

21^{DAY} *Corporate*
Consecration Fast
JANUARY 16 - FEBRUARY 5

Prayer
Food Options

SUGGESTED FOOD GUIDELINES

WHOLE GRAIN: INCLUDING BUT NOT LIMITED TO WHOLE WHEAT PASTA, BROWN RICE, OATS, GRITS

LEGUMES: DRIED BEANS, LIMA, NORTHERN, GARBANZO, PINTO, RED, BLACK, KIDNEY, GREAT NORTHERN, NAVY, SPLIT PEAS, LENTILS, BLACK-EYED PEAS

NUTS: ALMONDS, PEANUTS, PECAN, SUNFLOWER SEEDS

FRUITS: APPLES, APRICOTS, AVOCADO, APPLESAUCE, BANANAS, BLACKBERRIES, BLUEBERRIES, BOYSENBERRIES, CANTALOUPE, CHERRIES, CRANBERRIES, DATES, FIGS, GRAPEFRUIT, GRAPES, GUAVA, HONEYDEW MELON, NECTARINES, KIWI, LEMONS, MANGOS, MANDARIN ORANGES, PAPAYAS, PEACHES, PEARS, PINEAPPLES, PLUMS, PRUNES, RAISINS, RASPBERRIES, STRAWBERRIES, TANGERINES, WATERMELON.

VEGETABLES: ARTICHOKES, ASPARAGUS, BEETS, BROCCOLI, BRUSSEL SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, CELERY, CHILI PEPPERS, COLLARD GREENS, CORN, CUCUMBERS, DANDELION GREENS, EGGPLANT, ENDIVE, GARLIC, GINGER ROOT, GREEN BEANS, KALE, LEEKS, LETTUCE, MIXED VEGETABLES, MUSHROOMS, MUSTARD GREENS, OKRA, ONIONS, PARSLEY, PEAS, POTATOES, PEPPER, PUMPKIN, RADISHES, RUTABAGAS, SCALLIONS, SPINACH, SPROUTS, SQUASHES, SWEET POTATO, TOMATOES, TURNIPS, WATERCRESS, WAX BEANS, ZUCCHINI

LIQUIDS: WATER

OILS: HERBS; OLIVE OIL; SALAD DRESSINGS: VINAIGRETTE HOMEMADE USING VINEGAR, OLIVE OIL AND HERBS; HOMEMADE FRENCH & ITALIAN

PLEASE NOTE: IF YOU HAVE HEALTH CONDITIONS, PLEASE FOLLOW YOUR DOCTORS ORDERS AND CONSECRATE YOUR HEART, ACTIONS AND DEEDS.

THIS LIST IS INCLUDING OF THESE ITEMS BUT NOT LIMITED TO