



MY GOAL

21 DAY DANIEL FAST

Spiritually motivated diet based on the book of Daniel. (No meat, dairy, sugar, etc)

NOTES:

RESOURCES: Daniel Fast [book](#), [simple guide](#), [meal plans](#), [recipes](#), and [prayer guide](#).

SUGGESTED GOAL PAIRINGS: Drink Water - Food Log - Home Workouts

PROGRESS: For every day you follow the Daniel Fast, color in the box. Thirty days and you will see changes if you truly follow the program. You've got this! All the resources are here for you.

FOODS TO AVOID:

- Meat
- Dairy
- Coffee
- Tea
- Soda
- Bread
- Pasta
- Flour
- Sugar
- Sweeteners
- Processed Foods
- Fried Foods
- Fats
- Alcohol

