



Daniel Fast Resources

<i>Publication / URL</i>	<i>By</i>	<i>Description</i>
The Daniel Fast https://newlife.global/wp-content/uploads/2021/01/DanielFastBook2021_v1.pdf	New Life Church guide	Complete Guide includes extra protein ideas & testimonial
Daniel Fast Cookbook https://eastwoodtulsa.org/wp-content/uploads/2019/01/Daniel-Fast-CookBook-2019.pdf	Eastwood Baptist Church guide	Includes 21 days of devotions
The Daniel Plan (original) https://www.danielplan.com	Original DF website: “Daniel Plan”, by Pastor Rick Warren (creator) Wellness website by certified doctors	FREE CHAPTER SAMPLE – <i>How it all started</i> https://www.danielplan.com/wp-content/uploads/2020/05/The_Daniel_Plan_Chapter_1.pdf
Everyday Health https://www.everydayhealth.com/diet-types/things-that-you-can-can-not-eat-on-the-daniel-fast/		Explanation of Daniel Fast from a nutritional perspective
Clinical trial study on effects of D.F. (cardiorespiratory/metabolic) https://pmc.ncbi.nlm.nih.gov/articles/PMC2941756/	Univ of Memphis	Beneficial according to study