

RESET FAST Jan 5th-26th, 2025

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WEEK #1 Anti-Inflammatory RESET Fast

Here's the **combined 21-day meal plan** with daily scriptures, prayer points, and a grocery list for the **Anti-Inflammatory Reset Fast** without the meal prep steps, focusing on simplicity, spiritual renewal, and physical nourishment.

This plan offers simplicity, practicality, and spirituality, combining anti-inflammatory foods with daily prayers and focus words to guide you through the first 21 days of 2025.

Each meal is designed to nourish your body, while each prayer point and scripture supports your spiritual growth and focus. May this time be a powerful reset for both body and soul!

May this **Reset Fast** deepen your relationship with God, renew your body, and bring clarity for your next season

Day 1: Repent & Renewing Your Mind

Scripture:

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." (Romans 12:2)

Prayer Focus:

Pray for the renewal of your mind. Ask God to help you think and live according to His will, not the world's.

- **Meal Plan:**

- **Breakfast:** Scrambled Eggs & Spinach and side of berries
- **Lunch:** Spinach and kale salad with grilled chicken, cucumber, and olive oil
- **Snack:** Apple slices with peanut butter
- **Dinner:** Baked Fish with steamed cauliflower
- **Drink** 1 Gallon of water per day

Day 2: Letting Go of Unforgiveness

- **Scripture:** *“Forgive, and you will be forgiven.”* — Luke 6:37
- **Prayer:** Lord, we release all unforgiveness. We choose to forgive those who have hurt us, knowing that forgiveness frees us from the chains of bitterness. May we walk in Your love and grace toward others.
- **Focus:** As you forgive, God’s peace and healing will flow into your life. You are walking in freedom.
- **Meal Plan:**
 - **Breakfast:** Smoothie with spinach, protein powder, and almond milk
 - **Lunch:** Grilled chicken with a simple salad (spinach, tomatoes, cucumber, olive oil)
 - **Snack:** Carrot sticks with hummus
 - **Dinner:** Baked salmon with sautéed kale and cauliflower rice
 - **Drink** 1 Gallon of water per day

Day 3: Letting Go of Fear

- **Scripture:** *“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”* — 2 Timothy 1:7
- **Prayer:** Father, we repent for allowing fear to control us. Today, we break agreement with fear and walk in the authority You have given us. Help us to trust in Your perfect love, which casts out all fear. We choose courage today.
- **Focus:** Fear loses its grip on your life. As you step out in faith, God’s power, love, and sound mind will strengthen you.
- **Meal Plan:**
 - **Breakfast:** Smoothie with spinach, berries, chia seeds, and almond milk
 - **Lunch:** Turkey lettuce wraps with avocado and tomato
 - **Snack:** Handful of mixed nuts
 - **Dinner:** Grilled chicken with roasted sweet potatoes & green beans
 - **Drink** 1 Gallon of water per day

Day 4: Letting Go of Procrastination & Stagnation

- **Scripture:** *“The one who is slack in his work is brother to the one who destroys.”* — Proverbs 18:9
- **Prayer:** Heavenly Father, today we renounce procrastination. We confess that we have delayed things You’ve called us to do. Strengthen our will to take action and trust in Your timing. May we step boldly into the tasks You have given us and do them with excellence and speed.
- **Focus:** We break the chains of delay and step forward in obedience today.

Meal Plan

- **Breakfast:** Oatmeal with chia seeds, berries, and honey
- **Lunch:** Grilled chicken with spinach, cucumbers, and olive oil
- **Snack:** Apple slices with almond butter
- **Dinner:** Steamed salmon with roasted Brussels sprouts
- **Drink** 1 Gallon of water per day

Day 5: Letting Go of Inconsistency

- **Scripture:** *“But let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No.’”* — Matthew 5:37
- **Prayer:** Lord, today we come against the spirit of inconsistency. We choose to be steady in our commitments and faithful in our walk with You. Help us to be disciplined, dependable, and focused in every area of our lives. Let our actions align with our words.
- **Focus:** God is calling you to stability. Your consistency in faith and actions will bring lasting fruit.
- **Meal Plan:**
 - **Breakfast:** Scrambled eggs with spinach
 - **Lunch:** Quinoa salad with grilled chicken and avocado
 - **Snack:** Carrot sticks with hummus
 - **Dinner:** Grilled shrimp with sautéed kale
 - **Drink** 1 Gallon of water per day

Day 6: Letting Go of Mediocrity

- **Scripture:** *“Whatever you do, do it heartily, as to the Lord and not to men.”* — Colossians 3:23
- **Prayer:** Lord, we renounce mediocrity in our lives. We choose to give our best in everything we do, as an offering to You. Stir up a spirit of excellence within us. May our work, relationships, and service reflect Your greatness.
- **Focus:** God is calling you to greater heights. You will no longer accept “good enough” but will pursue excellence in every area of life.
- **Meal Plan:**
 - **Breakfast:** Avocado toast with a poached egg
 - **Lunch:** Grilled salmon with a side of steamed broccoli
 - **Snack:** Cucumber and carrot sticks with guacamole
 - **Dinner:** Ground turkey stir-fry with bell peppers and onions
 - **Drink** 1 Gallon of water per day

Day 7: Letting Go of Toxic Connections

- **Scripture:** *“Do not be deceived: ‘Bad company ruins good morals.’”* — 1 Corinthians 15:33
- **Prayer:** Father, we ask You to reveal any toxic relationships in our lives. Give us the courage to distance ourselves from those who are leading us away from Your purposes. Fill our lives with people who encourage us to grow closer to You.
- **Focus:** God is cutting away relationships that hold you back. Prepare for divine connections that push you toward your destiny.
- **Meal Plan:**
 - **Breakfast:** Scrambled eggs with sautéed mushrooms and spinach
 - **Lunch:** Tuna salad with mixed greens, avocado, and olive oil
 - **Snack:** A handful of almonds
 - **Dinner:** Grilled chicken with roasted Brussels sprouts
 - **Drink** 1 Gallon of water per day