



FAITH + FOOD + FITNESS + FOCUS + FRIENDS

THE + DANIEL PLAN

DETOX

AN EXCERPT FROM THE DANIEL PLAN

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ZONDERVAN

The Daniel Plan

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THE DANIEL PLAN DETOX

- **THE DANIEL PLAN DETOX** includes the fundamentals laid out in The Daniel Plan. The only difference is that you stop eating anything that could *potentially* trigger health issues. Even if you think you don't have a problem, you might see a big difference. If a horse had been standing on your foot your whole life, then you may not know how bad it feels until he gets off your foot. Most of Dr. Hyman's patients say, "Dr. Hyman, I didn't know I was feeling so bad until I started feeling so good!" That is our wish for all of you.

What you will eat:

- Eat real fresh, whole food.
- Follow The Daniel Plan Detox meal plan chart, or create your own from the real food ingredients.

What you will let go of:

- Stimulants and sedatives: alcohol, caffeine, etc.
- Processed or fast food (get rid of any additives or chemicals)
- Artificial sweeteners of all kinds
- All sugar in any form (see page 108)
- All dairy (milk, yogurt, butter, cheese) 100%, not even a drop
- All gluten (wheat, rye, barley, oats, spelt, kamut) 100%, not even a crumb

HOW DO I DO THE DANIEL PLAN DETOX?

The Daniel Plan Detox is easier to do in a group or with friends. Find a friend or small group and do it together. You will be enjoying a delicious variety of whole fresh foods and stopping inflammatory or toxic

foods. Your body will have a chance to heal, reboot, and reset, allowing you to notice for the first time how good you can really feel. It may seem like a sacrifice, but if you have never done it, you owe it to yourself to learn firsthand how profound healing can come from a few simple dietary changes.

If you are on caffeine, you can slowly cut down by half over the course of a week before you do the detox. That will minimize any caffeine withdrawal headaches. Be sure to drink at least 8 glasses of water a day. Get plenty of sleep, rest, and even naps while your body is healing. Do gentle exercise such as a 30-minute walk a day. Try to cut down on any unnecessary activities or overscheduling; think of this as a time of renewal and restoration. At the end of the 10 (or 40) days, your body will tell you what it needs. If you feel great, just continue eating according to the detox meal plan.

If you want to add back healthy forms of dairy or gluten, then make sure you add one at a time. Start with dairy. Have something a few times a day and notice how you feel. Do you have congestion, bloating, or other symptoms? If you do, then you would mostly likely be better off without it. After three days of eating dairy, add back gluten. Have a piece of bread or some whole grain pasta, and observe carefully. Do you have joint pain, brain fog, headaches, or stomach problems? If gluten makes you sick, or even just sluggish and tired, you want to consider eating gluten free or going on a very low gluten diet. Also, you may try lower gluten grains such as rye or barley or steel cut oats.

Many people have low-grade food sensitivities, and The Daniel Plan Detox is a wonderful way to learn how these two common inflammatory foods affect you.

Adding back caffeine from coffee or tea is also optional. Notice how you feel without the caffeine. You can always have decaf. With that said, however, it is not bad to enjoy your daily cup of joe. Just be sure you don't load it up with lots of sugar or artificial sweeteners. For those who enjoy a drink from time to time, again, it can be part of a healthy lifestyle. Just notice how it makes you feel, how it affects your

sleep, energy, and mood. We are all different, and it is key to find the right balance for you.

Fill out the following medical-symptom questionnaire that assesses your overall level of well-being as well as any toxicity or inflammation. Score yourself before and after The Daniel Plan Detox, or at the end of the 40 days. You will be surprised by how much you can heal in such a short time.

THE TOXICITY AND SYMPTOM SCREENING QUESTIONNAIRE

This questionnaire identifies symptoms that help to identify the underlying causes of illness and helps you track your progress over time. Rate each of the following symptoms based on your health over the past 30 days. If you are filling out this questionnaire after the first two days of detox, record your symptoms for the last 48 hours ONLY.

