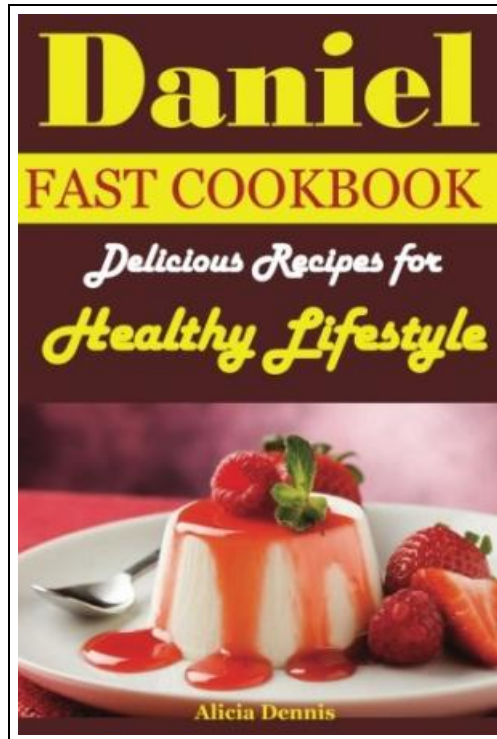


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Reviews

*Absolutely essential study publication. It usually fails to expense an excessive amount of. Your lifestyle period will probably be transform when you full looking at this publication.
(Ms. Allene Conroy)*

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Daniel Fast Food List All fruit - fresh, frozen, dried, juiced, or canned. All vegetables - fresh, frozen, dried, juiced, or canned. All whole grains - amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat. All nuts seeds - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included. All legumes - canned or dried; 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- distilled water, filtered water, and spring water. Other - unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg s Liquid Aminos, soy products, and tofu. Foods to Avoid on the Daniel Fast All meat animal products - bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork. 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 - corn chips, French fries, and potato chips. All solid fats - lard, margarine, and shortening. Beverages - alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea. For information click on BUY BUTTON tag: daniel fast diet, daniel fast guide, the daniel cookbook, the daniel plan, danielfasting, the daniel diet, daniel fast cookbook,...



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