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Daniel Fast 50 Plant Based

Schuen and Hobbs pursued the promotion of physical, spiritual, and intellectual health through the implementation of a 28-day Daniel Fast, a fast that combines spiritual commitment with nutrition that is entirely plant-based and unprocessed. What the Daniel Fast offers is using prayer and whole, plant foods to restore health and feel better. The Daniel Fast: A Bridge to Healthy Living online course will guide you through a 4-week period of eating a whole-food, plant-based diet packaged with nutritional education and meal planning strategies. Also included is coaching support and weekly live Q&A sessions* (live cohort only), meditations,

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The Daniel Fast is like a vegan eating plan with more restrictions. Only plant-based foods are allowed on the fast and the only beverage is water. Restrictions include no sweeteners, chemicals, leavening agents, or solid fats.

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High-Quality Oils: Plant-based oils are approved on The Daniel Fast, but they should be used in moderation. Canola, peanut, coconut, olive, avocado, sesame, grapeseed, and walnut oils are all healthy options. Herbs & Spices: Herbs and spices will be key in flavoring your meals over the next few weeks.

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They say breakfast is the most important meal of the day, and that's especially true when you're on a Daniel Fast. Start off with wholesome, plant-based foods and you'll be well fueled to meet your day. 1. Oatmeal. Steel cut oats or rolled oats are an easy and filling start to the day.

7 Daniel Fast Breakfast Options — Daniel Fast Journey

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