POINT SCALE

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it, effect is not severe
- 2 = Occasionally have it, effect is severe
- 3 = Frequently have it, effect is not severe
- 4 = Frequently have it, effect is severe

DIGESTIVE TRACT

- ___ Nausea or vomiting
 - ___ Diarrhea
 - ___ Constipation
 - ___ Bloating feeling
 - ___ Belching, or passing gas
 - ___ Heartburn
 - ___ Intestinal/stomach pain
- TOTAL _____

EARS

- ___ Itchy ears
 - ___ Earaches, ear infections
 - ___ Drainage from ear
 - ___ Ringing in ears, hearing loss
- TOTAL _____

EMOTIONS

- ___ Mood swings
- ___ Anxiety, fear, or nervousness
- ___ Anger, irritability, or aggressiveness
- ___ Depression

TOTAL _____

JOINTS/MUSCLES

- ___ Pain or aches in joints
- ___ Arthritis
- ___ Stiffness or limitation of movement
- ___ Pain or aching in muscles
- ___ Feeling of weakness or tiredness

TOTAL _____

ENERGY/ACTIVITY

- ___ Fatigue, sluggishness
- ___ Apathy, lethargy
- ___ Hyperactivity
- ___ Restlessness

TOTAL _____

LUNGS

- ___ Chest congestion
- ___ Asthma, bronchitis
- ___ Shortness of breath
- ___ Difficult breathing

TOTAL _____

EYES

- ___ Watery or itchy eyes
- ___ Swollen, reddened, or sticky eyelids
- ___ Bags or dark circles under eyes
- ___ Blurred or tunnel vision (does not include near- or far-sightedness)

TOTAL _____

MIND

- ___ Poor memory
- ___ Confusion, poor comprehension
- ___ Poor concentration
- ___ Poor physical coordination
- ___ Difficulty in making decisions
- ___ Stuttering or stammering
- ___ Slurred speech
- ___ Learning disabilities

TOTAL _____

HEAD

- ___ Headaches
- ___ Faintness
- ___ Dizziness
- ___ Insomnia

TOTAL _____

MOUTH/THROAT

- ___ Chronic coughing
- ___ Gagging, frequent need to clear throat
- ___ Sore throat, hoarseness, loss of voice
- ___ Swollen or discolored tongue, gum, lips
- ___ Canker sores

TOTAL _____

HEART

- ___ Irregular or skipped heartbeat
- ___ Rapid or pounding heartbeat
- ___ Chest pain

TOTAL _____

NOSE

- ___ Stuffy nose
- ___ Sinus problems
- ___ Hay fever
- ___ Sneezing attacks
- ___ Excessive mucus formation

TOTAL _____

WEIGHT

- ___ Binge eating/drinking
- ___ Craving certain foods
- ___ Excessive weight
- ___ Compulsive eating
- ___ Water retention
- ___ Underweight

TOTAL _____

SKIN

- ___ Acne
- ___ Hives, rashes, or dry skin
- ___ Hair loss
- ___ Flushing or hot flushes
- ___ Excessive sweating

TOTAL _____

OTHER

- ___ Frequent illness
- ___ Frequent or urgent urination
- ___ Genital itch or discharge

TOTAL _____

GRAND TOTAL _____

KEY TO QUESTIONNAIRE

1. Add individual scores and total each group.
2. Add each group score for a grand total.

Optimal	is less than 10
Mild toxicity	10–50
Moderate toxicity	50–100
Severe toxicity	over 100

THE DANIEL PLAN DETOX

Meals that require a recipe are in **bold**; you will find the recipes on pages 304–31.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Dr. Hyman's whole food protein shake	Avocado & veggie 2-egg omelet	1 cup cooked quinoa with ½ c. unsweetened almond milk and cinnamon	Chia coconut brown rice breakfast bowl	Quinoa breakfast bake
SNACK	Mixed veggie sticks (celery, carrots, cucumber, jicama) and ½ c. artichoke hummus	½ c. mixed berries plus 25 cinnamon-toasted almonds	Blueberry, spinach, & flax smoothie	2 tbsp. crunchy chickpeas with hardboiled egg	Veggie mocktail
LUNCH	½ c. quinoa with steamed broccoli and carrots and antioxidant salad dressing	3 turkey roll ups (2 slices low-sodium, nitrate free turkey breast, romaine lettuce, & ½ c. artichoke hummus)	Dr. Hyman's black bean soup	Dr. Hyman's sun-dried tomato turkey burgers	Dr. Hyman's raw kale salad
SNACK	Veggie mocktail	2 tbsp. crunchy chickpeas with hardboiled egg	1 c. steamed organic edamame in the shell	½ c. mixed berries plus 25 cinnamon-toasted almonds	Mixed veggie sticks (celery, carrots, cucumber, jicama) and 2 tbsp. artichoke hummus
DINNER	Thai-inspired stir fry with coconut rice	Crockpot beef and veggie stew	Grilled salmon with cilantro mint chutney with lemon and olive oil quinoa	Dr. Hyman's walnut pesto chicken with white beans, chopped peppers, and balsamic vinegar	Shrimp curry with snap peas and water chestnuts

