



What is the Daniel Diet?

The Daniel Diet is a 10-day diet, based on the writings of the prophet Daniel that combines a biblical food, known as *pulse*, pure water, and daily prayer. Taken directly from the Bible, the Daniel Diet will help you lose weight and transform your health in just 10 short days.

“Please test your servants for 10 days, and let them give us pulse to eat and water to drink. Then let our appearance be examined before you...Then at the end of the 10 days, their features appeared better and healthier than all the young men who ate a portion of the king's delicacies” –Daniel 1:12

Why is the Daniel Diet so important?

We've lost our way. You are 27 times more likely to see a fast food restaurant on your drive in to work than you are a farm. We've become so far removed from what *real* food actually is that many of us don't even know how to start eating properly. With the Daniel Diet, we give you all the foods, beverages and tools you need to retrain your body on what it's like to eat right—in just 10 short days.

What is Pulse?

It's right there in the scripture, but *what is it?* What is *pulse*? Pulse has been broadly defined in the Bible, but the basic definition is any plant that contains within itself the ability to grow a new plant when planted. Pulse comprises primarily fruits, vegetables, nuts, seeds and herbs. Historically, pulse was mixed together in served as one dish.

At Beyond Organic, we have created EA Pulse, a raw, sprouted and cultured blend of organic fruits, vegetables, nuts, seeds and herbs. These ingredients are soaked and sprouted in a traditional fashion, mixed according to exacting standards, and then dried at very low temperatures to ensure their nutrients remain intact. Loaded with antioxidants, fiber, vitamins, minerals, omega-3 fats, probiotics, and enzymes from over 30 superfoods, each EA Pulse blend may be one of the most nutrient-dense meals you've ever consumed!

Daniel Diet Success Stories

*It's hard for me to believe, but I lost 20 pounds...in 10 days, and I feel great! What a great kick-start to a healthier way of living! Larry P†***

*I lost 10 lbs and experienced tremendous personal and financial breakthrough! I wanted to thank you all for how incredible this time on the Daniel Diet has been. --Catherine S†***

*I have lost 12 pounds and I feel great. My blood sugar levels are completely normal! When I began the Daniel Diet one of the goals was to see my blood sugar levels come down to normal range, Praise the Lord they are now. -- Philip C†***

*I will shout The Daniel Diet out to the world. I will take as many folks on this journey with me as possible. This Daniel Diet has been a true breakthrough for me. After failing and failing and failing to lose weight with other programs, I was naturally skeptical. Well, here it is n the morning of the 10th day and I have lost 15lbs. WAHOO and YAHOO! Glory to God! Praise the Lord, thank you Jesus, thank you Beyond Organic and thank you Jordan Rubin! --Sandi B†***

*I found the Daniel Diet to be simple AND easy! That surprised me. I only had 10 pounds to lose, and I lost 6, so I declare that a success. --Glorie M†***

*The Daniel Diet was absolutely the easiest cleanse I have ever done, and I have tried many types of cleanses over the past 15 years. I celebrate that there was no special grocery shopping to do, no food preparation, no pills to take, no juicing to do, I was never hungry, nor even anxious for it to end. The spiritual support and group motivation was also a wonderful component. --Coleen M†***

*Thank you for the Daniel Diet! I have lost 13lbs and I'm very excited.. This is a whole new start for me and I'm looking forward to what comes next. – Esther D †***

**Extraordinary results. Individual results will vary. Always consult with your healthcare practitioner before beginning any new health program.
† These statements have not been evaluated by the Food and Drug Administration. The products in this brochure are not intended to diagnose, treat, cure, or prevent any disease or condition.

The Daniel Diet Eating Plan

Below you will find the daily eating plan for each day of the Daniel Diet. The Daniel Diet is a physical and spiritual journey of health. Over the next ten days, as your body begins to repair itself, you will likely experience a broad range of healing symptoms. This is a good thing! The human body is remarkable in its ability to heal itself—especially when you feed it food that truly fuels nutrition.

As a nation, we've spent decades feeding our bodies the wrong foods. For the next ten days, you will be feeding your body the *right* foods. For some, this will come as a shock to your system. Remember though that with the Daniel Diet, you are starting to overcome a lifetime of dietary decisions. At times it may seem tough, but as thousands of people can attest, the Daniel Diet is worth it.

Flex Five Plan

While the Daniel Diet provides ample calories, you may find yourself experiencing strong food cravings—especially on days two through six. With that in mind, we have created the Flex Five Plan. This consists of five *optional* “Flex Meals” that can be consumed in place of your third meal of the day.

The Flex Meal should occur in place of your third meal of the day starting at 6:30 p.m and ending at 7:30 p.m. It is important to consume the meal within the one hour allotted time period. Each Flex Meal can consist of foods from one of three categories with #1 being optimal and #2 and #3 being acceptable alternatives:

- 1.) Consume any raw, fresh organic fruit, vegetable, nut, seed or raw/cold pressed vegetable oil (extra virgin olive oil)
- 2.) Consume any combination of raw or cooked vegetable, fruit, nut, seed or gluten free whole grain (soaked or sprouted is best)-examples are amaranth, quinoa, millet, buckwheat. You may also consume high mineral sea salt
- 3.) Consume any biblically correct food from the "Live" Food List in the *Live Beyond Organic* book.

Daniel Diet Day 1

Congratulations! You have officially started the Daniel Diet and are on the way to experience many breakthroughs, both spiritually and physically. We have provided several resources to assist you on your journey, including a full list of frequently asked questions, prayer and support calls, and motivational testimonies that will help enlighten your experience.

Day 1 Daily Eating Plan

EA Pulse products you should consume on Day 1: Antioxidant Fruits, Omega Fruits, and Super Veggies

6:30 AM: Reign Supreme Mountain Spring Water: 1 bottle (16.9oz)

7:00 AM: Anti-Aging Skin Care System (optional)

8:00 AM: Reign Supreme Mountain Spring Water: 1 bottle (16.9oz)

10:00 AM: Reign Supreme Mountain Spring Water: 1 bottle (16.9oz)

12:00 PM: Reign Supreme Mountain Spring Water: 1 bottle (16.9oz)

12:30 PM: EA Pulse: 1 bag (3.5oz)

2:30 PM: Reign Supreme Mountain Spring Water: 1 bottle (16.9oz)

3:30 PM: EA Pulse: 1 bag (3.5oz)

5:30 PM: Reign Supreme Mountain Spring Water: 1 bottle (16.9oz)

6:30 PM: EA Pulse: 1 bag (3.5oz)

8:00 PM: Reign Supreme Mountain Spring Water: 1 bottle (16.9oz)

9:00 PM: Anti-Aging Skin Care System (optional)

Listen to the following Day 1 Calls

Morning Prayer Call

Afternoon Prayer Call

Evening Prayer Call

Evening Support Call