

A collage of various healthy foods including vegetables, fruits, nuts, and grains arranged around a central text box. The foods include green peas, lentils, almonds, cucumbers, red chili peppers, green beans, carrots, corn, avocados, kiwi, blueberries, yellow potatoes, cherry tomatoes, passion fruit, celery, ginger, peaches, and various nuts and seeds. Some items are in heart-shaped bowls, and others are in circular bowls. The background is a light gray surface.

7-Day Daniel Fast Meal Plan

The Fast Diet

F Rizvi

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