



CORPORATE FASTING TIPS

INSIGHT ON ACCEPTABLE FOODS:

LEAN MEAT: Avoid all cuts of beef and pork, focus on chicken, turkey, and fish

WHOLE GRAINS: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat

LEGUMES: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas, and peanuts.

SEEDS: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

WATER: spring water, distilled water, filtered water, sparkling water with no additives or fruit flavoring

JUICE: 100% all natural fruit or vegetable juices, not made from concentrate, no additives

Fruits and vegetables are acceptable. Plant-based oils are advised when cooking.

FOOD/DRINKS TO AVOID

- Avoid all dairy products, including but not limited to: milk, cheese, cream, butter, and eggs.
- Avoid all sweeteners, including but not limited to: sugar, raw sugar, fructose, juice concentrate, honey, syrups, molasses, and cane juice.
- Avoid all leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.
- Avoid all refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, hominy, pasta, and foods that contains artificial preservatives.
- Avoid all deep fried foods including but not limited to potato chips, French fries, corn chips.
- Avoid all solid fats including shortening, margarine, lard, and foods high in fat.
- Avoid condiments/food enhancements, which tend to contain sugar including but not limited to ketchup, store bought salad dressing, seasoned salt.
- Avoid beverages including but not limited to coffee, tea, herbal teas, soda, diet sodas, energy drinks, and alcohol.

HELPFUL TIPS

- Have the right kinds of foods in the house that you can eat, get rid of/put away foods that are tempting.
- Plan your menus and prepare the foods so they are available to you.
- Plan time to prepare meals, as they will likely take a little longer than when you are not fasting.
- Prepare your heart for the 21 Day Fast. Seek the Lord's guidance as you get ready to start the fast. Are there issues in your life that you need to address? Are there needs in your family or ministry that can use special attention? Are you seeking healing Do you feel oppressed by financial bondages? Avoid overeating even within the given guidelines for that day.
- Keep in mind that fast food has several additives that you may not be aware of, eat sparingly.
- Read the labels - you'll be surprised by what is actually included in what you eat and drink.
- Although not mentioned in the Bible, you can ALSO commit to fasting from other activities: Electronics, Recreational Computer use, TV, video games, excessive phone use, entertainment like sports and movies, etc.
- Schedule increased prayer and studying the Word of God during the times we do some of the previously mentioned activities.
- Read the entire devotional for the day and craft your prayer focus based on the focus verse(s) listed.