



Daniel Fasting Guide

***Breakthrough for Spiritual,
Emotional & Physical Health***

***Rekishia L. McMillan, MSW, CINHC
Rock Your World Naturally***

Healing for the Spirit, Mind and Body

CONTENTS

HELLO AND WELCOME	5
IMPROVE YOUR DIGESTION & IMMUNITY	6
WHAT IS THE DANIEL FAST?	6
EXAMPLES OF FASTING.....	8
DANIEL FASTING.....	11
THE DANIEL FAST is NOT a DIET	11
HELPFUL TIPS	12
MY TOP TIPS FOR SUCCESSFUL MEAL PREPARATION.....	12
HOW TO PREPARE A DELICIOUS WHOLE FOOD MEAL.....	14
HEALTH TRANSFORMATION.....	15
DANIEL FAST SCHEDULE	16
HEALING PROMISES	18
BREAKFAST RECIPES	19
SMOOTHIES.....	20
Love in a Cup Smoothie	20
Be Divine Smoothie.....	20
Chocolate Mayhem Smoothie	20
Mango Green Smoothie	20
HEALTHY HEART SMOOTHIE.....	21
Ginger Green Smoothie.....	21
Green Smoothie	21
WARM BREAKFAST	21
MEUSILE.....	21
BLUEBERRY APPLE NUT OATMEAL.....	22

Healing for the Spirit, Mind and Body

POLENTA WALNUT CRUNCH.....	22
CINNAMON RAISIN BROWN RICE PORRIDGE.....	23
WARM AND NUTTY QUINOA.....	23
caluliflower scambler	24
FRESH FRUIT.....	24
meal RECIPES.....	25
BEAN ENCHILADAS	25
Citrus Beet Salad with Lime Dressing	25
LIME DRESSING.....	26
Massaged Kale & Carrot Salad	26
Tomato Detox Salad.....	27
Lettuce Wraps	27
Spring Mix Salad with Raspberries.....	27
QUICK TOMATO SAUCE	28
SPICY GREEN BEANS.....	28
HERB-ROASTED POTATO FRIES	29
minestrone soup.....	29
vEgetarian chili.....	30
SOUTHWEST LETTUCE WRAPS	30
VEGETABLE STOCK.....	31
HOT WATER CORNBREAD	31
Zucchini Pasta with Tropical Curry	32
Jicama Salad with Cilantro and Lime	32
Citrus Delight	33
black bean chili.....	33
HEARTY brown potatoes	34

Healing for the Spirit, Mind and Body

Roasted Veggies.....	34
GINGER STIR FRIED RICE.....	34
Steamed Broccoli with Red Pepper & SESAME SEEDS.....	35
cauliflower steaks	36
SWEET POTATO DREAM.....	36
snacks.....	37
popcorn	37
CELERY STICKS.....	37
TRAIL MIX	37
salads/dressings.....	38
STRAWBERRY FIELDS salad	38
avocado tomato dressing	38
CREAMY GREEN DRESSING	38
PESTO DRESSING	39
HERB VINEGERETTE.....	39
“SWEETS”	39
BANANA WALNUT ICE CREAM.....	39
BANANA OAT BARS	40
HEALTHY DRINKS	40
WORK WITH ME.....	41

Healing for the Spirit, Mind and Body

HELLO AND WELCOME

My name is **Rekishia L. McMillan**, I'm a Certified Integrative Nutrition Health Coach and Christian Health and Health Evangelist. My goal is help individuals discover God's plan for healthy eating and living a healthier lifestyle.

I am so excited about the next 28-Days! The Daniel Fast is not about dieting, deprivation, counting calories, or dwelling on the numbers on the scale, however, it's about achieving a place of total alignment for your spirit, mind and body.

***“Don't you know that your body is a temple that belongs to the Holy Spirit?
The Holy Spirit, whom you received from God, lives in you.
You don't belong to yourselves.”***

1 Corinthians 6:19

I help my clients get out of state of imbalance and into a state of knowing what is right for their body (the temple of God). I help them learn how to implement the right tools for eating whole foods according to the bible that fuels their body instead of inflame it. Inflammation leads to headaches, poor sleep, metabolism issues, digestion problems and much more. I teach you the same tools that I've learned and successfully used over the years.

My clients have been blessed to experience endless energy, lose weight, and often recover from chronic digestive issues that have overwhelmed them their entire lives. I work with people who want to end the struggle for good.

By discovering the power of eating clean whole foods as prescribed in the bible, you, too, will feel amazing. Through the Daniel Fast, you will begin removing foods that are wreaking havoc on your system, and will learn how to eat according to the scriptures:

Healing for the Spirit, Mind and Body

IMPROVE YOUR DIGESTION AND IMMUNITY

- Renew your relationship with God through Divine Alignment
- Naturally lose weight more easily
- Experience and enjoy glowing skin
- Achieve restful and sound sleep
- Rid yourself of imbalance and stabilize your mood
- Have the energy to accomplish your goals & life purpose

WHAT IS THE DANIEL FAST?

The Daniel Fast, is an ancient spiritual practice derived from the dietary practices of the prophet Daniel and his fellow-brothers, Hananiah, Mishael and Azariah as recorded in Daniel 1. Rather than partaking of unhealthy foods and foods offered to idol gods as prescribed by king Nebuchadnezzar, these men made the conscious decision to eat a clean whole food diet consisting of what the bible calls pulse...pulse when studied consists of vegetables, fruit, whole grains, nuts and seeds and no animal protein. And they only drank water.

"Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah. Please test us for ten days on a diet of vegetables and water, Daniel said. "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see. The attendant agreed to Daniel's suggestion and tested them for ten days. At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. So after that, the attendant fed them only vegetables instead of the food and wine provided for the others."

Daniel 1:11-15

These were covenant men of God and the dietary regulations of covenant were to eat clean whole foods. Daniel, Hananiah, Michael and Azariah remembered that they were from the holy nation of Israel living on the earth, but under a God's divine authority.

