

RESET FAST Jan 5th-26th, 2025

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WEEK #2 Daniel Fast

Here's the **combined 21-day meal plan** with daily scriptures, prayer points, and a grocery list for the **Anti-Inflammatory Reset Fast** without the meal prep steps, focusing on simplicity, spiritual renewal, and physical nourishment.

This plan offers simplicity, practicality, and spirituality, combining anti-inflammatory foods with daily prayers and focus words to guide you through the first 21 days of 2025.

Each meal is designed to nourish your body, while each prayer point and scripture supports your spiritual growth and focus. May this time be a powerful reset for both body and soul!

May this **Reset Fast** deepen your relationship with God, renew your body, and bring clarity for your next season

Daniel Fast 7-Day Meal Plan (6 AM to 6 PM)

This meal plan includes options for breakfast, snacks, and a Daniel Fast-approved dinner (**after 6 PM, optional chicken or fish**).

This meal plan follows the principles of the Daniel Fast, which includes fruits, vegetables, whole grains, nuts, seeds, and legumes, while avoiding animal products, processed foods, and sugars. Each day's prayer focus and scriptures are designed to support spiritual growth and connection with God.

Day 8

~From Completion (DAY 7) to New Beginnings (DAY 8)

FOCUS: Embracing God's Transformative Change 2025

PRAYER; Father, we thank You for the new things You're doing in our lives. What once seemed like a dead end, Hd has turned into a new beginning.

~Help us embrace the e transitions and changes, trusting that You are working all things together for our good. Strengthen our faith as You lead

- us into this new season. In Jesus' name,

SCRIPTURES: Isaiah 43:19, 2 Corinthians 5:17-19 Philippians 1:6

Breakfast: Fresh fruit salad (melon, pineapple, and berries)

Lunch: Lentil Soup with carrots, celery and onions

Snack: Carrot sticks with a small portion of hummus

Dinner (after 6 PM):

- Simple quinoa salad with chopped cucumber, tomato, and fresh herbs (parsley, cilantro)
- **Optional:** Grilled chicken or fish (after 6 PM)

Day 9

FOCUS: God's Blessings in Our New Season - NEW Vision,

PRAYER: Father, we thank You for the new season You are birthing in us. We ask for Your blessings to overflow in every area of our lives.

May our vision be guided with clarity. May your provision be abundant, and Your resources be made available in every way.

Raise up able and willing servants, volunteers, and destiny helpers or who will walk alongside us in this journey. We declare that in 2025. we will grow, build, expand, and thrive in every area of our ministry, family and community. Empower us to impact our church, our city. and beyond, as we step into the future You've prepared for.

SCRIPTURES:

Habakkuk 2.2-3. Philippians 4:19, Matthew 9:37-38

Breakfast:

- Green smoothie (spinach, cucumber, and a few pieces of pineapple)

Lunch: Salad of choice

Snack: A small handful of almonds or mixed nuts

Dinner (after 6 PM):

- Light vegetable stir-fry (broccoli, bell peppers, and zucchini) with a small serving of brown rice
- **Optional:** Grilled chicken or salmon (after 6 PM)

Day 10

Prayer Focus: Pray for strength and perseverance in your spiritual walk, and for greater intimacy with God.

Scriptures:

- **Philippians 4:13**
- **Isaiah 40:31**
- **James 1:12**

Breakfast: Chia pudding made with almond milk and topped with fresh blueberries

Lunch: Sweet Potato & Black bean salad with avocado and lime dressing.

Snack: Apple slices with a few pumpkin seeds

Dinner (after 6 PM):

- Roasted sweet potato wedges with a side of sautéed spinach
- **Optional:** Grilled chicken or fish (after 6 PM)

Day 11

Prayer Focus: Pray for financial breakthrough and provision for your family and community.

Scriptures:

- **Philippians 4:19**
- **Malachi 3:10**
- **Luke 6:38**

Breakfast: A smoothie bowl with frozen berries, almond milk, and a sprinkle of chia seeds

Lunch: Mixed green salad with chickpeas, cucumber and lemon vinaigrette

Snack: Celery sticks with a little almond butter

Dinner (after 6 PM):

- Simple salad with mixed greens, cherry tomatoes, and cucumber, topped with lemon vinaigrette
- **Optional:** Grilled chicken or fish (after 6 PM)

Day 12

Prayer Focus: Pray for healing and restoration of relationships (marriages, family, friendships).

Scriptures:

- **James 5:16**
- **Romans 12:18**
- **Matthew 18:19**

Breakfast: Smoothie with almond milk, banana, spinach, and a spoonful of peanut butter

Lunch: Veggie Soup

Snack: Sliced cucumber and bell peppers

Dinner (after 6 PM):

- Roasted cauliflower and chickpeas with a side of quinoa
- **Optional:** Grilled chicken or fish (after 6 PM)

Day 13

Prayer Focus: Pray for the unity of the church and strength for leaders as they guide the body of Christ.

Scriptures:

- **Ephesians 4:3**
- **1 Peter 5:2-3**
- **Hebrews 13:17**

Breakfast: Oatmeal with almond milk, chia seeds, and a handful of raspberries

Lunch: Roasted Veggies

Snack: A small bowl of mixed berries (blueberries, strawberries)

Dinner (after 6 PM):

- Simple vegetable soup (carrots, celery, onion, garlic, and tomatoes) with a side of steamed broccoli
- **Optional:** Grilled chicken or fish (after 6 PM)

Day 14

Prayer Focus: Pray for the harvest of souls and for more laborers in the field to reach the lost.

Scriptures:

- **Matthew 9:37-38**
- **Mark 16:15**
- **Luke 10:2**

Breakfast: Fresh fruit (melon, grapes, and orange slices)

Lunch: Smoothie

Snack: A handful of almonds or a few dried figs

Dinner (after 6 PM):

- Baked butternut squash with a side of sautéed kale
- **Optional:** Grilled chicken or fish (after 6 PM)
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