



TAT Health Solutions

Daniel's Fast Food Guide

What You CAN & CANNOT Eat

This guide supports a **plant-based, whole-food approach** focused on simplicity, discipline, and nourishment of the **spirit, mind, and body**.

FOODS YOU CAN EAT

Vegetables (All Kinds)

- ✓ Fresh, frozen, or plain canned
- ✓ Leafy greens (spinach, kale, collards)
- ✓ Broccoli, cauliflower, carrots, peppers
- ✓ Sweet potatoes, squash, zucchini
- ✓ Mushrooms, onions, garlic

Fruits (Whole & Unsweetened)

- ✓ Fresh or frozen fruit
 - ✓ Apples, berries, oranges, bananas
 - ✓ Grapes, mangoes, pears, melons
 - ✓ Unsweetened dried fruit (in moderation)
-  No added sugar or syrups

Whole Grains

- ✓ Brown rice
- ✓ Quinoa
- ✓ Oats (plain, not flavored)
- ✓ Barley
- ✓ Whole wheat berries
- ✓ Millet

Legumes & Plant Proteins

- ✓ Beans (black, pinto, kidney, navy)
- ✓ Lentils
- ✓ Chickpeas
- ✓ Split peas
- ✓ Edamame

Nuts, Seeds & Healthy Fats

- ✓ Almonds, walnuts, pecans
- ✓ Chia seeds, flaxseeds, pumpkin seeds
- ✓ Natural nut butters (no sugar/oils)
- ✓ Avocado

- ✓ Oils (used sparingly):
 - Olive oil

 - Avocado oil

DRINKS YOU CAN HAVE

- ✓ Water (plain or infused   )
- ✓ Herbal teas (no sweeteners)
- ✓ Unsweetened plant-based milks:

- Almond
- Oat
- Soy
- Coconut (unsweetened)

- ✓ Fresh vegetable juices (no added fruit or sugar)
- ✓ Smoothies (whole fruits + plant-based ingredients only)

✗ FOODS YOU CANNOT EAT

⊘ Animal Products

- ✗ Meat (beef, chicken, pork, turkey)
- ✗ Fish & seafood
- ✗ Eggs
- ✗ Dairy (milk, cheese, butter, yogurt)

⊘ Processed & Refined Foods

- ✗ White bread
- ✗ Pastries, cakes, cookies
- ✗ Chips, crackers
- ✗ Fast food
- ✗ Packaged or boxed meals

⊘ Added Sugars & Sweeteners

- ✗ White or brown sugar
- ✗ Honey, syrup, agave
- ✗ Artificial sweeteners

Drinks to Avoid

-  Soda
-  Sweetened teas or juices
-  Alcohol
-  Coffee (including creamer)
-  Energy drinks

Other Items to Avoid

-  Fried foods
-  Highly processed oils
-  Condiments with sugar (ketchup, BBQ sauce)

Helpful Tips

- ✓ Focus on **whole, minimally processed foods**
- ✓ Read ingredient labels carefully
- ✓ Keep meals simple
- ✓ Stay hydrated
- ✓ Listen to your body



Reminder

The Daniel's Fast is not about perfection. It's about **intentional choices**, discipline, and creating space for reflection and renewal.