6

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

Healing for the Spirit, Mind and Body

In Leviticus 11:1-47 and Deuteronomy 14:1-20, God provided general rules of what to eat and what not to eat. The plan of God for mankind has always been holistic. From the very beginning, God wrote out a divine prescription to care for the total health of man to include our eating.

Because Daniel's, Hananiah's, Michael's and Azariah's choices stemmed from their obedience and love for God, they experienced amazing health and were found to be unparalleled in wisdom, spiritual agility, interpretation of dreams, leadership ability and were also gifted in mathematics and the sciences. This proves that eating biblically is a major component of how we function mentally, emotionally, spiritually, and physically.

"To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds. At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom."

Daniel 1:17-20

The scriptures further expound on Daniel fasting in this same manner in Daniel 10:2-3.

"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Whenever God's people needed a miracle, supernatural breakthroughs, divine wisdom, healing, direction or a fresh anointing, times of fasting and prayer went forth. In addition to Daniel, Hananiah, Mishael and Azariah, countless others such as Moses, Esther, David, Paul Jesus, the disciples in the book of Acts practiced fasting on a regular basis.

7

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

Healing for the Spirit, Mind and Body

EXAMPLES OF FASTING

In times of war

The Benjamites fasted and defeated the other Israelites. Judges 20:26

Repentance

The King of Nineveh ordered the whole city to fast and repent. Consequently, they were forgiven of their sin. Jonah 3:5

Darius, The king of Persia, fasted and prayed all night after placing Daniel in the lions' den. Daniel 6:18

When facing danger

Ezra fasted as he prayed for wisdom and protection when he prepared the people to return to Jerusalem from Babylon. Ezra 8:21, 23

Courage and Wisdom

Esther and the Jews of Shushan fasted when faced with their destruction planned by Haman. Esther 4:3,16; 9:31

In times of grief

A seven-day fast was held when the bones of Saul and his sons were buried. 1 Samuel 31:13; 1 Chronicles 10:12

In times of distress

David fasted after hearing that Saul and Jonathan were dead. 2 Samuel 1:12
Ultimate denial of the flesh

Jesus fasted 40 days and 40 nights before being tempted by Satan. Matthew 4:2

Spiritual Power

Jesus said this kind can come out by nothing but prayer and fasting. Mark 9:29

Wisdom



Healing for the Spirit, Mind and Body

Paul and Barnabas prayed and fasted at the appointment of elders for the churches. Acts 14:23

Set aside self for holiness

Paul suggested that husbands and wives abstain from sexual relations to give themselves to fasting and prayer. 1 Corinthians 7:5

Answered prayer

Cornelius fasted four days, after which time an angel appeared to him. Consequently, he and his family received the gospel and were baptized. Acts 10:30-31

Mourning

During his time of mourning, Daniel fasted three weeks, after which time he received a vision. Daniel 10:1-3

Special revelation

Moses fasted for 40 days and received the law. Exodus 34:27-28

Spiritual Recuperation

Elijah fasted 40 days after killing prophets of Baal. 1 Kings 19:1-9

Fasting not only provides spiritual benefits, but physical benefits as well. Scientific studies record various forms of sickness and diseases being prevented and/or reversed with fasting such as Alzheimer's, Parkinson's, Chronic Fatigue Syndrome, Auto Immune Disorders, obesity and various forms of cancer.

Fasting, when coupled with prayer are two wonderful spiritual disciplines that can help you achieve optimal health. If you have never had a personal time of prayer and fasting, I invite you to participate in the Daniel Fast for optimal physical, spiritual and emotional wellness.

Healing for the Spirit, Mind and Body

As a health coach, I'm always discovering creative ways to prepare healthy meals that give me energy, that are quick to put together, easy to digest and that nourish my body instead of take away from it.

I created this simple guide for you because I know how hard it can be to find these types of recipes. Eating the way that God intended doesn't have to be hard. Like anything, you just need to have the right tools in your toolkit (or ingredients in your refrigerator!). Allow me to share with you some of my favorite tools, tips and recipes for feeling amazing and vibrant, not just once in a while, but every single day.

"Take care of your body, it's the only place you have to live."

- Jim Rohn

About 15-years ago, I experienced very poor health. I faced a number of health challenges to include Chronic Fatigue Syndrome, depression and a near bout of Lyme disease after being bitten by a tick. In those days, my energy levels were so low that it took me 3 hours or more just to get out of bed. My poor eating habits and lifestyle choices contributed to how terribly I felt. Through prayer, God showed me what I was doing to my spirit, mind and body. I took a step back and put faith and works in motion and made a conscious decision to change my eating and lifestyle habits. Now, I understand what to eat and what it feels like to experience extraordinary divine health.

"Faith without works is dead."

James 2:17

HEALTHY LIVING SIMPLIFIED

We all recognize that we live in a pretty stressful world. Stress is the number one cause of illness and disease of modern times. Chronic stress leads to digestive distress, aging, weight gain, trouble sleeping and so much more.

CHRONIC stress is what happens when you're not nourishing your body with healthy supporting foods and calming self-care activities on a regular basis.



Healing for the Spirit, Mind and Body

The good news is that when you nourish your body with whole foods and holistic practices that strengthen your spirit, mind and body, you are guarding your divine health from the harmful effects that stress can have on your overall wellbeing.

*“Praise the LORD, my soul; all my inmost being, praise his holy name.
Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins
and heals all your diseases.”*

Psalms 103:1-3

DANIEL FASTING

I am sure you are wondering if you can do this program and the answer is YES! You can do ALL things through Christ who strengthens you, Philippians 4:13. I created this program for those who have made eating a healthy whole food diet a lifestyle and for those who are just starting out. In today's busy culture, I want to assure you that you can eat healthy without spending hours or even 30 minutes in the kitchen.

