



## The Daniel Fast Cookbook: Healthy Recipes to Supercharge Your Mind Body Soul and Spirit

By Brenda a Jackson

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Daniel Fast Cookbook: Healthy Recipes to Supercharge Your Mind Body Soul and Spirit - Over 100 Delicious and Easy Recipes to Start and Finish Your Day Join the thousands of people who are fasting in the way Daniel fasted by preparing easy and tasty meals that will satisfy your physical hunger as you draw closer to God. These recipes will help to transform your health from the inside out. Filled with easy instructions The Daniel Fast Cookbook includes breakfast recipes, lunch recipes, dinner recipes, salads and more. Filled with over 100 healthy recipes to supercharge your mind, body, soul and spirit. Even the most spiritual person might feel distanced from God and the spirit world at some point. Participating in the Daniel Fast can be a way to get your life back on track. When you follow the Daniel Fast, you are emulating the actions of Daniel, one of the great persons from history detailed in the Bible. The Daniel Fast encourages vegetables, fruits and whole grains, so you are eating a variety of healthy...

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