

A photograph of three hikers standing on a rocky mountain peak, looking out over a vast landscape of rolling hills and valleys under a clear sky. The hikers are wearing outdoor gear, including hats, backpacks, and gaiters. The image is overlaid with a semi-transparent teal filter.

DETOX

YOUR BODY
MIND & SOUL

For Your Best Year Ever

A 10-DAY EXPERIENCE

THE **DANIEL** PLAN 10-DAY DETOX EXPERIENCE

Welcome

I am so glad you are joining us! By choosing to start this program you have taken your first step forward into a new year and a new state of health. We have found the process of creating an intentional time to detox our body, mind and soul to be extremely restorative and healing. What better way to start a new year! Over the course of the next ten days you will learn how to:

- Master the art of detox and reenergize and restore your sense of wellbeing
- Build daily habits to activate your natural ability to lose weight
- Watch your energy, focus and memory soar so you can live out your best year ever!

The following pages in this guide will explain the why's and how's behind detoxing your body, mind and soul.

Part one will teach you all you need to know about how to fill your plate with real, nourishing foods and avoid harmful foods through the next ten days. You will find that making some new choices with food will gradually shift your body and mind into a state where you naturally crave what makes you thrive and feel good.

While what we eat plays a large role in the detox process, true rejuvenation starts and is sustained by what we choose to focus on. Part two of this guide will inspire you to evaluate your daily habits, thought life and spiritual health in order to reach and sustain the lasting life change you desire. You'll learn how adding simple, healing habits into your daily routine will gradually shift your mindset into a state where self-care and healing choices come naturally. A pivotal part of the next ten days will involve setting aside time to reflect on God's word, intentionally express gratitude and replace negative thoughts with words of affirmation.

Lastly, part three will give you the tools you need to put it all into practice. There you will find a self-guided *Morning Soul Tracker*, *Daily Food Tracker* and *Evening Check-In* to guide you through each day and help keep you accountable and inspired as you record your progress. Feel free to print the journals or use them digitally.

As you begin your journey, choose to believe all things are possible with God and know you are not walking alone. God is with you and He is able to make changes in your life that are above and beyond anything you can ask or imagine. My prayer is that you will be fully encouraged and equipped to reach a whole new level of wellness and find a renewed sense of hope to follow all He has planned for you.

Here's to your best year EVER,



Dee Eastman



"Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think." - Ephesians 3:20 (NLT)

PART ONE

D+ETOX

Your Body

THE **DANIEL PLAN** *Detox*

Using the power of healing foods, your body and mind will quickly transform and you will realize just how well you can feel and how quickly it can happen. We recommend that everyone start with a ten day Daniel Plan Detox to jumpstart the healing process, reboot your system, and discover the power of reclaiming your body and mind by letting go of the things that can harm you and adding in the things that can heal you.

Why should I do The Daniel Plan Detox?

Many of us usually feel less than fully healthy. We either have nagging complaints such as fatigue and brain fog or more serious illnesses. By giving your body a chance to reset for a short period of time, you will learn firsthand the power of food to heal and the abundance, energy, and vibrancy that can come from a healing way of eating.

Here are some of the benefits you can experience in just a few weeks:

- Weight loss of 5-10 pounds or more
- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration, mental focus, and clarity
- Improved mood and increased sense of internal balance
- Increased energy and sense of well-being
- Less congestion and fewer allergic symptoms
- Less fluid retention
- Less joint pain
- Increased sense of peace and relaxation
- Enhanced sleep
- Improved skin

How to Detox

It is as simple as taking out the bad stuff and putting in the good stuff. Dr. Hyman and Dr. Amen have seen patients recover from a long list of chronic diet-related symptoms and diseases quickly, problems they had never before connected to what they were eating.

If you have any of these symptoms or diseases, consider doing The Daniel Plan Detox for ten days or extending it to forty days.

