Notes

TRIEDSTONE CHURCH OF CHICAGO

1415 West 104th Street - Chicago, IL 60643
Office: (773) 881-7710

Our Year Of "Manifesting Unusual Excellence" (Ezekiel 36:8-11)



2026 Daniel Fast

Monday, January 5, 2026

Thru Sunday, January 25, 2026

Bishop Simon Gordon, Pastor

WWW.TRIEDSTONECOC.COM

TRIEDSTONE CHURCH OF CHICAGO
2026 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 (See Examples Below)

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.

For Daniel Fast Questions, Ideas, Suggestions Check Out the Triedstone Church Prayer Ministry Page on Facebook!

Daniel Fast
January 2026

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

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