THE DANIEL FAST IS NOT A DIET

The Daniel Fast is God's divine plan for experiencing total health in spirit, mind and body. Eating the way that God intended for us to eat can be easy when you have a step by step plan. All it takes to change your life is taking one step forward and then another and then another. Consider this the first step towards living a healthier life, with plenty of energy, less chronic stress, sound sleep, less aches and pains, better digestion and so much more!

Moving into better health, requires that you change your mindset about what you are eating and putting into your temple. Instead of reaching for coffee, pastries or refined foods, fill your temple with clean whole food created by God to provide you with the lasting energy you need.

11

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease. If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

Healing for the Spirit, Mind and Body

"Your body has a language. When it speaks give it what it needs and not what you want. Clean water, proper rest, fresh air, exercise, and nourishing whole food. These basic habits are the cornerstone to living a healthy lifestyle."

*Rekishia L. McMillan, Author of
Rock Your World Naturally: 7 Divine Keys to
Unlock Extraordinary Health.*

HELPFUL TIPS

Some people get overwhelmed by the prospect of having to prepare meals for the Daniel Fast. Even if you don't have the time to make elaborate meals, you can still enjoy whole foods and feel amazing.

*For God hath not given us the spirit of fear;
but of power, and of love, and of a sound mind.*

2 Timothy 1:7

MY TOP TIPS FOR SUCCESSFUL MEAL PREPARATION

- You can enjoy an abundance of food, as long as you are eating foods on the Daniel Fast Food List.
- Your meals will consist of fresh fruits and vegetables, legumes and whole grains. Creating a filling meal can be as simple as half an avocado and some steamed vegetables on a bed of greens served along with bean stew and brown rice.
- Adding fresh herbs, Himalaya Sea Salt, lemon or lime juice, garlic and healthy oils can make any food taste delicious.

Healing for the Spirit, Mind and Body

- Liven up your water by adding a slice of lemon or lime or add fresh or frozen fruit like strawberries, blueberries, kiwi, apples, or pineapples.
- Explore the take-out options at local restaurants and health food stores, or even clean food delivery services if they're available in your area.
- The key to success is planning ahead and prepping. Make extra servings on the weekend, and freeze them. This is especially helpful for legumes or beans that you'll be eating during the week. Make the meal prep time enjoyable. Play your favorite music and prep meals with your family or friends.
- Chop veggies and salad greens to have ready to go in the refrigerator. Or you can keep your favorite salad recipes in a Mason jar in the fridge then toss with a simple dressing of olive oil, lemon, and raw apple cider vinegar.
- Have healthy snacks on hand so the vending machine doesn't tempt you. Prepare little bags of pumpkin seeds with shredded coconut or have a banana or green apple with you.
- You can prepare a morning lemon water elixir the night before or make a batch that will last several days.
- Prepare your breakfast smoothie the night before. Store it in a BPA-free container or Mason jar overnight.
- If you want to juice, but it feels like too much, then simply buy a juice at your local health food store with no sugar, additives or preservatives.
- When shopping, try to stick to organic if your budget allows. Organic products are free from chemicals and other toxins that cause stress on our body.



Healing for the Spirit, Mind and Body

HOW TO PREPARE A DELICIOUS WHOLE FOOD MEAL

The way that you cook these foods is almost as important as the foods themselves. Unfortunately, deep-frying, grilled, charred, barbequed are not allowed. Here is a brief guide to the best cooking methods that you can use during the Daniel Fast.

EAT RAW

This is as easy as it gets. You can eat lots of salads during the Daniel Fast so there's no need to cook anything if you don't want to.

STEAM

This is the best way to cook your food while on the Daniel Fast. Doing so allows the food to retain its nutritional value and fiber contained in the food.

For steaming vegetables, cut the vegetables into uniform bite-sized pieces or the way you plan to serve them. Add 1 inch of water to the pan and insert the steamer basket or add an inch or two of water to your saucepan. Bring the water to a boil over high heat. Once the vegetables are soft and stirred set them aside on a plate to keep warm.

Healing for the Spirit, Mind and Body

LIGHTLY SAUTÉED OR STIR FRY.

This means using only a very small amount of oil. Using too much oil, or frying too long, will increase the saturated fats and destroy the nutrients. You should only cook one meal per day like this during the Daniel Fast using coconut or olive oil.

Take 1 tablespoon of olive oil or coconut oil, and allow it to sit in the pan for a minute over high heat to warm up or, in the case of coconut oil, until it melts.

For lightly sautéing vegetables, start with a stainless-steel pan (I like ceramic, but any real stainless steel or non-stick pan is fine). Add your preferred vegetables first, allowing them time to soften (one to two minutes), then add some garlic and ginger until softened (about one minute), watching carefully so the garlic doesn't burn. Once the veggies, garlic, and ginger are soft and stirred together, set them aside on a plate to keep warm.

Voilà, you have a fabulous, healthy meal!

HEALTH TRANSFORMATION

During these 28-days, simply follow the Daniel Fast Food List and suggested meals so that you won't be overwhelmed. Be prayerful about the number of days that you will fast, which can range from 7, 14 or 21 days.

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" Daniel 1:8. Along with this recipe guide, be sure to use the 21-Day Daniel Fast Prayer Journal. In your journal, write out:

- Why you are fasting?
- How long are you fasting?
- From what are you fasting?
- The purpose for this fast is to achieve Divine Alignment for your total health in spirit, mind and body.



Healing for the Spirit, Mind and Body

Most people desire better health, but don't discipline themselves to say no to junk food and unhealthy foods. Having a healthy body is more than answered prayer. Achieving optimal health is connected to many factors to include:

- Your food choices.
- The level of your spiritual commitment, as reflected in constant prayer during the diet of Daniel and his friends.
- Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast seven days, don't stop on day two.
- Your testimony commitment.
- Your fast is a statement of faith in God.

DANIEL FAST SCHEDULE

Week 1 – Prayer and Preparation.

