

— 21 DAY VIP FRESH JUICE PACK —

THE MESSY MIDDLE

Nourishing Your Temple to Build

with **Pastor Daniella Coffey**

FUEL YOUR BODY FOR YOUR ULTIMATE SHIFT

A renewed mind and a high-level build require premium physical execution. Keep your physical and spiritual fire aligned. Secure your space with Pastor Daniella Coffey live in Atlanta!

[CONVERT TO PIVOT 2026 ATL TICKET HOLDER](#)

MOVE YOUR BODY • RENEW YOUR MIND

Welcome VIPs! The "Messy Middle" requires clean, dynamic energy to endure and build without burning out. This curated 21-day menu of fresh, cold-pressed raw juices provides vitamins, micronutrients, and hydration to sustain you as you perform the deep work.

WEEK 1: FOUNDATIONS & SYSTEM DE-CLUTTERING

DAY 1

THE FOUNDATION BUILDER

INGREDIENTS:

- 3 stalks of Celery
- 1 large Cucumber
- 1 green Apple (core removed)
- Handful of Fresh Spinach

Building Directive: Hydrates your cells and balances your body's pH to kickstart your 21-day routine.

DAY 2

MORNING CLARITY GREEN

INGREDIENTS:

- 4 large Kale leaves
- 1 Cucumber
- 1 Lemon (peeled)
- 1 inch of Fresh Ginger root

Building Directive: Sharpens focus and eliminates physical fog, setting an uncompromised standard for the day.

DAY 3

THE RESISTANCE BUSTER

INGREDIENTS:

- 2 large Carrots
- 1 Sweet Potato (small, raw)
- 1 Orange (peeled)
- 1/2 inch of Fresh Turmeric root

Building Directive: High in beta-carotene and anti-inflammatories to shield against stress and morning fatigue.

DAY 4

PURE ELEVATION

INGREDIENTS:

- 2 Green Apples
- 4 stalks of Celery
- 1/2 bunch of Fresh Parsley
- 1/2 Lime (peeled)

Building Directive: Flushes out cellular debris and restores kidney and liver vitality for optimal focus.

DAY 5

THE STEADFAST ROOT

INGREDIENTS:

- 1 small Beetroot
- 2 Carrots
- 1 Red Apple
- 1/2 Lemon (peeled)

Building Directive: Maximizes oxygen delivery through the bloodstream to sustain you when tasks feel heavy.

DAY 6

SWEET IRON ANCHOR

INGREDIENTS:

- 2 cups of Fresh Spinach
- 1 cup of Pineapple chunks
- 1 Cucumber
- 1/2 inch of Ginger

Building Directive: Delivers essential iron and a sweet energy surge without causing an insulin crash.

DAY 7

SABBATH CLEANSE

INGREDIENTS:

- 1/2 head of Romaine Lettuce
- 4 stalks of Celery
- 1 Green Apple
- Mint leaves to taste

Building Directive: Calms the digestive tract and marks a successful first week of mental and physical realignment.

WEEK 2: DEEP PROCESSING & ENDURANCE FUEL

DAY 8

THE CONTROL SHIFT

INGREDIENTS:

- 1/2 Fennel Bulb
- 1 Cucumber
- 1 cup of Green Grapes
- 1/2 Lemon

Building Directive: Fennel reduces bloating and centers your physical core as you transition your mind.

DAY 9

THE PIVOT TONIC

INGREDIENTS:

- 3 Carrots
- 1 inch of Ginger
- 1 Pear
- Pinch of Cayenne Pepper (stirred in after)

Building Directive: Activates the metabolism and provides a internal warmth to encourage bold dynamic turns.

DAY 10

IDENTITY RENEWAL

INGREDIENTS:

- 1 cup of Red Cabbage
- 2 Blueberries (handful)
- 1 Red Apple
- 1/4 Lemon

Building Directive: Rich in antioxidants to assist high-level cell turnover and brain cell defense.

DAY 11

SHADOW REFINER

INGREDIENTS:

- 3 stalks of Swiss Chard
- 1 Cucumber
- 1 pear
- 1/2 inch of Turmeric

Building Directive: Alkaline minerals help process cortisol out of the system during moments of intense pressure.

DAY 12

MICRO-VICTORY SPLASH

INGREDIENTS:

- 2 Oranges (peeled)
- 1/4 cup of Cranberries (fresh)
- 1 stalk of Celery

Building Directive: A highly refreshing, vibrant burst of Vitamin C to celebrate your milestones.

DAY 13

THE STRATEGIC PAUSE

INGREDIENTS:

- 1 cup of Watermelon chunks
- 1 Cucumber
- 5 Fresh Mint leaves

Building Directive: Deeply cooling and hydrating. Allows the body to rest, repair, and listen.

DAY 14

THE MIDPOINT SURGE

INGREDIENTS:

- 2 Beets
- 2 stalks of Celery
- 1 cup of Strawberries

Building Directive: Increases sustained stamina as you pass the crucial halfway marker of your challenge.

WEEK 3: HIGH-LEVEL EXECUTION & MANIFESTATION

DAY 15

CLEAN AMPUTATION

INGREDIENTS:

- 1 Grapefruit (peeled)
- 2 stalks of Celery
- 1/2 Lime

Building Directive: Bitter elements optimize liver pathways to strip waste products quickly.

DAY 16

THE VISIONARY VISION

INGREDIENTS:

- 4 Carrots
- 1 Green Apple
- 1/2 Ginger piece

Building Directive: Rich in Vitamin A and vision supporting complexes to sharpen your focus.

DAY 17

UNCONDITIONAL STRENGTH

INGREDIENTS:

- 2 cups of Bok Choy leaves
- 1 Cucumber
- 1 cup of Pineapple

Building Directive: Provides calcium and bone-fortifying minerals to stand secure on your foundation.

DAY 18

THE EMERGING HORIZON

INGREDIENTS:

- 1 cup of Cantaloupe Melon
- 2 Carrots
- 1/2 Lemon

Building Directive: A bright orange, sunny juice signaling the approach of your breakthrough.

DAY 19

RADICAL PEACE GLOW

INGREDIENTS:

- 1 Cucumber
- 1/2 head of Lettuce
- 1/2 Lime
- 1 Green Apple

Building Directive: Provides natural magnesium to settle nerves and authorize your inner peace.

DAY 20

THE ROOM SHARPENER

INGREDIENTS:

- 1/2 cup of Fresh Wheatgrass juice (or 2 Kale leaves)
- 1 large Cucumber
- 1 Lemon

Building Directive: Concentrated chlorophyll shot to maximize cognitive clarity before getting in the room.

DAY 21

FINISHED TEMPLE CELEBRATION

INGREDIENTS:

- 1 cup of Pomegranate seeds (juiced)
- 1 Red Apple
- Ginger to taste

Building Directive: A deep crimson juice symbolizing victory, covenant, and finished structural authority.

BE THE BUILDER

GLORY CARRIERS VIP CIRCLE

GLORY CARRIERS PRAYER CALL

21 DAY

VIP PROXIMITY PASS

Go Deeper

- MOVE**
YOUR BODY
• Daily VIP Walks
- RENEW**
YOUR MIND
• Exclusive Live Teaching
- BUILD**
COMMUNITY
• VIP Inner Circle Access

VIP ACCESS

WEEKLY STRATEGY SESSION
LIVE
Wednesday 6 AM

CURATED RECIPES & GROCERY LISTS

COMMUNITY ACCESS
INNER CIRCLE

Pastor Daniella Coffey

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