

February 2010

Isaiah 58:6-12

“Is this not the fast that I have chosen”

The Joy of Intelligent Fasting by Dr. Frederick Hogan – 14 DAY FAST PLAN

	1	2	3	4	5	6
		B – BREAKFAST L – LUNCH D – DINNER SLC – SLICE PC – PIECE M/GRAIN - MULTIGRAIN				
7	8	9	10	11	12	13
14	15 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: 1 pc fruit 8-12 glasses liquids	16 – BIBLE STUDY B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: 1 pc fruit 8-12 glasses liquids	17 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: 1 pc fruit 8-12 glasses liquids	18 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: 1 pc fruit 8-12 glasses liquids	19 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: 1 pc fruit 8-12 glasses liquids	20 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: 1 pc fruit 8-12 glasses liquids
21 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: bowl raw or cooked veggies 8-12 glasses liquids	22 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: bowl raw or cooked veggies 8-12 glasses liquids	23 – BIBLE STUDY B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: bowl raw or cooked veggies 8-12 glasses liquids	24 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: bowl raw or cooked veggies 8-12 glasses liquids	25 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: bowl raw or cooked veggies 8-12 glasses liquids	26 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: bowl raw or cooked veggies 8-12 glasses liquids	27 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: bowl raw or cooked veggies 8-12 glasses liquids
28 B: hot grain cereal 1 slc m/grain bread L: 1 pc fruit D: bowl raw or cooked veggies 8-12 glasses water						

KEY: **WATER** = Steamed, Distilled or Filtered **LIQUID**=Diluted Juices, Herbal Teas, Water **GRAIN CEREAL**= Oatmeal, Cream of Wheat, Malt-O-Meal, MAPO
BREAD= Multi Grain (Ezekiel Bread) **FRUIT**= Apples, Pears, Bananas, Peaches, Nectarines, Grapes
VEGETABLES=Cabbage, Carrots, Onions, Peppers, Lettuce, Spinach, Beans, Peas, etc.