

FASTING MENU

If you have a history of an eating disorder, we do not recommend you fast. If you have a medical condition that requires food, we recommend you seek medical guidance before fasting. We do not recommend that under 18s skip meals.

If you've never fasted before, try a starter fast. If you have fasted before, try an ordinary fast. If you already fast regularly, try an enhanced fast.

If married - these can be combined with a fast from sex (with your spouse's consent - 1 Cor 7:5)

STARTER FASTING

- **Daniel Fast** | only fruit or vegetables, no alcohol, caffeine, fizzy or flavoured drinks
 - **Simple Eating Fast** | dry cereal for breakfast, a piece of fruit or toast at other meals. Water, milk or fruit juice throughout. If you take medication that requires you to eat food with it then this is a good option
 - **Starter Normal Fast** | complete fasting of food for one meal, taking water and juice throughout the day
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ORDINARY FASTING

- **Gradually Increasing Fasting** | week one – Daniel Fast, week two – Simple Eating Fast, ongoing weeks – slowly reduce quantities until fasting two consecutive meals
 - **Normal Fast** | complete fasting of food for two consecutive meals, taking water and juice throughout the day
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ENHANCED FASTING

- **Enhanced Normal Fast** | complete fasting of food for three consecutive meals, taking water and juice throughout the day
- **Complete Fasting** | water only for 24 hours