Week 2 – The Daniel Fast Begins at 6:00 a.m. on that day that you are led by God to start. From experience Monday's tend to work well and helps you to keep track of the days.

Week 3 – Daniel Fast Continues

Week 4 –Final Week of the Daniel Fast. The Daniel Fast ends at 6:00 p.m. on your final day.

PRAYER SCHEDULE

The best prayer example is of Daniel who prayed three times each day, Daniel 6:10. Set times of personal prayer will take place at 6:00 a.m., 12:00 p.m. and 9:00 p.m. Refer to the Daniel Fast Prayer Guide to help you focus your prayers during the Daniel Fast.

As with any change in your health regiment, if you have concerns, be sure to consult your health care professional before going on the Daniel Fast or making any major dietary changes.



Healing for the Spirit, Mind and Body

As your Health Coach, know that I am standing in agreement with you in faith and prayer that your total health will be transformed and restored through this Daniel Fast.

May 3 John 2, be your banner, "I wish above all things that you prosper and live in health, even as your soul prospers."

In Peace & Health,

Rekishia



Healing for the Spirit, Mind and Body

HEALING PROMISES

For the next 21-days, focus on these healing promises by saying them out loud.

I am thankful for my total health and healing. With God's Blessings: I am healthy, I am healed, and I am blessed.

Exodus 15:26

I am thankful for the Bible promise – that the Lord will take away from us all sickness.

Deuteronomy 7:15

With God, there is power for our health and healing. With God, I walk in power. I live in Victory!

James 5:16

I believe God for a life filled with happiness and blessings.

Psalms 16:1

I thank the Lord for keeping me healthy and healed, and giving me life more abundantly.

John 10:10

I hold fast to the promise that ways, my days are multiplied, and the years of my life are increased.

Proverbs 9:11

My hope is in God: for I shall yet praise Him, who is the health of my countenance, and my God.

Psalms 42:11

I am thankful for God's promise - with long life will He satisfy me, and show me His salvation.

Psalms 91:16



Healing for the Spirit, Mind and Body

BREAKFAST RECIPES

Directions: For all smoothie recipes, place the listed ingredients in a high speed blender and blend until smooth. If your smoothie is too thick, simply add pure water to thin it out. If your smoothie is too thin, add a bulkier item from the ingredient list (i.e., greens or fruit).

You can also add chia seeds or flax seeds as well for added benefits.

My favorite blenders to use are the NutriBullet for a budget friendly choice. If you would like to use a higher quality, more professional blender, I suggest investing in the Vitamix.

**All smoothie recipes serve 1. To enjoy 2 servings, double the ingredients.*

Healing for the Spirit, Mind and Body

SMOOTHIES

LOVE IN A CUP SMOOTHIE

- 1 ½ cups nut milk
- 1 cup spinach
- ½ avocado
- 1 tablespoon ground flax seed
- 1 cup frozen berries
- ¼ teaspoon cinnamon

BE DIVINE SMOOTHIE

- 1 ½ cups nut milk
- 1 cup kale
- 1 cup seedless green grapes
- 1 teaspoon ground chia seeds

CHOCOLATE MAYHEM SMOOTHIE

- 1 ½ cups nut milk
- 1 ripe banana
- 1 cup spinach
- 2 tablespoons sunflower seed butter
- 2 tablespoons raw cacao

MANGO GREEN SMOOTHIE

- 1 ½ cups nut milk
- 2 cups spinach
- 1 cup of frozen mango
- ½ avocado

Healing for the Spirit, Mind and Body

HEALTHY HEART SMOOTHIE

1 Handful of Kale
1/3 cup of cooked black beans
10 Almonds 1/2 Banana
1 Cup of blue berries
2 Cups of water

GINGER GREEN SMOOTHIE

1 1/2 cups nut milk
1 cup of baby spinach
1/2 avocado
1/2 cup of chopped green apple
Juice of 1/2 lemon
1/2 inch of sliced ginger root

GREEN SMOOTHIE

1 1/2 cups nut milk
1 small ripe banana
2 handfuls of chopped organic kale
1 teaspoon of chia seeds (optional)

WARM BREAKFAST

MEUSILE

SERVES 2

1/2 cup muesli (Bob's Red Mill Old Country Style)
1/2 cup water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

Healing for the Spirit, Mind and Body

BLUEBERRY APPLE NUT OATMEAL

SERVES 2

- 1 2/3 cups water
- 1/4 teaspoon cinnamon
- 1/4 cup old-fashioned rolled oats
- 2 tablespoons dried currants
- 1 cup fresh or frozen blueberries
- 1 banana, sliced
- 1 apple, peeled, cored, and chopped or grated
- 2 tablespoons chopped walnuts

In a saucepan, combine the water, cinnamon, oats, and currants. Simmer until the oatmeal is creamy. Add the blueberries and banana. Cook for 5 minutes, or until hot, stirring constantly. Mix in the apples and nuts.

POLENTA WALNUT CRUNCH

SERVES 2

- 3 Cups of water
- 1 Cup of Polenta
- 1/3 Cup of water or unsweetened nut milk
- 3 Tbsp of raisins
- 1 Pinch of cinnamon
- 1/2 Cup of chopped walnuts

Place the water and salt in a medium saucepan and bring to a boil over medium-high heat. Add the polenta to the pot, turn the heat down to medium-low and simmer, whisking frequently, for about 10 minutes or until the polenta is thick and creamy. Stir in the milk or milk alternative, raisins, cinnamon and sugar. Whisk over low heat for 2-4 minutes, or until all ingredients are evenly distributed. Pour into 4 bowls in equal portions. Sprinkle the toasted walnuts over the top and enjoy.

