



# New Beginnings

FELLOWSHIP CHURCH

**2022 Fall Fasting Guide**  
**Monday, October 3, 2022 - Friday, November 11, 2022**  
**40 Days of Praying and Fasting**

**Our 40-Day Corporate Fast begins *October 3rd* and goes *through November 11th*. We will follow the Daniel's fast from *6:00am-6:00pm Monday - Friday* with a break on Saturday and Sunday.**

Corporate Fast Sample Week Menu							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Fruit Smoothie	Fried Potatoes, onions	Grits	Acai Bowl	Oatmeal	Hash browns	Chai Pudding
	Almond and Cashew Mix	Tomatoes Slices	Baked Pineapple Rings w/ walnuts	Natural Granola	Banana and Walnuts	Grapefruit	Fresh Fruit
	Water	Water	Water	Water	Water	Water	Water
<b>Snack</b>	Edamame	Apple with Nut Butter	Avocado Cilantro Hummus/Carrots	Popcorn	Tomatoes with pesto and olive oil	Fruit Salad & Nuts	Fruit - Apple
	Water	Water	Water	Water	Water	Water	Water
<b>Lunch</b>	Broccoli Spears	Fresh Fruit	Vegetables & Rice	Fruit Salad	Steamed Vegetables	Fresh Fruit	Side Salad
	Baked Potato w/Vegan Chili	Southwest Salad	Tomato Soup	Smoky Chickpea, Red Lentil & Vegetable Soup	Baked Sweet Potato	Roasted New Potatoes with Grilled Asparagus	Spaghetti Squash w/Marinara Sauce
	100% All Natural Pink Grapefruit Juice	Water	100% All Natural Grape Juice	Water	100% All Natural Pineapple Juice	Water	100% All Natural Grapefruit Juice

<b>Snack</b>	Fruit salad	Guacamole and Corn Tortilla Chips	Banana w/Nut Butter	Popcorn	Corn Tortilla Chips & Salsa	Almond, Cashew and Raisin Mix	Rice Cakes with Nut Butter
	Water	Water	Water	Water	Water	Water	Water
<b>Dinner</b>	Taco Bowl	New Orleans Red beans	Veggie Burger	Taco Soup	Side Salad	Black-eyed Peas	Vegetable soup
	Corn Tortilla Chips	Rice	Crunchy Baked Fries	Spanish Rice	Stuffed Peppers	Hot Water Corn Bread	Rice
	Mango	Tomato, Cucumber and Onion in vinegar and Olive Oil	Baked Apples w/granola	Pineapple and Blueberry Bake	Sliced Pears	Broccoli Salad	Fruit Smoothie
	Water	100% All Natural Apple Juice	Water	100% All Natural Orange Juice	Water	100% All Natural Cranberry Juice	Water
<b>Guidelines/Suggestions</b>					<b>The Sacrifice: Foods/Ingredients to Avoid</b>		
<p><b>Whole Grains:</b> Brown Rice <b>Staples:</b> White Rice, Wild Rice</p> <p><b>Other Grains:</b> Oatmeal, Quinoa, Grits, Barley</p> <p><b>Legumes:</b> Any dried (or canned) bean, Lentils, Soybeans (edamame), Tempeh, Peas</p> <p><b>Vegetables</b> ALL</p> <p><b>Fruits</b> ALL (excluding canned in syrup)</p> <p><b>Nuts:</b> All nuts and seed (excluding candy coated or honey roasted)</p> <p><b>Oils:</b> olive, canola, grape seed, peanut, coconut, sesame oil</p> <p><b>Liquids:</b> Spring Water, Distilled water, 100% All-natural fruit juices, 100% All-natural vegetables juice, 100% All-natural low sugar fruit juice, soy milk, almond milk</p> <p><b>Sweeteners:</b> Honey, Maple syrup (or pure agave sweetener)</p> <p><b>Others:</b> tofu, soy products, vinegar, seasonings, salt, herbs and spices.</p>					<p>Meat, poultry, fish</p> <p>Caffeine, carbonated beverages</p> <p>Sugar: sugar, fructose, sugar substitutes, etc.</p> <p>Grains: flour, bran</p> <p>Margarine, shortening</p> <p>Milk, milk products, butter</p> <p>Honey roasted nuts, containing sugar</p> <p>High fat (fried) foods</p> <p>Foods containing preservatives/additives</p>		