- Arthritis
- Autoimmune diseases
- Bad breath
- Bloating, gas, constipation, or diarrhea
- Canker sores
- Chronic fatigue syndrome
- Diabetes or pre-diabetes
- Difficulty concentrating
- Excess weight or difficulty losing weight
- Fatigue
- Fibromyalgia
- Fluid retention
- Food allergies
- Food cravings
- Headaches and migraines
- Heartburn
- Heart disease
- Inflammatory bowel disease (Crohn's or ulcerative colitis)
- Irritable Bowel Syndrome
- Joint pain
- Menopausal symptoms (mood changes, sleep, hot flashes)
- Menstrual problems (premenstrual syndrome, heavy bleeding, cramps)
- Migraines
- Muscle aches
- Puffy eyes and dark circles under the eyes
- Sinus congestion
- Postnasal drip
- Skin rashes (eczema, acne, psoriasis)
- Sleep problems

FOODS TO AVOID | While on the Detox

1. **Caffeine and alcohol**
2. **Processed, fast food or packaged food**
(anything with additives or chemicals)
3. **Artificial sweeteners of all kinds**
4. **All sugar in any form** (No honey or maple syrup.
A little stevia or monk fruit is okay)
5. **All dairy**
6. **All gluten** (wheat, rye, barley, oats, spelt, kamut)

FOODS TO FILL UP ON | While on the Detox & Beyond

1. **Eat real, fresh, whole food**
2. **Unlimited Non-starchy vegetables**– try to make your plate 50 – 70% non-starchy veggies
3. **Limited amounts of starchy vegetables**
4. **Moderate amounts of nuts and seeds**
5. **Small amounts of low-glycemic fruit** – 1/4 to 1/3 cup per day
6. **Wild-caught Fish** – best choices are sustainably farmed and low-mercury fish.
Go to www.seafood.org for updated fish information
7. **Beef, Bison, Lamb, Poultry** – best choices are grass-fed/organic
8. **Eggs** – best choices are pasture-raised/organic
9. **Organic, whole soy foods** - tofu, tempeh, gluten-free & low-sodium miso
10. **Plenty of healthy fats** including avocados, extra virgin olive oil, coconut oil

For additional food information, see Chapter 4 in the Daniel Plan Book.

Tips to Navigate the 10-Day Detox

1. **Take the Toxicity and Symptom Screening Questionnaire** (page 296 in The Daniel Plan book) to help identify the underlying causes of illness and help you track your progress. Be sure to take the questionnaire at the end of the detox to see how you've improved.
2. **Start weaning off coffee prior to the detox.** Do it slowly, over the course of a week. Reduce caffeine intake by half for the first few days, then by another half for the next several days. Then cut it down to zero by the end of the week. You can add coffee back in after the detox if you'd like, but remove it for 10 days to see if you feel better without it – you might be surprised you have more mental clarity and increased energy.
3. **Give your kitchen and pantry a makeover and remove:**
 - All processed foods
 - All foods that contain sugar
 - Any foods with artificial sweeteners, preservatives, additives and coloring or dyes
 - Any drink that contains sugar of any kind
 - Anything that contains hydrogenated oils and refined vegetable oils
 - All products containing gluten
 - All grains
 - All dairy products
4. **Stock your kitchen and pantry with all the whole foods.** Fill your kitchen and pantry with lots of whole foods that you enjoy. Choose non-starchy vegetables, nuts and seeds, animal and plant-based proteins, healthy fats, eggs, and quick snacks to grab and go. Be sure to review chapter 10 in The Daniel Plan book and The Daniel Plan cookbook for delicious recipes and snack ideas. Decide on which meals you'd like to try and what snacks you want to have on hand and make a shopping list. Chapter 10 in the Daniel Plan book includes a 10-Day Detox meal plan guide. You do not need to follow the plan exactly as it's shown. Use the meals and recipes listed as inspiration and feel free to mix and match the meals to your liking and taste.

5. **Be prepared:** Spend a little time preparing your snacks so they're ready for you throughout the week – chop up veggies, make hummus, hard boil eggs and pre-bag nuts. Pack these into an insulated sack you can take everywhere you go so you're never hungry. In addition, prep your meals in advance by using the weekends to grill meat, cook quinoa, bake chicken and do any pre-cooking that will help you easily put together meals after a long work day.
6. **Stay hydrated:** Make sure you have plenty of your favorite beverages on hand so you can sip on water, sparkling water with fruit or herbal tea throughout your day to make sure you stay hydrated. Strive to drink at least half your weight in ounces of water per day.