Healing for the Spirit, Mind and Body

CINNAMON RAISIN BROWN RICE PORRIDGE

SERVES 2

- 3 cups cooked brown rice
- 1¾ cups unsweetened nut milk
- 2 tablespoons golden flaxseed meal
- 3 Tbsp of raisins
- ¾ Tsp of cinnamon

Combine the rice, nut milk flaxseed meal, raisins and cinnamon in a medium saucepan. Bring to a boil over medium heat, and then turn the heat down slightly and cook until thickened to your liking, about 2 to 3 minutes, stirring frequently. Serve warm with your choice of any toppings. Top with nuts or fresh fruit.

WARM AND NUTTY QUINOA

SERVES 2

- 1 cup unsweetened nut milk
- 1 cup water
- 1 cup quinoa, rinsed (any color)
- 2 cups fresh blackberries
- 1/2 tsp. ground cinnamon
- 1/3 cup chopped and toasted pecans, walnuts or almonds

Combine nut milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries and cinnamon; transfer to bowls and top with nuts. Drizzle 1 teaspoon of coconut oil. *While the quinoa cooks, roast the nuts in 350°F degree toaster oven for 5 to 6 minutes.

Healing for the Spirit, Mind and Body

CALULIFLOWER SCAMBLER

SERVES 2

- 2 teaspoons ground cumin
- 1 teaspoon dried thyme
- 1/2 teaspoon ground turmeric
- 1 teaspoon Himalaya sea salt
- 3 tablespoons water
- 2 tablespoons olive oil
- 3 cloves garlic, minced (or more, to taste)
- 1 lb. chopped cauliflower drained
- 1 Dash of cayenne pepper to taste

First stir the spice blend together in a small cup. Add water and mix. Set aside. Preheat a large, heavy bottomed pan over medium high heat. Sauté the garlic in olive oil for about a minute. Add whatever vegetable you like and break the cauliflower apart into bite sized pieces and sauté for 15 minutes, stirring often. The water should cook out of it and not collect too much at the bottom of the pan. If that is happening, turn the heat up and let the water evaporate. Add the spice blend and mix to incorporate. Add cayenne pepper. Cook for about 5 more minutes. Serve warm.

FRESH FRUIT

SERVES 2

- 1 1/2 cups of grapes
- 2 pears
- 4 bananas

Slice, dice, or chop the fruits. Combine fruit in a bowl and enjoy.

Healing for the Spirit, Mind and Body

MEAL RECIPES

BEAN ENCHILADAS

SERVES 2

- 1 medium green bell pepper, seeded and chopped
- ½ cup sliced onion
- 1 8-ounce can tomato sauce, divided, no additives or preservatives
- 2 cups cooked or canned no-salt-added black beans, drained and rinsed
- 1 cup frozen corn, thawed, or fresh corn off the cob
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon onion powder (not onion salt)
- 1/8 teaspoon cayenne pepper (optional)
- 6-8 100% corn tortillas

Sauté the bell pepper and onion in 2 tablespoons of the tomato sauce until tender. Stir in the remaining tomato sauce, beans, corn, cilantro, chili powder, cumin, onion powder, and cayenne (if using); simmer 5 minutes. Spoon about ¼ cup of the bean mixture on each tortilla and roll up. Serve as is or bake for 15 minutes in a 375-degree oven.

CITRUS BEET SALAD WITH LIME DRESSING

SERVES 4

- 3 medium/large red beets
- 1 grapefruit
- 1 cup baby spinach
- ¼ cup parsley, chopped
- ½ cup thinly sliced and chopped red onion
- 2 tablespoons olive oil
- juice of 1 lemon
- Himalaya sea salt

Healing for the Spirit, Mind and Body

Preheat oven to 400 degrees F. Wrap 2 bunches trimmed beets in foil and roast until tender, about 1 hour. Let cool, then peel and slice. Peel one grapefruit and cut into segments and add to a large bowl with mixed greens. Add parsley and red onion with olive oil, sea salt and lemon juice into a bowl. Top with beets.

LIME DRESSING

SERVES 2

2 lime, juiced
¼ teaspoon ground cumin
1 teaspoon raw apple cider vinegar
2 teaspoons extra virgin olive oil
Himalaya Sea salt

Prepare the dressing. Add your lime juice, ground cumin, raw apple cider vinegar, extra virgin olive oil, sea salt to a small bowl. Whisk the ingredients until they come together. Set to the side.

MASSAGED KALE & CARROT SALAD

SERVES 2-3

1 bunch kale, washed and cut into thin ribbons
2 large carrots, grated
¼ cup raw seeds (sunflower, pumpkin, or hemp)
¼ cup olive oil
2 tablespoons apple cider vinegar
Himalaya Sea Salt, to taste

Place kale and carrots in a large bowl. Whisk together the oil and vinegar, adding salt and pepper to taste. Pour over veggies. Toss the greens with the dressing for about 30 seconds. Adjust seasoning if needed and top with seeds.

Healing for the Spirit, Mind and Body

TOMATO DETOX SALAD

SERVES 2

- 1 cucumber, diced
- 2 cups mixed greens
- 1 raw beet, grated
- 1 medium tomato, diced
- 1 small bunch of cilantro, chopped
- ½ avocado

Toss the cucumber, tomato and cilantro with the grated beet. Add the avocado to 2 cups of mixed greens and top with vegetable mix.

LETTUCE WRAPS

SERVES 2

- 6 leaves of lettuce
- 1 avocado
- 1 mango
- 1 cup sprouts
- ½ cucumber, thinly sliced
- 4 radishes, sliced
- Dash of cayenne pepper (optional)

Lay out the lettuce leaves. Place all the ingredients on each leaf and roll up. Add 1-2 tablespoons of your favorite dressing for extra flavoring or a dash of cayenne pepper for some heat.

SPRING MIX SALAD WITH RASPBERRIES

SERVES 4 - 6

- 2 oranges
- 6 ounces mixed baby greens
- 1 ¼ cup raspberries
- ¼ cup raw pumpkin seeds

Cut the oranges into sections by first cutting the top and bottom peel off. Then cut the peel off around the sides of the orange. Set aside. In a large serving

Healing for the Spirit, Mind and Body

bowl place the mixed greens. Top with the raspberries, pumpkin seeds, and oranges. Serve with dressing of your choice.

