



21-DAY Daniel Fast Deep Reset

WEEK 1: CLEANSE & ADJUSTMENT
(body detoxing, cravings high → light dinners)

DAY	BREAKFAST JUICE	LUNCH	DINNER
DAY 1	Spinach, Celery, Apple, Lemon	Lentil-Veg Stew & Brown Rice	Roasted Veg
DAY 2	Carrot, Beet, Ginger	Butternut Chickpea Curry & Quinoa-Brown Rice	Butternut Soup
DAY 3	Cucumber, Apple, Lemon	Lentil-Cauliflower Curry & Brown Rice	Lentil/Bean Soup
DAY 4	Carrot, Beet, Ginger	Veg Stirfry & Brown Rice	Butternut- Chickpea Curry
DAY 5	Spinach, Celery, Apple, Lemon	Roasted Veg & Chickpeas	Butternut Soup
DAY 6	Carrot, Beet, Ginger	Veg Stirfry & Quinoa-Brown Rice	Lentil Cauliflower Curry
DAY 7	Cucumber, Apple, Lemon	Lentil-Veg Stew & Sweet Potato	Lentil/Bean Soup

TIPS FOR A SUCCESSFUL DANIEL FAST

- Stay hydrated; drink plenty of water throughout the fast.
- Listen to your body; eat until satisfied, not stuffed.
- If you feel hungry between meals, drink water or unsweetened tea.
- Stay active; gentle walks & yoga are encouraged. Avoid intense workouts.
- Remember; slight hunger is normal & part of the detox process!



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WEEK 2: STRENGTH & STABILITY
(energy returns → more solid dinners)

DAY	BREAKFAST JUICE	LUNCH	DINNER
DAY 1	Spinach, Celery, Apple, Lemon	Lentil-Veg Stew & Brown Rice	Roasted Butternut, Broccoli & Chickpeas
DAY 2	Carrot, Beet, Ginger	Butternut Chickpea Curry & Quinoa-Brown Rice	Roasted Veg
DAY 3	Cucumber, Apple, Lemon	Roasted Veg	Quinoa, Kale/Spinach, Butternut
DAY 4	Carrot, Beet, Ginger	Broccoli, Green Beans, Carrots	Stir-Fried Cabbage, Baby Marrow, Carrots & Mushrooms
DAY 5	Cucumber, Apple, Lemon	Broccoli, Green Beans, Carrots	Roasted Butternut, Broccoli & Chickpeas
DAY 6	Carrot, Beet, Ginger	Quinoa, Kale/Spinach, Butternut	Butternut Chickpea Curry
DAY 7	Cucumber, Apple, Lemon	Lentil-Veg Stew & Sweet Potato	Stir-Fried Cabbage, Baby Marrow, Carrots & Mushrooms

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WEEK 3: CLARITY & DISCIPLINE
(mind clear, appetite controlled → balanced & steady meals)

WEEK 3	BREAKFAST JUICE	LUNCH	DINNER
DAY 1	Spinach, Celery, Apple, Lemon	Lentil Cauliflower Curry & Brown Rice	Quinoa & Roasted Veg
DAY 2	Carrot, Beet, Ginger	Spinach-Chickpea Curry & Quinoa-Brown Rice	Greens (broc, marrow, green beans) & Carrots
DAY 3	Cucumber, Apple, Lemon	Skillet Veg Bowl	Potato & Pea Soup
DAY 4	Beet, Carrot, Ginger	Sweet Potato + Garlicky Spinach & Mushrooms	Lentil-Cauliflower Curry
DAY 5	Celery, Spinach, Cucumber, Lemon	Spinach-Chickpea Curry & Quinoa-Brown Rice	Greens (broc, marrow, green beans) & Carrots
DAY 6	Beet, Carrot, Ginger	Quinoa, Chickpea & Veg Bowl	Skillet Veg Bowl
DAY 7	Cucumber, Apple, Lemon	Sweet Potato + Garlicky Spinach & Mushrooms	Potato & Pea Soup

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