THE DANIEL PLAN DETOX cont.

Meals that require a recipe are in **bold**; you will find the recipes on pages 304–31.

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	2-egg scramble with spinach, avocado, & tomato	Dr. Hyman's whole food protein shake	Quinoa breakfast bake	Blueberry & spinach flax smoothie	2 hardboiled eggs with 2 slices nitrate-free turkey and ¼ of avocado
SNACK	Blueberry, spinach, flax smoothie	Creamy carrot dip with steamed veggies	1 c. steamed organic edamame with soy sauce or tamari	Garlicky white bean dip with broccoli and carrots	½ cup mixed berries with 25 cinnamon-toasted almonds
LUNCH	Dr. Hyman's black bean soup	Dr. Hyman's raw kale salad	3 turkey roll ups (2 slices low-sodium, nitrate-free turkey breast, romaine lettuce, & ½ c. artichoke hummus)	Herbed fish salad with mixed greens	Baked broccoli frittata with mixed greens and antioxidant salad dressing
SNACK	Garlicky white bean dip with broccoli and cauliflower	4 tbsp. crunchy chickpeas	Dr. Hyman's whole food protein shake	2 hardboiled eggs with salt, pepper, chili powder or garlic powder	Creamy carrot dip with steamed veggies
DINNER	Thai-inspired stir fry with coconut rice	Grilled fish with spicy raw slaw	Lamb kofta with cauliflower mash	Chicken primavera bowl and steamed green beans	Greek baked cod with roasted asparagus and lemon and olive oil quinoa

SHOPPING LIST

for the Daniel Plan Detox

FRESH PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> 1 banana* | <input type="checkbox"/> 1 small ginger root |
| <input type="checkbox"/> 1 large container fresh or frozen blueberries* | <input type="checkbox"/> 2 cups fresh green beans† |
| <input type="checkbox"/> 4 lemons* | <input type="checkbox"/> 1 jicama |
| <input type="checkbox"/> 1 lime* | <input type="checkbox"/> 1 package or head of kale |
| <input type="checkbox"/> 1 bunch asparagus | <input type="checkbox"/> 1 bunch fresh mint |
| <input type="checkbox"/> 2 avocados* | <input type="checkbox"/> 1 medium onion |
| <input type="checkbox"/> 1 bunch fresh basil* | <input type="checkbox"/> 1 red onion* |
| <input type="checkbox"/> 2 red bell peppers* | <input type="checkbox"/> 1 bunch parsley |
| <input type="checkbox"/> 1 small beet | <input type="checkbox"/> 2 medium purple or sweet potatoes or 1 turnip |
| <input type="checkbox"/> 1 head broccoli* | <input type="checkbox"/> 1 head romaine lettuce* |
| <input type="checkbox"/> 1 head purple or green cabbage† | <input type="checkbox"/> 2 bags (8–9 oz.) of fresh baby spinach, or one small bunch* |
| <input type="checkbox"/> 1 bag carrots* | <input type="checkbox"/> 1 pound snap peas |
| <input type="checkbox"/> 1 head cauliflower† | <input type="checkbox"/> 1 cup snow peas or green beans* |
| <input type="checkbox"/> 1 bag celery | <input type="checkbox"/> 1 package grape or cherry tomatoes† |
| <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 zucchini |
| <input type="checkbox"/> 2 cucumbers | |
| <input type="checkbox"/> 1 bulb garlic* | |

