

CTAB 30-DAY FAST

WEDNESDAY, FEBRUARY 1 – THURSDAY, MARCH 2, 2023

The nutritional target of this fast is to eat food the way God intended—living foods grown naturally from the ground. Eat foods that are primarily raw or organic (grown only with animal or vegetable fertilizers added to the soil and are produced without the use of artificial pesticides and/or chemical fertilizers).

READ LABELS: Prioritize foods that have healthier fats (monounsaturated & polyunsaturated fats), dietary fiber and minimal sugar but no hydrogenated oils or MSG. Be aware of overly processed vegetarian foods like some “veggie burgers”. Again, **read labels**. Some foods that claim to be healthy are really not. Pray, seek out vegetarian/vegan recipes, try new healthy foods, and take a plant based multivitamin.

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”.

HELPFUL TIPS

All foods labeled **vegan** are allowed. This includes foods such as vegan butter sticks, vegan mayonnaise, and vegan desserts including cookies, cakes, etc.

Allergen information may list milk or egg as a possibility, but this is for liability purpose. Only use the ingredient listing as a guide.

Other criteria to look for: 100% whole grain or whole wheat; baked not fried or chemically processed; 0 grams of sugar; no milk or egg in the ingredients.

NOTE: You may not use meat to season greens even if you don't eat the meat.

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 egg beaters & toast

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

30 DAYS OF FASTING

CHRISTIAN TABERNACLE
FEBRUARY 1— MARCH 2, 2023

Dear Beloved,

I am elated that you have responded to the call of God to fast and pray for 30 days. It won't be easy, but all things are possible if you can believe!

This year, our 30-day fast will begin on Wednesday, February 1, 2023 and conclude at 11:59 p.m. on Thursday, March 2, 2023. You will have four fast options to choose from:

- **DANIEL**—Fruit, vegetables, juice and water only. (see list)
- **DENIAL**—No food from 6AM to 6PM.
- **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)

All members are asked to abstain from sinful habits, or habitual behaviors in addition to the options above for maximum results. (Examples: cursing, gossip, overeating, alcoholism, ungratefulness, sexual sins, etc. See *Galatians 5:19-26* and *Hebrews 12:1*) Prayerfully, after the fast, you won't look back!

On the opposite side of this letter, you will find guidelines that will help you make wise selections for the Daniel and Desert Fast. For diabetics and anyone else with a chronic health condition, consult your medical health care provider before going on this fast. Read labels and eat accordingly as you have previously been instructed by your health care professional. If you are unable to do the full fast, assess if there are parts you can do. This fast also includes no use of nicotine products or non-prescriptive drugs.

I'm encouraging you to pray at least three times daily during the fast, in the morning when you get up, midday and in the evening before you go to bed. Keep a prayer journal. Meditate and pray using the **daily bible readings**. Your prayer requests should include:

SELF—Pray for your personal growth, your improvement and other specifics pertaining to what you need.

SITUATIONS—Pray for specific situations you need help with.

SUCCESS—Pray for the ability to do well spiritually and physically.

SURROUNDINGS—Pray for The Legacy Project, Setting the Mortgage on Fire, other church projects, and for others in need, etc.

Additionally, you should have two accountability partners to lift you up and hold you responsible during this fasting season.

If you have any questions regarding the fast, please contact the church office at (248) 213-4770, Tuesday-Friday, 9 am to 5 pm.

Believing for God's best,

