

What is The Daniel Plan?

The Simple Six: Core Principles & Action Steps

1. **CONNECT for Success**

Ask a friend or two to join or support you on your journey because “we’re better together.” Start or join a [small group](#). [Online groups](#) available too.

- Connect with your current health by measuring your weight, waist size, blood pressure so you [know your numbers](#). See your doctor(s) for annual checkup.
- Start your [health profile](#), enter your starting figures at www.danielplan.com “Start” tab.
- Begin learning about foods to eat and avoid. Watch “[Clean Out Your Pantry](#)” video and print out the “[Good Foods](#)” shopping list.

2. **RELY on God's Power**

Seek God’s power to help make changes to your health and life.

- Start your day with an attitude of [gratitude](#) and [journal your journey](#). Seek God’s help. Read “[How to Have a Meaningful Time with God](#)” by Pastor Rick.
- Complete the [One-Page Miracle](#). Set goals. Try to [win the week](#). Consider using food and exercise tracking tools like fitday.com, loseit.com or fatsecret.com.

3. **EAT Delicious Whole Foods**

Have 70% of your daily diet consist of *whole, living* foods including raw or lightly cooked vegetables, fruit, raw nuts and seeds. The other 30% can include lean protein, whole grains and starchy vegetables.

- Don’t drink your calories (sodas, juices, alcohol). Drink [water](#) instead.
- [Read the label](#): Avoid high fructose corn syrup, hydrogenated oils, nitrates, food coloring.
- Avoid the “white menaces,” flour, rice, potatoes and [sugar](#) (bread, pasta, cookies, cakes).
- [Supplement](#) your diet with high quality vitamins Omega-3, Vit. D, and a multi-vitamin.
- Eat nutritious breakfast that includes protein. Add healthy snacks throughout the day. Low fat lunches. Light dinners (don’t eat within three hours of bedtime).

4. **MOVE Your Way to Health**

Stay active daily. Find ways to enjoy exercise. God made our bodies for movement.

- Begin improving your [posture](#), [flexibility](#) and [cardiovascular/aerobic](#) conditioning. Lose weight faster with “[burst](#)” (interval) training. Read “[How to Exercise](#)” to guide you.
- Burn calories, gain strength using [resistance training](#).

5. **THINK Sharper and Smarter**

Your decisions about the way you eat, move and think are results of your brain health.

- Get 7-8 hours of [sleep](#) per night. [Stress less](#) with [deep breathing](#) and [exercise](#).
- Reverse risk of dementia and Alzheimer’s by learning something new: language, scripture.
- Avoid [brain robbers](#) like; alcohol, drugs, smoking, and sports that can cause concussions.
- Don’t believe the automatic negative thoughts in your head. Challenge and replace them with the truth!

6. **HEAL for Life**

Develop a strategy that makes The Daniel Plan a permanent part of your life.

- Seek [optimal digestive health](#) by following Dr. Hyman’s suggestions.
- Consider a period of [food detoxification](#) to identify [food allergies](#) that could be making you sick and overweight.
- Stop [sugar addiction](#) and [food addictions](#) that trigger [overeating](#).
- Improve your energy by addressing the variety of [energy gains and drains](#).