QUICK TOMATO SAUCE

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

2 tablespoons olive oil
1 medium yellow onion (chopped)
2 whole fresh tomatoes or 2 cans diced tomatoes (14.5 oz)
Himalaya Sea Salt to taste
1/4 cup cilantro, finely chopped

Sauté onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over zucchini or butternut squash or spinach noodles, rice or cooked vegetables.

SPICY GREEN BEANS

SERVES 2

Spicy Green Beans
2 tablespoons vegetable oil
1 pound green beans, trimmed
1/4 teaspoon salt
3 cloves garlic, minced
1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Healing for the Spirit, Mind and Body

HERB-ROASTED POTATO FRIES

SERVES 4

1 pound small baking potatoes
2 tsp extra-virgin olive oil
1/2 tsp dried thyme
1/2 tsp dried rosemary
1/4 tsp Himalaya Sea Salt

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet. In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

MINISTRONE SOUP

SERVES 4

8 cups vegetable stock 1 ½ cups of garbanzo beans
2 cups red kidney beans ½ cup carrots
3 medium tomatoes (or 1-14 oz. can of unsweetened, unsalted Italian tomatoes)
½ cup fresh parsley
1 cup cabbage
¼ tsp. oregano
¾ tsp. basil
¼ tsp. thyme
¼ tsp Himalaya Sea Salt
½ cup celery
½ cup onion
1 clove garlic
1 pkg. spinach noodles cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat 5-7 min. Stir in cooked and

Healing for the Spirit, Mind and Body

drained kidney beans, garbanzo beans, diced tomatoes, Himalaya Sea Salt and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles or rice.

VEGETARIAN CHILI

SERVES 4

2 medium-sized green peppers, chopped
1 medium-sized yellow onion, chopped
1 zucchini, sliced 1 yellow squash, sliced
2 tablespoons olive oil 2 tablespoons chili powder
 $\frac{3}{4}$ teaspoon salt $\frac{1}{4}$ teaspoon ground red peppers
2 cups corn kernels (fresh or frozen)
2 16 oz. cans tomatoes (juice and all)
2 16 oz. cans pinto beans (juice and all)
2 16 oz. cans black beans (juice and all)
1 4 oz. can mild green chilies
1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking. Yield: 6 generous servings.

SOUTHWEST LETTUCE WRAPS

SERVES 4

$\frac{1}{4}$ cup red and green peppers chopped
 $\frac{1}{4}$ cup red onion chopped
 $\frac{1}{2}$ tablespoon of olive oil
 $\frac{1}{2}$ cup black beans drained and rinsed
4 large romaine lettuce leaves
Dash Himalaya Sea Salt
Dash cumin optional
 $\frac{1}{4}$ cup avocado chopped

30

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

Healing for the Spirit, Mind and Body

1 tablespoon chopped cilantro

Melt oil in a skillet over medium-high heat. Add chopped onions, beans and peppers and stir for a few minutes until softened. Lay the lettuce leave facing up to make a "bowl, top with avocado, cilantro and serve.

VEGETABLE STOCK

A good vegetable stock is useful in the Daniel Fast. Vegetable stock is an excellent substitute for chicken or beef stock. Makes 4 cups of vegetable stock

2 large onions, cut into large chunks

2 medium carrots, scrubbed but not peeled, cut into large chunks

3 stalks of celery, remove and discard all leaves, cut into large chunks

1 whole bulb of garlic, peel each clove, but do not chop

1 bay leaf

Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the Vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock. Strain the stock. It should be light in color,

sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks. Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

HOT WATER CORNBREAD

2 cups of yellow corn meal

1 cup HOT water

Stir together cornmeal and water until completely smooth. Heat ¼ inch olive oil in a large skillet over medium high heat. When oil is hot, carefully drop batter

Healing for the Spirit, Mind and Body

from a spoon into the oil and lightly press flat with back of spoon. Cook until browned on the bottom, then flip and cook until browned on the other side. Remove to paper towel lined plate. Serve hot. Makes about 15. You can also stir in these options after the corn meal and water have been stirred together: chopped onions, ½ tsp garlic powder, ½ tsp pepper, ½ cup drained corn kernels, finely diced jalapeños, 1 tsp parsley or basil, chopped green and red peppers etc.

ZUCCHINI PASTA WITH TROPICAL CURRY

SERVES 2

1 young coconut
3 peeled zucchini
¼ cup raw cashews (soaked and drained, approximately one hour)
¼ cup raw almond butter
½ tablespoon curry

Open the coconut and drain the juice and scoop out the raw coconut. Put the coconut meat and water aside. Use a vegetable spiralizer to make the noodles from the zucchini, if you do not have one simply slice the zucchini very thin.

Place in serving bowl. In a food processor blend the coconut water, coconut meat, almond butter, soaked raw cashews, and curry. Blend until creamy. Pour sauce over noodles and serve.

JICAMA SALAD WITH CILANTRO AND LIME

SERVES 6

1 pound jicama, peeled and cut into thin strips
2 small-to-medium cucumbers, seeded and cut into thin strips
juice of 3 limes
½ cup lightly packed, fresh cilantro leaves
½ teaspoon salt
cayenne, or another hot pepper, to taste

Combine the jicama, cucumbers, lime juice, cilantro and salt in a large bowl and toss well. Cover and refrigerate for at least 30 minutes. Immediately before serving, add cayenne, to taste.

Healing for the Spirit, Mind and Body

CITRUS DELIGHT

SERVES 4

- 2 grapefruits
- 1 tablespoons lemon juice
- 4 tablespoons extra-virgin olive oil
- 1 tablespoon honey or stevia
- ¼ teaspoon sea salt
- ¼ teaspoon fresh ground black pepper
- 5 cups arugula
- 1 avocado, peeled and diced

Peel the grapefruits. Separate the segments and remove the membranes. This is a juicy process, so do it over a bowl to collect your grapefruit juice. Whisk together grapefruit juice, lemon juice, olive oil, honey, sea salt and pepper.

