



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, Apple, Ginger	Butternut Chickpea Curry & Quinoa-Brown Rice	Butternut Soup
DAY 3	Carrot, Beet, Ginger	Sweet potato, cabbage, peppers, carrots	Lentil/Bean Soup
DAY 4	Cucumber, Apple, Lemon	Veg Stirfry & Brown Rice	Lentil Cauliflower Curry
DAY 5	Carrot, Beet, Ginger	Roasted Veg & Chickpeas	Butternut Soup
DAY 6	Spinach, Celery, Apple, Lemon	Quinoa, Kale, Butternut	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, Apple, Ginger	Butternut Chickpea Curry & Quinoa-Brown Rice	Sautéed Baby Marrow, Peppers & Onions + Sweet Potato
DAY 3	Carrot, Beet, Ginger	Pearl Wheat, Roasted Veg, Spinach	Quinoa, Kale, Butternut
DAY 4	Cucumber, Apple, Lemon	Veg Stirfry & Brown Rice	Stir-Fried Cabbage, Baby Marrow, Carrots & Mushrooms
DAY 5	Carrot, Beet, Ginger	Pearl Wheat, Roasted Veg, Spinach	Roasted Butternut, Broccoli & Chickpeas
DAY 6	Spinach, Celery, Apple, Lemon	Quinoa, Kale, 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, Apple, Ginger	Butternut Chickpea Curry & Quinoa-Brown Rice	Greens (broc, marrow, green beans & Carrots
DAY 3	Carrot, Beet, Ginger	Sweet potato, cabbage, peppers, carrots	Potato & Pea Soup
DAY 4	Cucumber, Apple, Lemon	Brown Rice, Mushrooms, Spinach & Baby Marrow	Butternut Chickpea Curry
DAY 5	Celery, Spinach, Cucumber, Lemon	Lentil Cauliflower Curry & Brown Rice	Greens (broc, marrow, green beans & Carrots
DAY 6	Beet, Carrot, Ginger	Quinoa, Chickpea & Veg Bowl	Pearl Wheat, Mushrooms, Spinach & Baby Marrow
DAY 7	Cucumber, Apple, Lemon	Sweet Potato + Garlicky Spinach & Mushrooms	Potato & Pea Soup

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