**Sample Corporate Fast Week Menu (Lower Carbohydrate Version for Insulin Resistant Members)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Fruit Smoothie w/Tofu	Cinnamon Hot Apples	Grits	Acai Bowl	Oatmeal	Brown Rice & Beans	Chai Pudding
	Almond and Cashew Mix	Peanut on celery	Baked Pineapple Rings w/ walnuts	Natural Granola	Pineapples and Walnuts	Grapefruit	Fresh Fruit
	Water	Water	Water	Water	Water	Water	Water
<b>Snack</b>	Edamame	Apple with Nut Butter	Avocado Cilantro Hummus/Carrots	Popcorn	Tomatoes with pesto and olive oil	Fruit Salad & Nuts	Pineapple
	Water	Water	Water	Water	Water	Water	Water
<b>Lunch</b>	Baked Flounder	Hearty Garden Salad	Vegetable Chili	Grilled Salmon over Garden Salad	Steamed Vegetables	Tuna Salad w/ Mustard & Sage	Side Salad
	Broccoli Spears	Soup (veggie, minestrone, or lentil)	Tortilla Chips & Salsa	Fruit Salad	Baked Sweet Potato	Grilled Asparagus	Spaghetti Squash w/Marinara Sauce
	Low Sugar 100% Natural Pink Grapefruit Juice	Low Sugar 100% Natural Apple Juice	Low Sugar 100% Natural Orange Juice	Low Sugar 100% Natural Apple Juice	Low Sugar 100% Natural Orange Juice	Low Sugar 100% Natural Apple Juice	Low Sugar 100% Natural Orange Juice
<b>Snack</b>	Fresh Fruit	Guacamole and Corn Tortilla Chips	Apple w/Nut Butter	Celery Sticks w/Nut Butter	Corn Tortilla Chips & Salsa	Almond, Cashew and Raisin Mix	Rice Cakes with Nut Butter
	Water	Water	Water	Water	Water	Water	Water
<b>Dinner</b>	Taco Bowl	Grilled Tilapia	Baked Orange Roughy	Taco Soup	Grilled Haddock	Black-eyed Peas	Cod Fish Tacos w/ Salsa
	Corn Tortilla Chips	Brown rice & Vegetable Stir Fry	Mixed Vegetables	Spanish Rice	Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato	Hot Water Corn Bread	Spanish Rice

Mango	Tomato, Cucumber and Onion in vinegar and Olive Oil	Baked Apples w/granola	Pineapple Bake without Blueberry	Fruit Salad	Broccoli Salad	Orange and Grapefruit Salad
Water	Water	Water	Water	Water	Water	Water
<b>Guidelines/Suggestions</b>				<b>The Sacrifice: Foods and Ingredients to Avoid</b>		
<b>Whole Grains:</b> Brown Rice, Wild Rice; (not white rice) <b>Other Grains:</b> Oatmeal, Quinoa, Grits, Barley <b>Legumes:</b> Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh <b>Vegetables:</b> ALL vegetables, except white and red potatoes <b>Fruits:</b> ALL, except bananas, all berries (cherry, blueberry, cranberry, grapes, melons) <b>Fish:</b> Salmon, Tilapia, Tuna, Cod, etc.; no scavenger fish or seafood (i.e., shrimp, crabs, etc.) <b>Nuts:</b> Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews) <b>Oils:</b> Olive oil (or Canola, Sunflower, Safflowers) <b>Liquids:</b> Spring Water, Distilled water, 100% All-natural vegetable juices, soy milk, Low Sugar 100% Juice <b>Sweetener:</b> Pure Agave Sweetener <b>Others:</b> tofu, soy products, vinegar, seasonings, salt, herbs and spices.				Scavenger fish and seafood White/Red potatoes, white rice Berries, bananas, melons, grapes Caffeine, carbonated beverages, whole fruit juice Sugar, sugar substitutes Grains: flour, Margarine, shortening Milk, milk products, butter Honey roasted nuts, containing sugar High fat (fried) foods    Foods containing preservatives/additives		