

Faith based weight loss resources – Compilation, not a recommendation

Name	Cost	Web address
Faithful Finish Lines 2.0 for Women	\$	https://faithful-finish-lines.teachable.com/p/faithful-finish-lines-2-0
First Place for Health	\$	https://www.firstplaceforhealth.com/
The Daniel Plan	\$	https://www.danielplan.com/start/
Weigh Down	\$	https://www.weighdown.com/
Thin Within	\$	https://www.thinwithin.org/
Take Back Your Temple	\$	https://takebackyourtemple.com/program/
Grace and Strength Weight Loss Coaching	\$	https://www.graceandstrengthlifestyle.com/
Spiritually Hungry 7 day weight loss challenge		https://spirituallyhungry.com/christian-weight-loss-challenge/
Conquer Cravings For Christians	\$	https://www.crushsugarcravings.com/
The Holy Body Blueprint	\$	https://five17-fitness.thinkific.com/courses/HolyBodyBlueprint
Overcomers	\$	https://www.teresashieldsparker.com/overcomers-christian-weight-loss-academy/
Isabel D. Price New Life Promise	\$	isabeldprice.com
Barbara Raveling	\$	Books, Coaching, podcasts, app, https://barbraveling.com/christian-weight-loss-resources/
The Hallelujah Diet	\$	myhdiet.com
Pastor Steve Reynolds	\$	Bod4God and Losing to Live
The Eden Diet Book Rita Hancock	\$	
The Maker's Diet Book by Jordan Rubin	\$	http://www.makersdiet.com/
The Daniel Fast	\$	https://www.daniel-fast.com/
PRISM Weight Loss Program book by Karen Kingsbury	\$	
The Lord's Table book by Mike Cleveland	\$	
Weight Loss God's Way – book Cathy Morenzi Christian Weight Loss Coach	\$	https://www.cathymorenzie.com/10-day-challenge/?idev_id=8

Top Ten article <https://www.cathymorenzie.com/top-ten-christian-weight-loss-programs/>

Top thirteen article <https://digestprograms.com/christian-weight-loss-programs/>