

CHRISTIAN TABERNACLE

TUESDAYS ONLY FAST

Please fast every Tuesday ONLY UNTIL FURTHER NOTICE!

Fast by using the 30 day fast guidelines

Time: 9:00 AM – 4:00 PM

NO MEAT OR SUGAR AFTER 4:00 PM

THERE IS POWER IN FASTING

Please pray for the following: **BE SERIOUS:**

Healing & Health

Any Ungodly things in your life

God's Blessings upon CTAB Church

DANIEL—Fruit, vegetables, juice, and water only. (See list)

DENIAL—No food from 9AM to 4PM.

DESERT—WATER is your only beverage option for the entire period of time. Choose healthy meal options! (See list)

DROUGHT—No television or internet social media (i.e., Facebook and Twitter) with the exception of the news and religious programming. (Recommended for teens and students)

SAMPLE MENU ITEMS

BREAKFAST: pancakes, waffles, or home-made muffins made with whole wheat or buckwheat flour, olive oil, egg & milk substitutes; French toast with honey or vegan spreads; omelets & toast; scrambled eggbeaters & toast

LUNCH: Salads made with a variety of ingredients; whole wheat pitas or sandwiches filled with grilled vegetables; portabella mushroom or eggplant sandwiches with cheese substitutes.

DINNER: Mac & cheese (pasta, cheese & milk substitutes);

spaghetti with meatless meatballs; sweet potato fries (baked); vegetable stir fry over pasta; meatless ravioli with cheese substitutes; pizza with whole grain crusts and veggie toppings and cheese substitutes; greens seasoned and sautéed in vegetable stock; mashed potatoes; fruit salad.

ALLOWED

(The following foods are listed as guidelines to help you make wise selections):

Protein sources other than meat and dairy: Egg whites (Egg Beaters are also suitable as a substitute for eggs in most recipes), legumes (beans), whole grains (also including barley, buckwheat, couscous, oats, oatmeal, millet), rice shreds or soy cheese (vegan cheeses may also be substituted for regular cheese in recipes and salads), nuts and seeds.

Fresh (or frozen) Fruits & Vegetables: Apples, apricots, artichokes, avocado, asparagus, bananas, beets, blackberries, blueberries, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cherries, corn, cranberries, cucumbers, dates, eggplant, figs, grapefruit, grapes, greens (collards, mustard, kale), green peas, green beans, lemons, limes, lentils, lettuce, melons, mushrooms, onions, oranges, peas, pears, peaches, peppers, pineapple, plums, potatoes (sweet & white), prunes, pumpkin, radishes, raisins, raspberries, rice (brown, white), rutabagas, sauerkraut, sea vegetables, soy beans, squash, spinach, sprouts, strawberries, tangerines, tomatoes, turnips, watercress, watermelon, zucchini.

Bread or Crackers: Must contain whole grain, whole wheat or gluten free ingredients only.

Beverages: Soy, almond, rice milk (also suitable as cow milk substitute in recipes); 100% fruit juice (read labels for sugar

content); water (preferably bottled, or alkaline); freshly juiced fruits or vegetables; herbal teas (especially green tea).

Sweeteners: Honey, Stevia, lemon.

Condiments: Salad dressings (use wisdom, choose balsamic vinegars, extra virgin olive oil, vinaigrettes), apple cider vinegar, pepper, salt (moderate use), sea salt, herbs, spices & seasonings (parsley, garlic, ginger, etc.), mustard, soy or rice cheese, mayonnaise (from grape seed or cold pressed canola).

Pastas & Spaghetti: Preferably whole grain, vegetable, or gluten free.

Sample Snacks: Fresh fruit, hummus, tabouli, baby carrots, plain popcorn (has fiber, protein, no sugar).

NOT ALLOWED

Meat (including fish); sweets (sugary desserts, cakes, cookies); processed snacks (chips); egg yolks; canned foods; processed/refined sugar; processed sweeteners (Equal, Splenda, etc.); jams, jellies, preserves (high fructose corn syrup); MSG; dairy products (all cow milk derivatives, cheese, butter, margarine, etc.); processed/modified beverages such as coffee, caffeinated drinks & sodas, alcoholic beverages, juice cocktails, sport drinks; deep fried/fried foods; fast foods; white (processed) flour; any flour (including white/processed flour), breads or crackers that do not say “whole grain” or “whole wheat”.

Believing for God's best,

