

I am humbled and grateful to begin this fast with our church family. I am also anticipating God to speak to all of us in a mighty way. We are providing a basic menu to help give you some direction and some idea where to start. However, seek the Lord on exactly what your fast consists of and remember the most important thing in this fast is the condition of your heart.

- Pastor Brian

WHAT CAN I EAT/DRINK DURING THE FAST?

- Fruits - canned, dried, fresh, frozen, and juiced
- Vegetables - canned, dried, fresh, frozen, and juiced
- Whole grains
- Nuts & seeds
- Beans - canned, dried
- All quality oils
- Water
- Natural fruit juices

WHAT FOODS/DRINKS DO I NEED TO AVOID?

- Meats and animal products
- Dairy products
- Sweeteners
- Leavened bread
- Refined and processed food products
- Deep fried foods
- Solid fats
- Coffee
- Tea
- Carbonated beverages
- Energy drinks
- Alcohol

