

# THE DANIEL PLAN

**REFRIGERATOR PAGE—THE DANIEL PLAN WEEKLY TIPS  
WEEK 3  
#fulfilledandfreeRUMC1777**

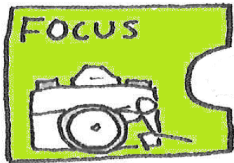


## Memory Verse for the week

Psalm 27:1, 14

The Lord is my light and salvation; be strong, have courage, wait for the Lord.

Daniel's ability to stay strong was born of his reliance on faith, his trust in God. How are you trusting God to support you in your efforts to move more? A Prayer for Your Body: You made me to live, move and have my being in you, Lord. When my resolve weakens, nudge me to action. When my muscles are sore, send your warm, healing balm to loosen them. When I am tempted to quit, send me a friend to walk (or run) beside me. My body is a temple of your Spirit, and it was made to glorify you. Amen.



## Focus:

MUSIC has healing power. It can bring peace to a stressed mind. Listening to uplifting music that reminds you of God's truth can calm your stress and anxiety.

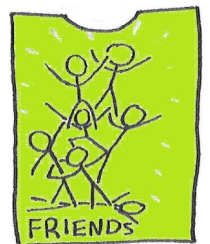
**Discover the power of meditation**—With Calm for iPhone and Android, you'll discover how simple meditation really is, and how taking a few moments out of your day can make you happier and healthier. It can be found on GooglePlay or the App Store. There are 2, 5, 10, 15 and 20 minute guided sessions. You can pick background sounds and scene you prefer. Use this to meditate on the memory verse each week!



Calm: Meditation & simple guided mindfulness to sleep, relax, breathe  
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## Friends Tip

Fitness requires commitment. Exercise doesn't just happen. You must set a specific time and timeframe and activity and then make sure you are there to complete that activity. But you can always make an excuse to not make it. That's where a buddy, such as a good friend or a family member can provide the reason to not skip your workout. If someone is relying on you to walk with them on Saturday morning or go to Zumba class on Wednesday evening, you are less likely to not show up. Everything is easier when you are not doing it alone.



## Fitness Tip

\*Practice some prayerful moments throughout your week – here are some examples:



- 1) Stand up for 1-2 minutes and then stretch your shoulders and arms but close your eyes and worship God in silence while you do it with deep breaths in and out.
- 2) Do 10 Desk push ups and thank God for the use of your muscles and health of your body.
- 3) Go for a walking meeting instead of sitting in a conference room.
- 4) Turn on your favorite worship music and dance for a few minutes.
- 5) Park a little further from the store or entrance to your office or stand up or pace while you talk on the phone.

Don't forget Zumba on Wednesdays 6:30-7:30 pm – waiver required OR Walking with Kelly on Saturday Mornings 7:30-9:00 am weather permitting.

Report your exercise minutes/hours and your weight loss as you are led on the glass top table reporting stations so Tracy can calculate the congregation's progress with the Food Pantry Donations!

## Grilled Spicy Fish Tacos

### Ingredients:

- 4 (2-ounce) pieces of white fish such as cod, halibut,, cut into strips
- 1 tablespoon coconut oil
- 2 teaspoons Cajun seasoning
- 4 organic corn tortillas
- ½ cup green shredded cabbage
- ½ cup red shredded cabbage
- ¼ cup of shredded carrots
- 1 avocado, sliced
- ½ cup Mango-Jalapeno Salsa

### How To Prepare:

- Preheat grill. (You may warm tortilla wrapped in wax paper in a microwave for 15 seconds instead.)
- Mix Cajun seasoning and oil together. Rub mixture on fish. Grill fish 2 minutes on each side till medium done. Remove from grill. Set aside.
- Brown tortillas on the grill or warm In microwave.
- Place a bit of shredded cabbage and carrot on tortillas. Arrange 2 slices of avocado on top of cabbage. Place grilled fish on avocado, and top with salsa.

### Mango- Jalapeno Salsa

### Ingredients:

- 1 mango, peeled and diced
- ½ cup diced pineapple
- 1 Granny Smith Apple, peeled and diced
- ¼ cup seeded and diced tomato
- 4 tablespoon lime juice
- 2 tablespoon minced fresh ginger
- 2 tablespoon minced seeded jalapeno
- ½ cup chopped fresh cilantro
- ¼ cup diced red bell pepper

### How To Prepare:

- Place salsa ingredients in a bowl.
- Mix together well.
- Chill in refrigerator.
- Keeps up to one week refrigerated.