7. **Try these Easy Replacement Foods ideas:**

REPLACE THIS...	WITH THIS...
Fruit Flavored Yogurt	Chia Seed Pudding
Pasta	Shirataki Noodles
Mashed Potatoes	Cauliflower Mash
Potato Chips, Pretzels, Tortilla Chips,	Nuts
Parmesan Cheese	Nutritional Yeast
Cornstarch	Arrowroot
Dairy Milk	Unsweetened Coconut Milk or Almond Milk
Butter	Coconut Oil or Coconut Butter
Wheat Flour	Almond Flour or Coconut Flour
Bread, Wraps or Buns	Bibb or Romaine Lettuce Leaves
Milk Chocolate	Raw Cacao or 75% Dark Chocolate

PART TWO

DETOX

Your Mind & Soul

Digging Deeper

Focusing solely on food isn't enough to sustain lasting change. We can't make true life change in our eating habits without addressing our thought life, and we can't address our thought life without examining our soul health. If you want to transform your health, you must start by challenging unhealthy perspectives.

The decisions we make are based on our deeply rooted thoughts about what we believe about ourselves and what we believe about God. The reality is, many of our thoughts are automatically negative and far from truth. Those very thoughts are what sabotage our intentions to reach an ideal place of health. We need to learn how to take every thought captive to Christ and embrace the identity we have in him.

By making a conscious decision to plug into God's power through prayer, meditating on his Word and choosing gratitude in all situations, God can reframe our thoughts to reflect real Truth. It is only then that we can truly rely on HIS great power rather than our own weak willpower to make positive changes in our lives for his glory.

Now that all sounds great in theory, but HOW do we make it a reality in our lives? Well, it's quite simple - by focusing on these three key habits:

1. A daily time of prayer and reflection on God's Word
2. Developing an attitude of gratitude in all things
3. Prioritizing time for daily rejuvenation

Part three of this guide will lead you in your reflection time with God and your focus on gratitude through the next ten days. Discovering what rejuvenates you is deeply personal and we can't tell you what it will be for you. But we have come up with some ideas to get the sparks flying. What you choose to do should give you life and a new pep in your step! Here are some ideas...

Discover What *Rejuvenates* You

- Take a walk
- Listen to your favorite worship music
- Be still before God for 5 minutes – turn off electronics, find a quiet place
- Pray through your favorite scripture
- Rest your mind and take a nap
- Find a place to serve at your local church
- Have fun in the kitchen and try a new recipe
- Enjoy a cup of herbal tea with flavored liquid stevia
- Go for a short hike
- Play basketball
- Listen to your favorite devotions (We love Drive Time Devotions & Daily Hope)
- Make a festive fruit water with your favorite berries - throw in a mini umbrella and straw
- Take a stretch break
- Get a good night sleep – plan for at least 8 hours
- Take a bath – try adding lavender and Epson salts
- Call a family member or friend to catch up
- Memorize scripture (start today with the affirmation verses in the devotional)
- Do a kind deed for a friend or stranger
- Plan a party
- Express your gratitude to a friend
- Make something with your hands
- Go for a run
- Write to someone who has made a difference in your life
- Journal your thoughts and feelings without worrying about writing a literary masterpiece
- Think of one thing you are grateful for and thank God for it
- Sing like no one is listening
- Start something you've been procrastinating on
- Read a past journal or blog entry - See how far you've come
- Lie down in silence for 5 minutes
- Disconnect from your devices
- Play with the children in your life
- Write an apology to someone you've hurt
- Make a donation to your church or favorite charity
- Exercise. Find movement you enjoy!
- Watch pictures or videos of your family and friends
- Clean your desk or living area
- Develop a morning routine - feel ready for the day instead of rushed
- Walk barefoot in the grass or at the beach
- Put on your favorite music and dance in your living room like no one is watching

PART THREE

DETOX

Journal

Tracking Your Progress

Getting the Most out of Your 10-day Experience:

Now that you've learned the why and how behind detoxing your body, mind and soul, it's time to start putting it all into practice. The next few pages provide ten days of tools to help you stay on track and record your progress as you move towards your whole new YOU!

Start each day with the ***Morning Soul Tracker***. We want your mindset to be refreshed by the truth of God's word. You'll be focusing on a core passage of scripture and a daily affirmation to reflect on throughout the day. What we choose to focus on determines how we feel and deeply affects our wellbeing – and there is no better way to start the day!

Throughout each day, use the ***Daily Food Tracker*** to record what you are eating at breakfast, lunch, dinner and snack time. Be intentional about noticing how each food makes you feel physically, as well as emotionally, after you eat it. Don't forget to be drinking at least half your body weight in water each day. There is room to record your water intake as well.