MEAT/FISH

- | | |
|--|--|
| <input type="checkbox"/> 1 pound chicken breasts or cutlets* | <input type="checkbox"/> ½ pound sliced turkey breast, nitrate-free* |
| <input type="checkbox"/> 1 pound lean ground turkey or beef | <input type="checkbox"/> 1 pound hearty white fish† |
| <input type="checkbox"/> 3–4 pounds chuck roast | <input type="checkbox"/> 1 to 1¼ pounds wild salmon |
| <input type="checkbox"/> 1 pound ground lamb† | <input type="checkbox"/> 1½ pounds wild shrimp |

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10

† Indicates an ingredient that is required only for Days 6–10

EGGS

- ☐ 1 dozen cage-free or organic eggs*

PASTAS, GRAINS, LEGUMES

- ☐ 1 package quinoa
- ☐ 1 package jasmine brown rice or black rice

FREEZER SECTION

- ☐ 1 package mixed frozen berries
- ☐ 1 package frozen organic edamame

CANS/JARS

- ☐ 1 can artichokes in water
- ☐ 1 jar kalamata or black olives
- ☐ 2 15-ounce cans low-sodium beef broth
- ☐ 1 jar/package sun-dried tomatoes
- ☐ 2 15-ounce cans black beans
- ☐ 1 small can tomato paste
- ☐ 1 15-ounce can white beans†
- ☐ 1 can/box low-sodium vegetable broth
- ☐ 2 cans garbanzo beans/chickpeas
- ☐ 1 can water chestnuts

CONDIMENTS/SAUCES

- ☐ 1 bottle unfiltered apple cider vinegar
- ☐ 1 bottle extra-virgin olive oil (or cooking spray)
- ☐ 1 bottle balsamic vinegar
- ☐ 1 small bottle rice vinegar
- ☐ 1 container coconut oil or grape seed oil
- ☐ 1 small bottle sesame tahini paste
- ☐ 1 bottle Dijon mustard
- ☐ 1 small bottle gluten-free soy sauce or tamari

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10

† Indicates an ingredient that is required only for Days 6–10

NUTS/SEEDS

- | | |
|---|---|
| <input type="checkbox"/> 1 package ground flax meal/seeds | <input type="checkbox"/> 1 box unsweetened coconut milk* |
| <input type="checkbox"/> 1 box unsweetened almond milk | <input type="checkbox"/> 1 bag unsweetened shredded coconut |
| <input type="checkbox"/> 1 bag raw almonds | <input type="checkbox"/> 1 package hemp seeds |
| <input type="checkbox"/> 1 jar almond or other nut butter | <input type="checkbox"/> 1 small package pine nuts |
| <input type="checkbox"/> 1 package chia seeds | <input type="checkbox"/> 1 small package pumpkin seeds |
| <input type="checkbox"/> 1 small package Brazil nuts | <input type="checkbox"/> 1 bag raw walnuts |

MISCELLANEOUS

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Cornstarch | <input type="checkbox"/> 1 container quality protein powder |
| <input type="checkbox"/> Currants | <input type="checkbox"/> 1 package organic tempeh*
(usually in the refrigerator section) |

SPICES/HERBS

- | | |
|---|---|
| <input type="checkbox"/> Bay leaves | <input type="checkbox"/> Dry mustard |
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Garlic powder |
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Kosher or sea salt |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Onion powder |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Vanilla extract |
| <input type="checkbox"/> Dried oregano | |

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10

† Indicates an ingredient that is required only for Days 6–10

Enjoy a few easy, appetizing, and healthy recipes from *The Daniel Plan Cookbook*.



GARDEN PATCH OMELET

Garden Patch Omelet

Filled with protein and fiber, vegetable omelets are a satisfying meal day or night.

Serves 2

- 3 eggs
- ¼ teaspoon Kosher or sea salt (optional)
- Dash black pepper
- 2 teaspoons coconut oil, divided
- ¼ teaspoon minced garlic
- 1 cup baby spinach
- ¼ cup bell peppers (red, orange, yellow), diced
- ¼ cup red onion, diced
- ¼ cup tomato, diced
- 1 large mushroom, thinly sliced

1. In a bowl, whisk eggs with salt and pepper. Set aside.
2. Heat 1 teaspoon coconut oil over medium-high heat in a sauté or frying pan that has a lid. Add garlic, spinach, peppers, onion, tomato, and mushroom. Sauté until veggies are soft, about 3–5 minutes. Remove vegetables from pan. Set aside in a bowl.
3. Heat the remaining 1 teaspoon coconut oil in the pan. Pour the eggs in the pan evenly. Add in the veggies on top of the egg mixture, reduce heat to low, cover pan with lid. Cook for about 2 minutes. If the egg is still uncooked, cook for another minute uncovered. Fold the omelet in half.
4. Serve right away.

