

The background of the entire page is a dark, textured surface, possibly a slate or stone. It is decorated with several fresh oranges and green leaves. In the top right, there is a whole orange. Below it, towards the center, is a single green leaf. In the middle right, there is a large, vibrant orange slice showing its internal segments. To its right, another orange slice is partially visible. In the bottom right, there is another whole orange. At the bottom center, there is another green leaf. The overall aesthetic is clean and natural, emphasizing fresh produce.

The Daniel Fast

EASY CHECKLIST:

- ✓ Vegetables
- ✓ Fruit
- ✓ Whole Grains
- ✓ Beans/Legumes
- ✓ Nuts & Seeds
- ✗ Meat/Dairy
- ✗ Processed Food
- ✗ Sugar
- ✗ Alcohol/Caffeine
- ✗ Fried Food