At the end of each day, use the ***Evening Check-In*** to celebrate the small (and big) wins, as well as reflect on areas you can improve on for the next day. Remember – there are no bad days, just good data! Discover the *why* behind your habits and learn to recognize the triggers before they take hold of your decisions. Give yourself grace through the process.

Repeat this routine for ten days and see how God transforms your mindset and your health like you've never imaged.

You've got all the tools – now it's time to jump in!

NO CONDEMNATION

*There is now no condemnation for those who are in Christ Jesus.
Romans 8:1*

All change starts with acceptance. Until you feel accepted by God, you're going to continue to be caught in a cycle of defeat, failure, guilt and recrimination. So in the greatest chapter on change in Scripture, it starts by saying, if you belong to Christ, God does not condemn you. Are you everything you need to be? No. Are you in the best shape you could be? No. But God says, "There is no condemnation." He welcomes you to a path not of perfection, but of ongoing change.

Instead of being motivated for these changes out of guilt, pressure, or fear of not measuring up, let God's acceptance encourage you. Your worthiness comes from your relationship to Christ because you're *forgiven*. You're cleansed. The Holy Spirit has freed you from the vicious cycle of sin and death. You're living by grace, not by condemnation."

Food for Thought: If you struggle today, remind yourself that there is no condemnation for you, but rather God's full acceptance and welcome.

DAILY AFFIRMATION: I AM FORGIVEN AND REDEEMED

GRATITUDE

One thing I am grateful for today:

REJUVENATION

One way I will recharge today:

BREAKFAST

What did I eat?

How did it make me feel?

SNACK

What did I eat?

How did it make me feel?

LUNCH

What did I eat?

How did it make me feel?

SNACK

What did I eat?

How did it make me feel?

DINNER

What did I eat?

How did it make me feel?

WATER



Total: _____ oz.

REFLECTION

When I ate today, was it because I was hungry? Or was I motivated by boredom, stress, or fatigue?

What worked?

Any adjustments or changes for tomorrow?

FAITH

Take a moment to reflect on this morning's Soul Tracker devotional and write out the Daily Affirmation below:

FOOD

On a scale of 1 - 10, how did my meals align with The Daniel Plan Detox today?

Some of the best choices I made today were:

FITNESS

What type of fitness or movement did I enjoy today?

Duration:

FOCUS

What were some small wins for today? Any adjustments for tomorrow?:

How did I rejuvenate today?

FRIENDS

Who encouraged, supported, or joined me on my health journey today?

Who needs my encouragement, support or companionship? How can I reach out to them?

YOUR NEW IDENTITY

*You did not choose me, but I chose you and appointed you
so that you might go and bear fruit—fruit that will last.
John 15:16*

How blessed you will be if you steep yourself in the Bible's truth about your new identity. Jesus has chosen you. You are wanted and included. He chose you to bear fruit, and he will make sure that the fruit grows by his grace.

Many other passages about your identity are good to meditate on. John 1:12 and Romans 8:14 say you are a child of God and God is your father. First Corinthians 6:17 says you are united to the Lord and are one with him in spirit. Ephesians 4:24 says you are righteous and holy. Take time with each of these truths, allowing them to settle deeply into your heart and influence the way you think.

You're not an orphan, because God has chosen you as his own child. You're not the sum of your mistakes, because God has declared you righteous and holy in his eyes. You're not hopeless, because God has redeemed your life through his Son. Let yourself believe these things.

Food for Thought: God *chose* you as his own.

DAILY AFFIRMATION: I AM CHOSEN

GRATITUDE

One thing I am grateful for today:

REJUVENATION

One way I will recharge today:

BREAKFAST

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How did it make me feel?

SNACK

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DEARLY LOVED

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. - Ephesians 5:1-2 NIV

The more we know that we are God's dearly loved children, the more able we will be to walk in the way of love. Christ loved us so much that he gave himself up for us. We need to take that in deeply, to see our identity as the **Beloved**.

Henri Nouwen said, "Every time you feel hurt, offended, or rejected, you have to dare to say to yourself: 'These feelings, strong as they may be, are not telling me the truth about myself. The truth, even though I cannot feel it right now, is that I am the chosen **child of God**, precious in God's eyes, called the Beloved from all eternity, and held safe in an everlasting belief.'"

If we take in deeply the truth that we are the Beloved, we will find it more and more natural to treat others with love and live the lives we were designed for.