Place grapefruit segments in dressing and let stand for 5 minutes. Place arugula in a large salad bowl, add avocado chunks and top with the grapefruit dressing. Toss thoroughly.

BLACK BEAN CHILI

SERVES 4

- 1 Pkg of dry Black beans – soaked overnight or 2 cans (19oz drained and rinsed)
- 1 Onion (chopped)
- 1 Carrot (chopped)
- 3 Tomatoes (chopped)
- 1 Green bell pepper (chopped)
- 1 Jalapeno pepper (minced)
- 1 tbsp chili powder
- 1 tsp Ground cumin
- 1 tsp crumbled dry rosemary
- 1 tsp Himalaya Sea Salt
- 2 cloves garlic (minced)
- 1 tpsp olive

Heat oil to medium-high. Add in garlic, onion, jalapeno, carrot, and green

Healing for the Spirit, Mind and Body

pepper. Cook until the veggies are soft. Add in tomatoes, beans, chili powder, salt, rosemary, and cumin. Bring to a boil then reduce heat. Simmer for 20 minutes. Serve and enjoy.

HEARTY BROWN POTATOES

1 medium onion, finely chopped
1 clove garlic, crushed
2 Tbs olive oil
2 large potatoes, grated
Himalaya Sea Salt to taste

Sauté the onion and garlic in the oil until the onions are soft. Add the potatoes to the onion and garlic, and cook until tender. Add the salt to taste.

ROASTED VEGGIES

SERVES 2

5 cups root vegetables, uniformly chopped (any combination of beets, turnips, rutabaga, fennel, carrots, and/or parsnips)
2 tablespoons coconut oil
1 big handful of parsley, chopped
Himalaya Sea Salt to taste

Preheat the oven to 350 degrees F. Massage vegetables with coconut oil and place on baking sheet in a single layer. Bake for about 30 minutes or until slightly browned. Season with Himalaya Sea Salt. Top with parsley. Serve as is or with dressing on the side.

GINGER STIR FRIED RICE

1 large white onion, cut into ½-inch pieces
2 tablespoons grated fresh ginger
1 cup uncooked wild rice, rinsed and drained
1 cup red sweet pepper strips
¾ cup thin, bite-size carrot strips
1 clove garlic, minced
2 tablespoons olive oil

Healing for the Spirit, Mind and Body

A dash of Himalaya Sea Salt
1 cup thinly sliced green cabbage
1 cup thinly sliced baby bok choy
¼ cup slivered green onions
1 tablespoon finely snipped fresh cilantro
1 tablespoon sesame seeds

Slice mushroom caps. In a medium saucepan cook half of the mushrooms with the white onion and ginger in ¼ cup water over medium-low heat 4 to 5 minutes or until onion is tender. Add 1¾ cups water, bring to boiling, and stir in wild rice. Return to boiling; reduce heat, and simmer, covered, 40 to 45 minutes or until rice is tender.

Meanwhile, in a large skillet cook sweet pepper, carrots, and garlic in ¼ cup water 2 to 3 minutes or until carrots are nearly tender. Stir in cabbage, bok choy, green onions, pepper, and the remaining mushrooms. Cook 2 to 3 minutes or until cabbage and bok choy are slightly wilted.

Serve vegetable mixture over rice or stirred into rice. Sprinkle with cilantro, Himalaya Sea Salt and sesame seeds.

STEAMED BROCCOLI WITH RED PEPPER & SESAME SEEDS

SERVES 2

½ head broccoli florets, chopped
1 red pepper, chopped
1 cup mixed, tender greens
1 cup thinly sliced red cabbage
2 tablespoons diced red onion
Himalaya Sea Salt
1 tablespoon sesame seeds, for garnish

Steam broccoli florets until bright green and tender, about 4 minutes. Drain and set aside. Toss red pepper, greens, cabbage, and red onion in a large bowl. Top with steamed broccoli and season with Himalaya Sea Salt. Drizzle with dressing and sprinkle with sesame seeds.

Healing for the Spirit, Mind and Body

CAULIFLOWER STEAKS

SERVES 4

1 large head cauliflower, sliced lengthwise through the core into 4 'steaks'
1/4 cup olive oil
1 tablespoon fresh lemon juice
2 cloves garlic, minced
1 pinch red pepper flakes, or to taste
Himalaya Sea Salt to taste

Preheat oven to 400 degrees. Line a baking sheet with parchment paper. Place cauliflower steaks on the prepared baking sheet. Whisk olive oil, lemon juice, garlic, red pepper flakes, Himalaya Sea Salt together in a bowl. Brush 1/2 of the olive oil mixture over the tops of the cauliflower steaks. Roast cauliflower steaks in the preheated oven for 15 minutes. Gently turn over each steak and brush with remaining olive oil mixture. Continue roasting until tender and golden, 15 to 20 minutes more. Top with sautéed, mushrooms, red and green peppers and/or onions.

SWEET POTATO DREAM

SERVES 2

2 Medium sweet potatoes
1 Tbsp Olive Oil
2 Avocados, sliced
1 Pinch of Cayenne pepper
1 Pinch of Himalaya sea salt
Chopped walnuts

Preheat oven to 400° with a rack set in the center. Poke sweet potatoes several times with a fork and place on the baking sheet. Roast until you can easily insert a fork into the center of a sweet potato, 45 minutes to 1 hour. Cut each sweet potato in half lengthwise and place on serving plates. Sprinkle with cayenne pepper, Himalaya sea salt and walnuts. Drizzle with olive oil.

