



2024 FASTING SCHEDULE

Join Pastor Perry in an Open Door of Fasting:
"Praying for Open Doors"
January 15th - February 10, 2024

WEEK 1

3 Days of Fruit & Veggies
Water only from 6AM until 12PM

WEEK 2

3 Days of Vegetarian Lifestyle
Water W/ Lemons from 6AM until 12PM

WEEK 3

3 Days of Vegetable Soups & Salads
Water from 6AM until 12PM

WEEK 4

3 Days of One Meal A Day [No Meats or Bread]
Water ONLY!

GROCERY LIST

This is a sample list.

- Alkaline water { Drink at least 64 ounces daily or half of your weight in ounces. }
- Spinach, kale arugula, broccoli, red onions, garlic, cilantro, carrots, beets, celery, bananas, blueberries, apples strawberries, pineapples, grapefruit, melons, lemons, limes, frozen fruit, raw almonds, avocados, and raw almond butter .
- Snack on raw fruits and veggies to satisfy any cravings

Veggie Delight Juice

1-2 bunches of cilantro
1/2 bales of spinach / kale
1-2 red radish
1/4 beet for liver detox

1 bell pepper
1 or 2 whole apples
2 or 3 celery sticks
add carrots as needed . . .

Or purchase Certified Organic Juices