours. Remember to consume nutrient-dense foods which have a high ratio of nutrients to calories. They contain the highest possible levels of quality protein, carbohydrate, fat, vitamins, and minerals for the least amount of calories. Another option is to use plant-based protein powder that does not contain whey (whey is an animal-based protein).

**If you have any questions or concerns, consult your physician.**

### FOODS TO ENJOY

#### ALL VEGETABLES

fresh, frozen, dried or juiced

#### ALL WHOLE GRAINS

amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn

#### ALL NUTS & SEEDS

almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds and unsweetened nut butters

#### ALL LEGUMES

dried or canned; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas

#### ALL NATURAL OILS

avocado, coconut, grapeseed, olive, peanut, sesame, and walnut

#### BEVERAGES

water only (distilled, filtered and spring water)

#### OTHER

unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu

*\*Remember to select foods on the low end of the glycemic index (see chart below.) For prepackaged foods, check the ingredients list to ensure there are no added sugars, chemicals, or preservatives.*

### FOODS TO AVOID

#### ALL MEAT & ANIMAL PRODUCTS

#### ALL DAIRY PRODUCTS

butter, cheese, cream, milk, and yogurt

#### ALL SWEETENERS

agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar

#### ALL LEAVENED BREAD & YEAST

baked goods and Ezekiel bread (if it contains yeast and honey)

#### ALL REFINED & PROCESSED FOOD PRODUCTS

artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice

#### ALL DEEP-FRIED FOODS

#### ALL SOLID FATS

lard, margarine, and shortening

#### BEVERAGES

alcohol, carbonated drinks, coffee, energy drinks, herbal tea



# DANIEL FAST

## Guide For Diabetics

### LOW GI FOODS (20-49)

#### BREAKFAST CEREALS:

oatmeal (not instant)

#### FRUITS:

(Limit 1-2 Fruits/Day)

apples                      apple juice  
apricots                    blackberries  
blueberries                cherries  
cranberries                grapefruits  
grapefruit juice         peaches  
pears                        prunes  
plums                        raspberries  
tangerines                 strawberries  
tomato juice

#### BEANS AND LEGUMES:

black-eyed peas, butter beans, chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus

#### NON- STARCHY VEGETABLES:

asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips

#### GRAINS:

barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta

#### NUTS, OLIVES AND OILS:

almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives, walnuts, oils that are liquid at room temperature

### MODERATE GI FOODS (50-69)

#### FRUITS

banana (under ripe)  
grapes  
mango  
raisins  
figs  
kiwi  
oranges

#### BEANS AND LEGUMES:

pinto, kidney or navy beans, green peas

#### VEGETABLES:

beets, carrots, sweet potatoes, yams, corn on the cob

#### GRAINS:

cornmeal  
brown and white rice  
Couscous

#### NUTS

cashews  
macadamia



The glycemic index (GI) is the measurement of how much foods raise our blood glucose after eating them. Foods increase glucose to varying levels (carbohydrates increase blood sugar the most; fats and protein, the second most). Actual sugar has a glycemic index of 100, and other foods are measured and ranked as low, moderate, or high-GI foods. Although GI is helpful for meal planning, the total number of grams of carbohydrate can have a bigger impact on blood sugar levels than the GI.

**Consuming low GI foods + calculating carbohydrate intake = the most stable blood sugar levels!!!**

# DANIEL FAST

## *Fast* Approved Brands

Califia Farms Organic Almond Milk

Califia Farms Organic Oatmilk

Lesser Evil Himalayan Pink Salt Popcorn

Dr. Praeger's Cauliflower Veggie Burgers

Dr. Praeger's Mushroom Risotto Veggie Burger

Dr. Praeger's Black Bean Quinoa Burger

Dr. Praeger's California Veggie Burger

El Paso Corn Taco Shells

Ezekiel 4:9 Original Tortillas

Good Foods Plant Based Tzatziki Style Dip

Good Foods Spicy Queso Blanco Dip

Ithaca Hummus

Lara Bars

Miyoko's European Style Cultured Vegan Butter

Miyoko's Plant Milk Cream Cheese

Newman's Own Classic Oil and Vinegar Dressing

Rao's Homemade Marinara Sauce

Rao's Homemade Tomato Basil Sauce

Triscuit Crackers Cracked Pepper & Olive Oil

Triscuit Thin Crisps Original Crackers

Tostitos Oven Baked Scoops Tortilla Chips

Most items can be purchased at Central Market, HEB, Kroger, Randall's, Sprouts, Walmart or Whole Foods.

