



# The Daniel Plan Cookbook: Healthy Eating for Life

*Rick Warren, Dr. Mark Hyman, Dr. Daniel Amen*

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**Easy, Delicious recipes to help you  
ENJOY HEALTHY EATING FOR LIFE**

Based on *The Daniel Plan* book, *The Daniel Plan Cookbook: 40 Days to a Healthier Life* is a beautiful four-color cookbook filled with more than 100 delicious, Daniel Plan-approved recipes that offer an abundance of options to bring healthy cooking into your kitchen.

No boring drinks or bland entrées here. Get ready to enjoy appetizing, inviting, clean, simple meals to share in community with your friends and family.

Healthy cooking *can* be easy and delicious, and *The Daniel Plan Cookbook* is the mouth-watering companion to *The Daniel Plan* book and *The Daniel Plan Journal* to help transform your health in the most head-turning way imaginably—from the inside out.



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