Food for Thought: We are dearly loved children of the best Father there can be. Nothing can ever separate us from his love.

DAILY AFFIRMATION: I AM A BELOVED CHILD OF GOD

GRATITUDE

One thing I am grateful for today:

REJUVENATION

One way I will recharge today:

BREAKFAST

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GOD'S SPECIAL POSSESSION

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. - 1 Peter 2:9

We all need to feel **accepted**. We need to belong. In fact, sometimes those longings can be mistaken for feeling hungry when we're really lonely or feeling unwanted. Maybe our parents were never satisfied with our grades or our appearance. Maybe our spouse or the people at work say critical things that cut us to the core. Those experiences make us doubt whether anybody anywhere truly accepts us as we are.

The great news is that God does accept us just as we are. You are a member of God's family. You belong. You're God's special possession. He didn't choose you because of how you look, what you do, or what family you were born into. He didn't choose you because of how many good things you do for your church or how successful you are as a parent. He chose you for you.

Food for Thought: God chose you out of darkness, just as you are, to be part of his family.

DAILY AFFIRMATION: I AM ACCEPTED

GRATITUDE

One thing I am grateful for today:

REJUVENATION

One way I will recharge today:

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EXTRAVAGANT LOVE

This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.
1 John 4:9-10 NIV

When the journey toward health is difficult, we can sometimes get hazy in our minds about how much God loves us. Maybe we've had a yo-yo experience of going up and down with weight or a chronic health issue or our fitness goals, and we feel deep down that God's love is based on how well we're performing in that area. When those feelings arise, we need to go back to basics and remember that God showed how much he loves us by sending his one and only Son into the world to die for us. God delights in us with an extravagant love that is beyond our comprehension.

We need to build our lives on the foundation of God's never ending, spendthrift love that gives everything, sacrifices everything for us. That's real love that never gives up on us, no matter what.

Food for Thought: "How glorious the splendor of a human heart that trusts that it is *loved*" (Brennan Manning).

DAILY AFFIRMATION: I AM LOVED

GRATITUDE

One thing I am grateful for today:

REJUVENATION

One way I will recharge today:

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MARVELOUS WORKMANSHIP

*How you made me is amazing and wonderful. I praise you for that.
What you have done is wonderful. I know that very well.
Psalm 139:14 NIV*

God has made your body with strengths and weaknesses unlike those of anyone else. You'll get a lot further with your healthy choices if you take the time to understand the way you were made. For instance, maybe you have brittle bones—those will affect the kinds of exercise and supplements you need. Maybe you have a slower metabolism, so you need different portions of food to flourish. Maybe your knees can handle running, or maybe they can't, and you'd be better off swimming. It may be tempting to bemoan all the things that seem like flaws to you, but God wants you to thank him for making you so wonderfully complex.

Genuinely thank God for the way your body is made, focusing on the things you can do and accepting the things that look like flaws to you. God loves you with all of those features.

Food for Thought: You are uniquely made with strengths and weaknesses, both of which can be used to glorify God.

DAILY AFFIRMATION: I AM HIS WORKMANSHIP

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REJUVENATION

One way I will recharge today:

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EYES ON JESUS

*Let us keep looking to Jesus. He is the one who started this journey of faith.
And he is the one who completes the journey of faith.
Hebrews 12:2 NIV*

If you want your mind to be healthy, focus your thoughts on what is true and good. And nothing is truer or better than Jesus. Study how he lived, because his life is the one to imitate. Read the Gospels, which tell the story of his life. Ask yourself, what did he do that I could learn from? Picture him running the race just ahead of you, showing you how it's done.

During his earthly life, Jesus focused his thoughts beyond the cross to the joy waiting for him in the Father's presence. Focusing on that joy at the finish line enabled him to put up with anything during the race. He wasn't discouraged when people didn't respond to him with faith and love. He spent plenty of time alone with his Father, so people didn't get him down. So when the road seems difficult, ask him to guide and strengthen you.

Food for Thought: Keep your eyes on Jesus, and you'll find you are able to **overcome** anything that stands in your way.

DAILY AFFIRMATION: I AM AN OVERCOMER

GRATITUDE

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REJUVENATION

One way I will recharge today:

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On a scale of 1 - 10, how did my meals align with The Daniel Plan Detox today?

Some of the best choices I made today were:

FITNESS

What type of fitness or movement did I enjoy today?

