

21- DAY FASTING GUIDELINES 2026

Our fast will begin Monday, January 5th and end on Sunday, January 25th at midnight.

(IF YOU HAVE ANY PHYSICAL OR DIETARY CONCERNS THAT MAY LIMIT WHAT YOU CAN OR CANNOT FAST PLEASE PRAY CONCERNING WHAT YOU CAN DO AND ADJUST ACCORDINGLY.)

Food focus: *You may eat*

- Whole grains: Brown rice, oats, barley, grits, quinoa, and wild rice.
- Legumes: Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- All Fruits
- All Vegetables
- Liquids: Water, 100% All natural fruit juices(no added sugar), 100% natural vegetable juices, coconut water. You may also drink protein drinks.
- Others: Macadamia nuts, Brazil nuts, peanuts, sesame seeds, sunflower seeds and almonds
- Healthy oils: Olive oil, coconut oil, grapeseed oil.

Food we are abstaining from:

- All meat
- All deep-fried foods – corn chips, French fries, and potato chips.
- Fast foods
- All dairy products – butter, cheese, cream, milk, eggs, and yogurt.
- Beverages – alcohol, carbonated drinks, coffee, energy drinks, herbal tea.
- All solid fats – lard, margarine, shortening and high fat products.
- No Wheat, breads, pasta, flour, crackers, cookies
- All sweeteners – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- Refined and processed food- Including artificial flavorings, white flour, white rice, food additives, chemicals, and foods that contain artificial preservatives.
- Gum
- Mints
- Candy