



7-DAY Daniel Fast Reset

NOURISH YOUR BODY. REFOCUS YOUR SPIRIT. RESET THE YEAR.

DAY	BREAKFAST JUICE	LUNCH	DINNER
DAY 1 Reset	Spinach, Celery, Apple, Lemon	Lentil-Veg Stew & Brown Rice	Roasted Veg
DAY 2 Cleanse	Carrot, Apple, Ginger	Butternut Chickpea Curry & Quinoa-Brown Rice	Butternut Soup
DAY 3 Energy	Carrot, Beet, Ginger	Sweet potato, cabbage, peppers, carrots	Lentil/Bean Soup
DAY 4 Stabilise	Cucumber, Apple, Lemon	Veg Stirfry & Brown Rice	Lentil Cauliflower Curry
DAY 5 Strength	Carrot, Beet, Ginger	Roasted Veg & Chickpeas	Butternut Soup
DAY 6 Discipline	Spinach, Celery, Apple, Lemon	Quinoa, Kale, Butternut	Lentil Cauliflower Curry
DAY 7 Completion	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!