The Daniel Plan Cookbook includes more than 100 delicious, healthy recipes from breakfast to dessert.

Lemony Dill Chicken Salad Pita

Enjoy a slight twist on a classic chicken salad. Try this as an open-face sandwich on gluten-free bread or rolled into a brown rice tortilla.

Serves 4

3 cups cooked chicken breast, chopped
4 small celery ribs, finely chopped
4 tablespoons red onion, finely chopped
1 generous tablespoon fresh dill, minced
4 tablespoons organic mayonnaise or Veganaise
A few squeezes of lemon juice
Salt and pepper to taste (or lemon pepper)
2 large whole wheat pitas, sliced in half
Red lettuce leaves
Sliced tomato (optional)

1. In a medium bowl, gently mix chicken, celery, onion, dill, mayonnaise, lemon juice, salt, and pepper.
2. Fill each pita half with a lettuce leaf, a slice or two of tomato, then a quarter of the chicken salad.





CHICKEN NOODLE
VEGETABLE SOUP

Chicken Noodle Vegetable Soup

Classic and comforting, nothing is better than homemade chicken soup. It can be made in about an hour, even less if you use left-over roasted shredded chicken and precooked pasta. To make this gluten-free, use brown rice pasta. **Serves 4–6**

2 tablespoons oil
3 ribs celery, finely chopped
2–3 carrots, finely chopped
1 medium onion, finely chopped
3 cloves garlic, minced
2 teaspoons fresh thyme, minced (or 3/4 teaspoon dried thyme)
1 bay leaf
Kosher or sea salt and pepper to taste
2 quarts (64 ounces) low-sodium chicken broth
1 large bone-in chicken breast (or shredded cooked chicken)
1 cup whole wheat or brown rice elbow pasta
1 tablespoon fresh parsley, chopped

1. Add oil to a large pot over medium heat. Turn the heat down to medium low and add the celery, carrots, and onion. Cook until the vegetables are soft and translucent, 12–15 minutes. Stir in the garlic, and cook another 30–60 seconds. Add thyme, bay leaf, salt, and pepper.
2. Remove skin and fat from chicken breast. Cut chicken breast crosswise through the bone into two pieces. Add the broth and the chicken breast to the pot. Bring to a boil, turn down to a simmer, and cook until chicken is cooked through, about 18 minutes.
3. Remove chicken from the pot. Add the pasta and simmer until pasta is tender. When chicken is cool enough to handle, shred the meat, and add back to the pot to warm.
4. Remove the bay leaf. Add parsley. Ladle into warm bowls to serve.

Teriyaki Beef Stir Fry

One of the most popular Asian meals that we all enjoy is filled with broccoli, a high-fiber, high-nutrient veggie. **Serves 4**

½ cup water
⅓ cup low-sodium soy or tamari sauce
2 tablespoons raw honey
¼ cup fresh orange juice (or pineapple)
4 garlic cloves, minced
1 tablespoon fresh ginger, cut into long thin strips
1 tablespoon fresh ginger, minced
1 pound flank steak, cut against the grain into thin strips
2 teaspoons coconut oil
4 cups broccoli florets
1 medium onion, chopped
1½ teaspoons cornstarch
2 cups brown rice

1. In a small bowl, combine the first six ingredients. Pour 1/2 cup of this mixture into a plastic bag; add beef. Seal bag, and turn to coat. Refrigerate for at least one hour. Cover and refrigerate remaining marinade.
2. Remove steak from bag, and discard marinade. In a large non-stick skillet or wok, stir-fry beef in oil for 2–3 minutes or until no longer pink. Remove and keep warm.
3. Add broccoli and onion to pan; stir-fry for 4 minutes, or until vegetables are tender.
4. Return beef to the pan. Whisk cornstarch and reserved marinade until smooth; stir into beef mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. Serve over brown rice if desired.

