

RESET FAST Jan 5th-26th, 2025

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**WEEK #3 Daniel Fast (See Meal Plan on the last page). OR use
FIRST WEEK MEAL PLAN**

Here's the combined 21-day (3 WEEK) 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.

Fast (6 AM to 6 PM OR All Day)

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 15: Breaking New Ground - Establishing Kingdom Families

Scripture Focus:

1. *Isaiah 54:2-3*
2. *Joshua 24:15*
3. *Psalms 127:3-5*

Prayer Focus:

Prayer: :Pray for families within the church to grow and flourish. Declare unity, salvation, and the enlargement of the church through NEW families. We declare that the holy spirit will draw families into the kingdom of God. Husbands, wives, children, grandparents, parents, uncles, aunts, nieces, nephews and cousins.

Day 16: Strengthening the Family Unit for Kingdom Impact

Scripture Focus:

1. *Ephesians 5:25*
2. *Proverbs 22:6*
3. *Acts 16:31*

Prayer Focus:

Pray for strong marriages, godly parenting, and children who are raised to serve God. Ask for restoration in broken family relationships and for households to be saved and serve the Lord together.

Day 17: Prophetic Vision for the Church's Growth in 2025

Scripture Focus:

1. *Joel 2:28*
2. *Matthew 16:18*
3. *Isaiah 60:1-3*

Prayer Focus:

Pray for a prophetic vision for the church's growth in 2025. Declare that souls will be added daily and that the church will be a light to the nations.

Day 18: Empowering the Next Generation to Lead

Scripture Focus:

1. *1 Timothy 4:12. Psalm 71:17-18. Titus 2:3-5*

Prayer Focus:

Pray for the youth to rise as bold leaders in the faith. Ask for older generations to mentor and disciple the next generation, preparing them for kingdom leadership.

Day 19: Praying for Evangelism and Outreach in 2025**Scripture Focus:**

1. *Matthew 28:19-20*
2. *Romans 10:14-15*
3. *Luke 10:2*

Prayer Focus:

Pray for the church to be equipped for effective evangelism. Declare that workers will be sent into the harvest field to reach the lost and make disciples.

Day 20: Releasing the Prophetic Voice in the Church**Scripture Focus:**

1. *1 Corinthians 14:1*
2. *Amos 3:7*
3. *Revelation 19:10*

Prayer Focus:

Pray for a greater release of the prophetic anointing in the church. Ask God to raise up prophetic voices that will speak His truth and lead the body of Christ.

Day 21: Building the Kingdom through Unity and Love**Scripture Focus:**

1. *John 13:34-35*
2. *Psalms 133:1*
3. *Romans 15:5-6*

Prayer Focus:

Pray for unity and love within the body of Christ. Declare that the church will be a model of unity and service, bringing glory to God and advancing His kingdom.

Week 3 Daniel Fast Meal Plan:

Here's a 7-day meal plan for the Daniel Fast, following the **6 AM to 6 PM** fasting window. This plan focuses on plant-based, whole foods, with the option to add meat or fish to dinner for those who choose.

Day 1

Breakfast:

- Oatmeal with almond milk, chia seeds, and sliced strawberries
- Green smoothie (spinach, banana, almond milk, flaxseed)

Lunch:

- Quinoa salad with cucumbers, tomatoes, bell peppers, red onion, and olive oil dressing
- Roasted chickpeas

Dinner:

- Lentil stew with carrots, celery, onions, and garlic
- *Optional: Grilled chicken breast or salmon*

Day 2

Breakfast:

- Whole grain toast with avocado, lemon juice, and a sprinkle of salt and pepper
- Herbal tea (no sweetener)

Lunch:

- Brown rice and black beans with sautéed spinach, onions, and garlic
- Sliced apple with almond butter

Dinner:

- Stuffed bell peppers (quinoa, beans, corn, diced tomatoes, and spices)
- *Optional: Grilled shrimp or turkey*

Day 3

Breakfast:

- Chia pudding made with coconut milk, topped with blueberries and almonds
- Fresh orange juice (no added sugar)

Lunch:

- Mixed greens salad with chickpeas, cucumber, red onion, and tahini dressing
- Sweet potato wedges, roasted with olive oil and rosemary

Dinner:

- Zucchini noodles with tomato basil sauce and sautéed mushrooms
- *Optional: Grilled fish or chicken thighs*

Day 4

Breakfast:

- Smoothie bowl with blended acai, banana, spinach, and almond milk, topped with granola and sliced almonds
- Green tea

Lunch:

- Whole grain wrap with hummus, mixed greens, shredded carrots, and cucumbers
- Side of raw veggies (celery, bell peppers, cherry tomatoes)

Dinner:

- Stir-fried tofu with broccoli, bell peppers, and snap peas in a sesame-ginger sauce
- *Optional: Grilled chicken or cod*

Day 5

Breakfast:

- Warm quinoa porridge with cinnamon, raisins, and chopped walnuts
- Fresh apple slices

Lunch:

- Roasted vegetable and quinoa bowl with tahini dressing (carrots, zucchini, eggplant, sweet potatoes)
- Mixed fruit salad (pineapple, mango, and kiwi)

Dinner:

- Vegetable curry with cauliflower, sweet potatoes, and chickpeas, served with brown rice
- *Optional: Grilled fish or turkey breast*

Day 6

Breakfast:

- Apple cinnamon overnight oats with almond milk and chia seeds
- Herbal tea (no sweetener)

Lunch:

- Lentil and vegetable soup with carrots, celery, and kale
- Side of whole grain crackers or toasted pita

Dinner:

- Grilled vegetable skewers (zucchini, bell peppers, onions, mushrooms) with couscous
- *Optional: Grilled chicken or fish of choice*

Day 7

Breakfast:

- Fruit salad with strawberries, blueberries, and a sprinkle of hemp seeds
- Fresh lemon water

Lunch:

- Spaghetti squash with tomato sauce, garlic, and fresh basil
- Side of steamed green beans with olive oil and lemon

Dinner:

- Chickpea and vegetable stir-fry with brown rice and a ginger-soy sauce
- *Optional: Grilled salmon or shrimp*

Snack Options (between 6 AM and 6 PM)

- Fresh fruit (apple, banana, berries, oranges)
- Raw nuts (almonds, cashews, walnuts)
- Hummus with carrot sticks or cucumber slices
- Unsweetened applesauce
- Raw or roasted seeds (pumpkin, sunflower)
- Rice cakes with almond butter

Notes:

- All meals are plant-based, following the Daniel Fast guidelines.
- Drink plenty of water throughout the day.
- For dinners, feel free to add a protein source (chicken, fish, or turkey) for those who desire it.
- Avoid all processed foods, dairy, and sweeteners (except natural ones like stevia if necessary).