

After ^{THE}**DANIELPLAN** Detox

The Transition Phase

Congratulations – 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 quickly transformed and you realize how great you 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”. 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". 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.