TERIYAKI BEEF STIR FRY



Revolutionize Your Health ... Once and for All

THE **DANIEL** PLAN

During an afternoon of baptizing over 800 people, Pastor Rick Warren realized it was time for change. He told his congregation he needed to lose weight and asked if anyone wanted to join him. He thought maybe 200 people would sign up, instead he witnessed a movement unfold as 15,000 people lost over 260,000 pounds in the first year. With assistance from medical and fitness experts, Pastor Rick and thousands of people began a journey to transform their lives.

Here's the secret sauce: The Daniel Plan is designed to be done in a supportive community relying on God's instruction for living. When it comes to getting healthy, two are always better than one. Our research has revealed that people getting healthy together lose twice as much weight as those who do it alone. God never meant for you to go through life alone and that includes the journey to health.

This book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts; it shows you how the powerful combination of faith, fitness, food, focus, and friends will change your health forever.

ORDER TODAY

THE DANIEL PLAN

The Daniel Plan Journal

40 Days to a Healthier Life

Rick Warren

The Daniel Plan Journal is a practical and experiential tool filled with daily encouragement from Rick Warren and The Daniel Plan team. Scripture and inspirational quotes are also included. The journal was designed so users can record milestones related to all of The Daniel Plan Essentials: Faith, Food, Fitness, Focus, and Friends. This is an important element for those who want to maximize their potential to experience an all-around healthy lifestyle.



Available in stores and online!

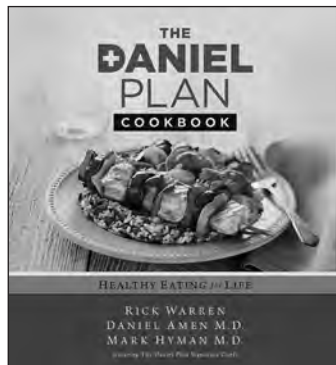


THE DANIEL PLAN

The Daniel Plan Cookbook

Healthy Eating for Life

*Rick Warren D.Min.,
Daniel Amen M.D.,
and Mark Hyman M.D.*



Coming April 2014!

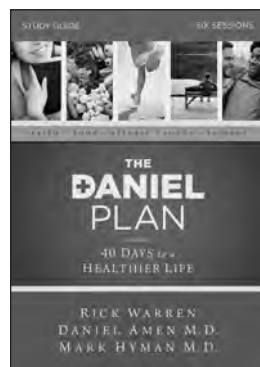
The Daniel Plan Cookbook: Healthy Cooking for Life is a four-color cookbook filled with 100 delicious, Daniel Plan-approved recipes that offer an abundance of options to bring healthy cooking back into your kitchen. This eye-appealing cookbook is filled with easy-to-prepare, mouth-watering recipes. All the recipes are based on The Daniel Plan plate that emphasizes eating nutritionally packed whole foods. Choose from a variety of delicious options to create your weekly menu. Eating The Daniel Plan way not only is healthy and wholesome, but will boost your energy and kick-start your metabolism. The book includes practical tips from doctors, important food facts, and inspiration from the Daniel Plan signature chefs.

THE DANIEL PLAN

The Daniel Plan Study Guide with DVD

40 Days to a Healthier Life

*Rick Warren D.Min.,
Daniel Amen M.D.,
and Mark Hyman M.D.*



This six-session video-based, small group study from Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman is centered on five Essentials that will guarantee success in your health journey: faith, food, fitness, focus, and friends.

With assistance from medical and fitness experts, Pastor Rick Warren and thousands of people from his congregation started on a journey to transform their own lives. It's called The Daniel Plan, and it works for one simple reason: God designed your body to be healthy and vibrant, and he provided everything you need to thrive and live an abundant life.

This small group study is a vital component of The Daniel Plan because it bakes in the community aspect to its innovative approach to health. As Dr. Mark Hyman says, "Community is the medicine" for healthy living.

The Daniel Plan small group study teaches simple ways to incorporate healthy choices into your current lifestyle. This study guide includes Bible study, video discussion questions and notes, practical food and fitness tips to keep you on track each week, and much more.

Session Titles

- **Faith:** Nurturing Your Soul
- **Food:** Enjoying God's Abundance
- **Fitness:** Strengthening Your Body
- **Focus:** Renewing Your Mind
- **Friends:** Encouraging Each Other
- **Living the Lifestyle**