

# Consecration 2007

## GUIDELINES FOR DAILY FASTING

*(Drink Plenty of Water Daily)*

### FEBRUARY

- **21<sup>st</sup> – 25<sup>th</sup> → Eliminate One Meal.**
- 26<sup>th</sup> – 28<sup>th</sup> → Eat Fruits and Vegetables, Diluted Juices (1/3 juice; 2/3 water)

### MARCH

- 1<sup>st</sup> – 3<sup>rd</sup> → No meat, poultry, sea food, desserts, candy, or sweets.
- 4<sup>th</sup> → No meat, poultry, sea food, desserts, candy, sweets, rice, pasta.
- 5<sup>th</sup> – 7<sup>th</sup> → No meat, poultry, sea food, desserts, fats.
- 8<sup>th</sup> → No meat, poultry, sea food, dairy, bread, or nuts.
- 9<sup>th</sup> – 10<sup>th</sup> → No meat, poultry, sea food, fats, or sweets.
- 11<sup>th</sup> – 17<sup>th</sup> → Eliminate **One** Meal.
- 18<sup>th</sup> – 24<sup>th</sup> → Eliminate **One** Meal.
- 25<sup>th</sup> – 31<sup>st</sup> → Eliminate **Two** Meals.

### APRIL

- **1<sup>st</sup> – 8<sup>th</sup> → Eliminate One Meal.**