Healing for the Spirit, Mind and Body

SNACKS

POPCORN

- 1/4 cup coconut oil
- 2/3 cup popcorn kernels
- 1 1/2 teaspoons Himalaya Sea Salt

Add the coconut oil and popcorn kernels to a large pot. Cover and cook over medium-high heat until all kernels are popped and remove from heat. Drizzle popped corn with melted coconut oil or olive oil. Add Himalaya Sea Salt or add a dash of cayenne pepper, garlic or cinnamon and mix well.

CELERY STICKS

Slice and top celery sticks with any nut butter or mix nut butter with cinnamon. Celery can also be replaced with apple, pear and carrots slices.

TRAIL MIX

- 1/4 cup almonds
- 1/4 cup walnuts
- 1/4 cup hazelnuts
- 1/4 cup cashews
- 3 Tbsp pumpkin seeds
- 2 Tbsp sunflower seeds
- 3 Tbsp organic raisins
- 3 Tbsp organic dried cranberries (no sugar added)
- 2 Tbsp dried goji berries
- 1/4 tsp Himalaya Sea Salt

Simply mix everything in a large mixing bowl, and transfer to a glass airtight container to keep.

Healing for the Spirit, Mind and Body

SALADS/DRESSINGS

STRAWBERRY FIELDS SALAD

3 cups fresh spinach
1/2 cup sliced strawberries
1/2 cup cubed cantaloupe
Optional 1/2 cup sliced oranges
2 medium green onions, sliced

In a tightly covered container, shake all dressing ingredients. In large bowl, toss all salad ingredients with dressing.

AVOCADO TOMATO DRESSING

2 ripe avocados, peeled and pitted
1 med. ripe tomato
1 tsp. parsley seasoning
1 tsp. basil seasoning
1/2 cup fresh lemon juice
Himalaya Sea salt to taste
Place all ingredients in blender and blend until smooth.

CREAMY GREEN DRESSING

1/2 medium ripe avocado, peeled and pitted
3/4 cup distilled water
3 tablespoons fresh lemon juice
1/4 cup almonds, soaked overnight and drained
1/4 tsp. garlic powder
1 1/4 tsp. onion powder or flakes
Himalaya Sea salt to taste

Blend all ingredients until smooth.

Healing for the Spirit, Mind and Body

PESTO DRESSING

4 small garlic cloves, peeled
2 2/3 cup tightly packed fresh basil leaves
1/3 cup pine nuts
1/3 cup cold-pressed extra virgin olive oil
Himalaya Sea salt to taste

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add oil through the feed tube. Continue to process until smooth.

HERB VINEGERETTE

1/3 cup fresh lemon juice
1/2 tsp. dried basil (if using fresh, use twice as much)
1 tsp. dried oregano
1/4 tsp sea salt
1/2 tsp dry mustard (optional)
1/2 cup fresh Italian parsley, minced
1 cup olive oil
1 garlic clove, peeled and minced
Combine all ingredients in a jar and shake.

“SWEETS”

BANANA WALNUT ICE CREAM

2 ripe bananas, frozen
1/3 cup unsweetened nut milk
2 tablespoons chopped walnuts

Blend all the ingredients in a high-powered blender until smooth and creamy. Freeze ripe bananas at least 24 hours before using. To freeze, peel, cut into thirds, and wrap tightly in plastic wrap or zipper-type freezer bag. Serves 2.

Healing for the Spirit, Mind and Body

BANANA OAT BARS

2 cups of whole grain oats
½ cup shredded coconut
½ cup raisins or chopped dates
¼ cup chopped walnuts
2 large, ripe bananas, mashed
¼ cup unsweetened applesauce
1 tablespoon coconut oil

Preheat oven to 350 degrees. Mix all the ingredients in a large bowl until well combined. Press into a 9 x 9-inch baking pan and bake for 30 minutes. Cool on a wire rack. When cool, cut in to squares or bars. Serves 8.

HEALTHY DRINKS

GINGER LEMON TEA

1 inch fresh ginger root (no need to peel it)
1 cup water (boiling)
1 tablespoon lemon juice (freshly squeezed)

Pour 1 cup of boiling water over the ginger and let it steep for 3 minutes. Meanwhile, put the lemon juice in a large mug. Strain the ginger tea into the mug.

ADD FLAVOR TO YOUR WATER

- Add fresh mint leaves
- Add a squeeze or slice of lemon or lime
- Sliced cucumbers add a refreshing zing
- Make a healing vegetable broth (carrots, broccoli, onions, parsley)
- Infuse water with fresh fruit pineapples, strawberries, blueberries, kiwi, or limes
- Freeze fresh fruit and use it as ice cubes (oranges, blueberries, raspberries, or cherri)



Healing for the Spirit, Mind and Body

WORK WITH ME

I offer 1:1 strategy sessions via phone, Skype or in person, seasonal detox programs, 3-6 month programs, groups, retreats, workshops, seminars and programs based on your individual needs.

If you would like to learn more about how I can support you in reaching your goals, please contact me at rockyourworldnaturally@gmail.com or visit my website at www.rockyourworldnaturally.com.

DISCLAIMER:

This eBook is for educational purposes only. The material within reflects what has worked for the me. When changing your diet and lifestyle always consult your doctor.

This eBook is copyrighted and owned by the author and is not allowed for resale or to give away without first purchasing the rights. Thank you.

Healing for the Spirit, Mind and Body

ROCK YOUR WORLD NATURALLY

Stay Connected:

www.rockyourworldnaturally.com

rockyourworldnaturally@gmail.com.

Twitter @RockYourWorld28

Facebook/RockYourWorldNaturally

Instagram/RockYourWorldNaturally

Get your copy of Rekishia's
Award-Winning Books:

*Rock Your World Naturally: 7 Divine
Keys to Unlock Extraordinary Health*

&

28-Days & Beyond Wellness Journal

both on Amazon.com

**ROCK YOUR WORLD
NATURALLY**
7 DIVINE KEYS TO UNLOCK
EXTRAORDINARY HEALTH



REKISHIA L. MCMILLAN, MSW
Certified Integrative Nutrition Health Coach

42

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.