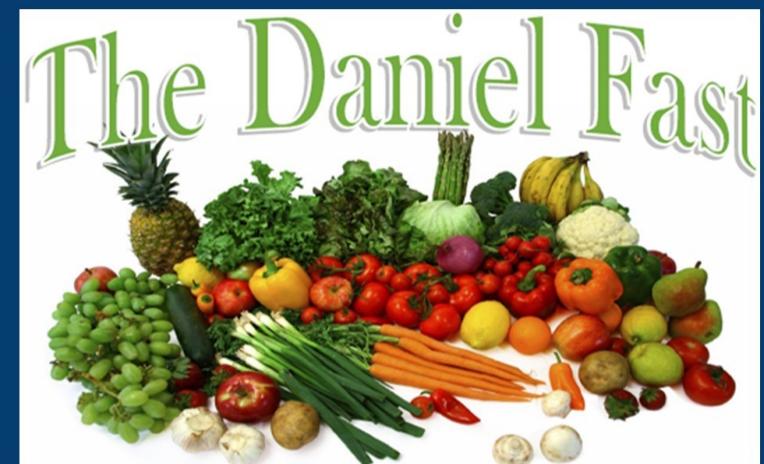


Notes

TRIEDSTONE CHURCH OF CHICAGO

1415 West 104th Street - Chicago, IL 60643
P (773) 881-7710 - F (773) 779-3201

The Year of the Survivor! (Genesis 45:4-7, Genesis 50:20)



2021 DANIEL FAST
MONDAY, JANUARY 4, 2021
THRU SUNDAY, JANUARY 24, 2021

Bishop Simon Gordon, Pastor
WWW.TRIEDSTONECOC.COM

TRIEDSTONE CHURCH OF CHICAGO

2021 Daniel Fast

Daniel Fast

In Daniel, Chapter 10, Daniel ate only that which came from the ground (grains, legumes, vegetables, fruit, vegetables, nuts, seeds).

~Drink Plenty of Water~

~Please Follow Your Doctor's Instructions & Medication Requirements~

Daniel Fast No No's

No Meats (neither red nor white meat during entire fast)

No Caffeine (examples: pop/soda, coffee, black tea, etc.)

No Carbonated Beverages (examples: pop, some bottled water, etc.)

No White Bread Products (you can eat oat, wheat, rye, 7 grain, etc.)

No White Rice (examples: any kind of Chinese rice)

No Sugar/Sweets (examples: cakes, pies, cookies, candy, puddings, etc.)

No Junk Foods (examples: potato chips, corn chips, cheese popcorn, etc.)

No Dairy Products (examples: milk, cheese, yogurt, cottage cheese, butter, sour cream)

Any vegetables fried must be done in Vegetable Oil, Olive Oil or Canola Oil

Allowed Exceptions

Honey - Herbal Teas - Decaffeinated Coffee & Tea

Almond Milk - Soy Milk - Vegan Foods

100% Natural Fruit Juices - 100% Wheat Pasta - Brown Rice

Natural Popcorn - Natural Peanut Butter - Fruit Spread

Chicken on Sundays; only if allergic to Fish/Seafood

Five Essential Food Groups

Group 1: The Whole Grain Group

Wheat, rye, oats, barley, brown rice, buckwheat, corn, etc.

Group 2: The Legume Group

Navy, kidney, black, lima and pinto beans, black eye and split pea, etc.

Group 3: The Vegetable Group

Greens: Lettuce, mustard, spinach, collards, kale, turnip (Cooking with meat is like eating meat). **Vegetables:** broccoli, cauliflower, radishes, rutabaga, cabbage, Brussel sprouts, carrots, celery, etc.

Group 4: The Fruit Group

Raisins, apples, strawberries, melons, bananas, oranges, grapefruit, apricots, lemons, grapes, etc.

Group 5: Complex Carbohydrate Sweeteners, Fruit Juice Concentrates, and Essential Fats/Oils

The healthiest choice of the **complex carbohydrate sweeteners** would include Yinnie (rice) syrup, Barley malt syrup, fruit juice sweeteners, fruit only jelly, prune juice, and prunes. Avoid the many names of sugar and artificial sweeteners.

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Daniel Fast Starts	5 Daniel Fast	6 Daniel Fast	7 Daniel Fast	8 Complete Fast until 3 PM / Daniel Fast	9 Daniel Fast
10 Fish, Seafood (or Chicken, if allergic) & Daniel Fast	11 Daniel Fast	12 Daniel Fast	13 Daniel Fast	14 Daniel Fast	15 Complete Fast until 3 PM / Daniel Fast	16 Daniel Fast
17 Fish, Seafood (or Chicken, if allergic) & Daniel Fast	18 Daniel Fast	19 Daniel Fast	20 Daniel Fast	21 Daniel Fast	22 Complete Fast until 3 PM / Daniel Fast	23 Daniel Fast
24 Daniel Fast Ends @ 3 PM	25	26	27	28	29	30
31						