# DANIEL FAST

## Restaurant *Options*

### **BELLA GREEN**

[bellagreen.com](http://bellagreen.com)

Multiple Locations

### **GINGER MULE**

[thegingermule.com](http://thegingermule.com)

449 W 19th St Suite C-200, Houston, TX 77008

### **GREEN SEED VEGAN**

[greenseedvegan.com](http://greenseedvegan.com)

4320 Almeda Rd, Houston, TX 77004

### **HOBBIT CAFE**

[hobbitcafehtx.com](http://hobbitcafehtx.com)

2243 Richmond Ave., Houston, TX 77098

### **LINDIANA'S SOUTHERN VEGAN KITCHEN**

[facebook.com/lindianaskitchen](https://facebook.com/lindianaskitchen)

4310 Almeda Houston, TX 77004

### **MANTRA**

[mantrakitchen.com](http://mantrakitchen.com)

4104 Fannin St, Houston, TX 77004

### **MO' BRUNCH + BREWS**

[mobrunchandbrews.com](http://mobrunchandbrews.com)

1201 Southmore Blvd, Houston, TX 77004

### **NOURISH COOKING**

[nourishcookingco.com](http://nourishcookingco.com)

4901 Rose St, Houston, TX 77007

### **SUNSHINE'S**

[sunshineshtx.com](http://sunshineshtx.com)

3102 Old Spanish Trl, Houston, TX 77054

### **TRENDY VEGAN**

[trendyhouston.com](http://trendyhouston.com)

3821 Richmond Ave., Houston, TX 77027

### **TRUE FOOD KITCHEN**

[truefoodkitchen.com](http://truefoodkitchen.com)

1700 Post Oak Blvd, Houston, TX 77056

# DANIEL FAST

# Farmers *Markets*

## THE HOUSTON FARMERS MARKET

2520 Airline Drive  
Houston, TX 77009  
Daily: 6am-7pm  
Merchant Hours will vary

## AZTECA FARMERS MARKET

7710 Lyons Avenue  
Houston, TX 77020  
Daily 8am-7pm

## HEIGHTS MERCANTILE

714 Yale Street  
Houston, TX 77006  
Every 2nd & 4th Saturday 9am-1pm

## URBAN HARVEST FARMERS MARKET

St. John's School  
2752 Buffalo Speedway  
Houston, TX 77027  
Every Saturday- 8am-12pm

## EAST END MARKET

2800 Navigation Blvd  
Houston, TX 77003  
Every Sunday 10am-2pm

## RICE VILLAGE FARMERS MARKET

2504 Amherst Street  
Houston, TX 77003  
Every 1st & 3rd Sunday  
9am-1pm

## MALA MARKET

2515 Harvard Street  
Houston, TX 77008  
Tuesday-Friday 11am-6pm  
Saturday-Sunday 11am-4pm

## BRAESWOOD FARMERS MARKET

St. Phillip United Methodist Church  
5501 Beechnut Street  
Houston, TX 77096  
9am-1pm

## FARMER'S MARKET ON GRAND PARKWAY

1225 W. Grand Parkway S  
Katy, TX 77494  
Every Saturday 8am-12pm

## FULSHEAR FARMERS MARKET

9035 Bois D' Arc Lane  
Fulshear, TX 77441  
Every Saturday 9am-1pm



# DANIEL FAST

| *Get* Connected

## WEEKLY DISCIPLESHIP AND PRAYER OPPORTUNITIES

### SUNDAY SCHOOL

EVERY SUNDAY 10:00AM

### BIBLE STUDY

CHILDREN: **Virtual AWANA** (Wednesdays, 6:45PM - 8:00PM)

YOUTH: **Bible & Breakfast** (1st & 3rd Sundays, 10:00AM - 11:00AM)

YOUNG ADULTS: Sundays, 10:00AM

GENERAL: Wednesdays, Noon & 7:00PM

### PRAYER CALL

Every Wednesday, 6:00AM - 6:15AM

Facebook Live: Wheeler Avenue Baptist Church

Zoom: [wheelerbc-org.zoom.us/j/84084116741](https://wheelerbc-org.zoom.us/j/84084116741)

Phone: 346-248-7799 or 408-638-0968, Webinar ID: 840 8411 6741

Visit [wheelerbc.org](https://wheelerbc.org) for additional information and to register for classes.

# DANIEL FAST

| *Recipes* Online



Online, we will provide a selection of delectable recipes to inspire your culinary creations during the Daniel Fast. These thoughtfully curated dishes will not only nourish your body but also enhance your spiritual journey. Explore a variety of meal ideas that align with the Fast, making it easier and more enjoyable to maintain your commitment. Let these recipes spark your creativity in the kitchen as you embrace this transformative experience!

# DANIEL FAST

| *Fast* Flocknote



Stay connected by joining the Daniel Fast Flocknote and following our church's social media channels to receive uplifting messages and curated event notifications throughout the duration of the Fast. Engaging with these platforms will ensure you are inspired and supported on your spiritual journey. Don't miss out on the opportunity to connect with our community and participate in enriching activities designed to enhance your experience. Sign up today to receive daily encouragement and updates that will nourish your soul!



## WHEELER AVENUE BAPTIST CHURCH

Dr. Marcus D. Cosby, Senior Pastor

Rev. Dr. Alexander E. M. Johnson, Executive Pastor

Rev. William A. Lawson, Founding Pastor Emeritus, In Memoriam

3826 WHEELER AVENUE, HOUSTON, TEXAS 77004 | (713) 748-5240 | [WHEELERBC.ORG](https://wheelerbc.org)



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