Duration:

FOCUS

What were some small wins for today? Any adjustments for tomorrow?:

How did I rejuvenate today?

FRIENDS

Who encouraged, supported, or joined me on my health journey today?

Who needs my encouragement, support or companionship? How can I reach out to them?

COURAGE TO CHANGE

Be strong and courageous. - Joshua 1:6 NIV

God can change your life in ways you haven't dared to dream of. Pastor Rick says, "He specializes in miracle makeovers." Try to imagine what good changes could happen in your life if you depended on God's infinite power instead of your own willpower.

The key to deep and lasting change isn't trying harder. It's relaxing into "the unforced rhythms of grace" (Matthew 11:29 MSG). Effort is necessary, but it's effort fueled by the power of God's Holy Spirit. The Bible says, "Be energetic in your life of salvation, reverent and sensitive before God. That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure" (Philippians 2:12-13 MSG).

God loves you so much that he freely gives his power to work in your life. He wants to be the one who is shown to be victorious. That's why he works so powerfully in the lives of weak and humble people.

Trusting in God's power will give you courage to face whatever life brings you. For what do you need his power today?

Food for Thought: In a remarkable, grace-filled exchange, you can bring all of your weaknesses to God and receive from him the power to be ***strong and courageous***.

DAILY AFFIRMATION: I AM STRONG & COURAGEOUS

GRATITUDE

One thing I am grateful for today:

REJUVENATION

One way I will recharge today:

BREAKFAST

What did I eat?

How did it make me feel?

SNACK

What did I eat?

How did it make me feel?

LUNCH

What did I eat?

How did it make me feel?

SNACK

What did I eat?

How did it make me feel?

DINNER

What did I eat?

How did it make me feel?

WATER



Total: _____ oz.

REFLECTION

When I ate today, was it because I was hungry? Or was I motivated by boredom, stress, or fatigue?

What worked?

Any adjustments or changes for tomorrow?

FAITH

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GOD'S GUARANTEE

For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. - Romans 5:5 NLT

Your body is a **temple of the Holy Spirit**. He lives inside you (1 Corinthians 6:19), filling your heart with his love. The Holy Spirit in you is God's guarantee that his love will never leave you. Whenever you need help to move forward into your healthy lifestyle, you can call on the Holy Spirit, and he is there with power and with reassurance of God's love.

Human love is conditional. People say, "I love you if ..." or "I love you because ...," and when circumstances change, their love fades. But God's love is unconditional, so he will never, never stop loving you. Your sin and failures don't stop him from loving you. This is the secure place from which you can dare to make changes and deal with mistakes. As author and theologian Brennan Manning said, "Define yourself radically as one beloved by God. This is the true self; every other identity is illusion."

Food for Thought: The Holy Spirit in you is God's guarantee that his love for you is unconditional and permanent.

DAILY AFFIRMATION: I AM THE TEMPLE OF THE HOLY SPIRIT

GRATITUDE

One thing I am grateful for today:

REJUVENATION

One way I will recharge today:

BREAKFAST

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How did it make me feel?

SNACK

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LUNCH

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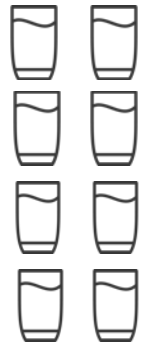
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ABOVE AND BEYOND

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus. - Ephesians 3:20-21

This is the theme verse of The Daniel Plan. It's all about God's power working in our lives.

The key to a faith-filled life is not trying harder or psyching ourselves up, but it's relaxing in God's grace. It's being filled with his power so that he can do through us all that he has designed us to do.

We have so many dreams, yet life can get in the way. Thankfully, we can look to God for his strength. As Paul says in Philippians 4:13, ***we can do all things through him who gives us strength***. Or in Matthew 19:26, Jesus says, "With man this is impossible, but with God all things are possible." So many things that seem out of reach are possible with God.

What do you need God's power for? To improve your health, learn a new way to eat, move in different ways, improve your mental focus, deepen your faith? It's all possible through him.

Food for Thought: God is able to do immeasurably more than you can imagine. To him be glory!

DAILY AFFIRMATION: I CAN DO ALL THINGS THROUGH CHRIST

GRATITUDE

One thing I am grateful for today:

REJUVENATION

One way I will recharge today:

BREAKFAST

What did I eat?

How did it make me feel?

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LUNCH

What did I eat?

