

# January 2016

## Plan Your Fasting Week

Use this area of your fasting calendar to choose what days of the week you will fast and what each day will look like.

This is a sample of what one variation of the Daniel fast can look like & may include soy protein. You may also choose to exclude legumes & whole grains altogether & eat only fruits, vegetables, & water (& soy protein)

### Sunday

Day 1  
Beginning at 7pm  
No Sweets  
No Bread  
Fruits,  
Vegetables &

Day 8  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 15  
Juices &  
Water  
/ All Day

### Monday

Day 2  
No Sweets  
No Bread  
Fruits,  
Vegetables &

Day 9  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 16  
Juices &  
Water  
/ All Day

### Tuesday

Day 3  
No Sweets  
No Bread  
No Meat  
Fruits,  
Vegetables &

Day 10  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 17  
Juices &  
Water  
/ All Day

### Wednesday

Day 4  
No Sweets  
No Bread  
No Meat  
Fruits,  
Vegetables &

Day 11  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 18  
Juices & Water  
/ All Day

### Thursday

Day 5  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 12  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 19  
Juices & Water  
/ All Day

### Friday

Day 6  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 13  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 20  
Juices & Water  
/ All Day

### Saturday

Day 7  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 14  
Fruits,  
Vegetables &  
Water / Day  
Dinner -  
include  
legumes &  
Whole grains

Day 21  
Juices & Water  
Soup, or salad

