



Daniel Plan: Beginner's Fast Guide & Recipes - 60+ Tasty, Nutritious and Fulfilling Meals for a Healthy Body

Sophia Smith

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Easy and Delicious 60+ Tasty, Nutritious and Fulfilling Daniel Meals for a Healthy Eating for Life

Based on The Daniel Plan, the "**Daniel Plan: Beginner's Fast Guide & Recipes - 60+ Tasty, Nutritious and Fulfilling Meals for a Healthy Body**" is an easy and gentle introduction to the Daniel Plan. The Daniel Fast is designed to bring you spiritually closer to God. Sophia Smith brings you this Daniel Plan book to make that journey a little easier for you!

No boring drinks or bland entrées here. Get ready to enjoy appetizing, inviting, clean, simple meals to share in community with your friends and family. Healthy cooking can be easy and delicious, and The "**Daniel Plan: Beginner's Fast Guide & Recipes - 60+ Tasty, Nutritious and Fulfilling Meals for a Healthy Body**" is here to help you

You will find recipes that cross across:

- Snacks
- Salads
- Drinks
- Soups
- Rice
- Dressings, Sauces and many more Daniel Fast recipes with approved foods

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