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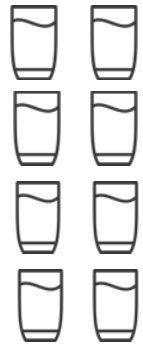
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Congratulations

Bring on the Best Year EVER!

You made it through The Daniel Plan 10-day Detox! Whether you did the full detox, or simply began to make some small changes – we celebrate all the new steps taken toward a life of improved health.

Now is the time to start planning the transition to a Daniel Plan way of eating that will work for you long term. Hopefully during these past 10 days you've discovered that using the power of healing foods, your body and mind can quickly transform and you realized how great you can feel in a short amount of time.

Once people discover how easy it is to eat this way – many people choose to continue with the detox plan for another 10 days, while others feel so good that they eat this way for life. Wherever you're at, it's important to choose a transition plan to ease your way back into everyday life, while maintaining the healthy eating habits you've just created for yourself.

You might be wondering "what do I do now?" Here are a few simple steps you can take to transition:

1. **Be clear on your goals.** Now is the time to check in with yourself and ask "What are my goals moving forward on this program". Reflect on the practices that brought you the most rejuvenation and decide how you will continue implementing them into your daily life. Revisit the SMART goals in The Daniel Plan journal and take the time to write out new goals that will get you to where you want to go.
2. **Transition wisely.** Choose a transition plan that will work best for you. If you find you really love how you feel, you don't have to stop the detox way of eating – you can make it a lifestyle. Now that you know what foods you can and cannot eat, create your own meal plans with recipes you love.

However, if you want to start adding back healthy forms of dairy or gluten, then make sure you add one at a time. Start with dairy. Have something a few times a day and notice how you feel. Do you have congestion, bloating, or other symptoms? If you do, then you would mostly likely be better off without it.

After three days of eating dairy, add back gluten. Have a piece of bread or some whole grain pasta, and observe carefully. Do you have joint pain, brain fog, headaches, or stomach problems? If gluten makes you sluggish and tired, you want to consider eating gluten free or on a very low gluten diet. Also, you may try lower gluten grains such as rye or barley or steel cut oats. Many people have low-grade food sensitivities, and The Daniel Plan Detox is a wonderful way to learn how these two common inflammatory foods affect you.

Adding back caffeine from coffee or tea is also optional. Notice how you feel without the caffeine. You can always have decaf. With that said, however, it is not bad to enjoy your daily cup of joe. Just be sure you don't load it up with lots of sugar or artificial sweeteners. For those who enjoy a drink from time to time, again, it can be part of a healthy lifestyle. Just notice how it makes you feel, how it affects your sleep, energy and mood. We are all different, and it is key to find the right balance for you.

We recommend you review the "Core Meal Plan" on page 285-293 in The Daniel Plan book for some meal planning ideas and consider trying a few new recipes from the cookbook that will continue to support your goals.

3. **Retake the Toxicity and Symptom Screening Questionnaire** (page 296 in the Daniel Plan book) and compare your score from 10 days ago. Are you feeling better? Are you experiencing any of the benefits we listed in the detox handout: weight loss, better digestion, less fluid retention and joint pain, improved sleep, better concentration and mental clarity?
4. **We are better together.** We have learned that doing The Daniel Plan in community, with a group of friends is the "secret sauce", so consider gathering a group together to do one of our [small group studies](#). People who do the program together lose 50% more weight and feel better than they would have doing it alone! If you haven't already done so – be sure to join our [online community](#) to ensure that you are connected to others who are walking this same path with you.

Stay Inspired...



Start your **FREE** Health Profile at DanielPlan.com and get access to:

- Expert tips, tools, & videos
- Recipes from The Daniel Plan Cafe
- Encouraging devotionals
- Weekly e-newsletter



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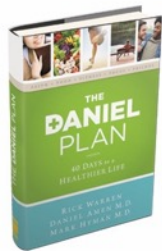


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THE **DANIEL PLAN** Resources



Book



Journal



Devotional



Cookbook

GROUP STUDIES

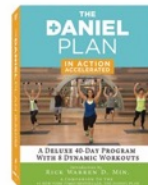


Getting Started: The Daniel Plan Overview
6-Week Small Group Study



Going Deeper: The 5 Essential Series
4-Week Small Group Studies

FITNESS PROGRAMS



Spanish Resources Also Available
For more, visit STORE.DANIELPLAN.COM.