The 10 Day Daniel Plan

Go Plant-based for 10 days











This is a Fast, both spiritual and physical, by choosing to fast from processed foods, flesh meats, dairy, and return to a Whole plant based diet.



22nd May -31st May 2022

Do you want to improve your health? Are you ready for a 10 day change of diet? Contact Michelle Chamberlain or Cheryl Allen

10 Day Daniel Fast Guidelines

Peipei Pang

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