

Have Life Church 2024 Fast & Dietary Guidelines*When in doubt, don't eat it!***The 1st week (Monday January 1st - Sunday January 7th)****Prayer focus 1: HLC (all things Have Life)****Prayer focus 2: Him (personal presence of God)****Prayer focus 3: Health (physical, mental, emotional, relational, etc.)**

Category	What to eat	What <i><u>not to</u></i> eat/consume
Meats/ Poultry	Vegan substitutes allowed	No meat of any kind
Fruits & Vegetables	All	NA
Beans & Lentils	All	NA
Drinks	Water (all kinds), 100% fruit juice, veggie juice, smoothies, protein shakes, tea	Alcohol, caffeinated drinks, coffee, sodas
Sweets, Fats & oils	Oils, sauces, dressings, nuts (all kinds)	Sweets, candy, cakes, battered fried foods
Breads/ Pasta	Wheat, whole grain, oats, brown rice, quinoa (pastas of this kind)	Enriched (white) breads, pasta
Egg & Dairy	All (including cheese)	NA

The 2nd week (Monday January 8th - Sunday January 14th)

Category	What to eat	What <i><u>not to</u></i> eat/consume
Meats/ Poultry	Vegan substitutes allowed	No meat of any kind
Fruits & Vegetables	All	NA
Beans & Lentils	All	NA
Drinks	Water (all kinds), 100% fruit juice, veggie juice, smoothies, protein shakes, tea	Alcohol, caffeinated drinks, coffee, sodas
Sweets, Fats & oils	Oils, sauces, dressings, nuts (all kinds)	Sweets, candy, cakes, battered fried foods
Breads/ Pasta	Oats, brown rice, quinoa (pastas of this kind)	White, wheat and whole grain breads, pasta
Eggs & Dairy	Eggs & Yogurt	Cheese, dairy

The 3rd week (Monday January 15th - Sunday January 21st)

Category	What to eat	What <i><u>not to</u></i> eat/consume
Meats/ Poultry	Vegan substitutes allowed	No meat of any kind
Fruits & Vegetables	All	NA
Beans & Lentils	All	NA
Drinks	Water, 100% fruit juice, veggie juice, smoothies, protein shakes, tea	Alcohol, caffeinated drinks, coffee, sodas
Sweets, Fats & oils	Oils, sauces, dressings, nuts (all kinds)	Sweets, candy, cakes, battered fried foods
Breads/ Pasta	Egg noodles, vegan style pasta	Any bread, wheat, whole grain, oats
Eggs & Dairy	Eggs	Dairy, milk, cheese, yogurt

Exemptions: Birthday's one day off for family and friends attending activities in person.**Exceptions:** Athletes and labor workers add eggs, whole grains, and grilled fish only; (fish once per day).**Children:** Fast from social media, movies, games, unhealthy snacks. (It is important that children fast from something important.)