



To detoxify your body before a fast, you must start 5-6 days before the fast of any duration of time (3 days or more). About the 3rd day please take a mild colon cleanser to help expel toxins from your body. It is vital that you detoxify, since this will lessen the side effects of fasting e.g headaches, nausea, vomiting, weakness etc.

The following suggestions are 2 diets for detoxification, any one of the 2 you can use.

Note: Juice should be fresh fruit without sugar. Portions are to be smaller in amounts as the days progress. Choose any one of the two diets and stick to it.

Diet #1

Day #1

Breakfast A glass of fruit juice (preferably orange or papaw). You can add 2 spoons of granola or have a soda biscuit or whole wheat biscuit (Crix)

Snack (10 a.m) Any fruit e.g an orange

Lunch 1/4 chicken breast (90 gms) with raw salad or steamed vegetables. A glass of fruit juice

Supper Not later than 8:00 p.m. Vegetable soup or vegetables. Eat no meat of any kind. 2 slices of whole wheat bread

Day #2

Breakfast Medium serving of fruit

Snack (10 a.m) Soda/whole wheat biscuit and a glass of milk

Lunch Small grilled fish, or a fried fish with raw salad or a cup of fish broth. Fruit juice.

Snack (4 p.m) Fruit juice

Supper Vegetable sandwich with 1 slice of cheese (30 gms). No butter. For vegetables, you can use tomato, cucumber and raw grated carrots

Day #3

Breakfast Fruit with granola

Snack (10 a.m) Natural yoghurt sweetened with honey or brown sugar or a fruit

Lunch 1/2 cup of lentil or black eye peas with 1/2 cup brown rice and salad with fruit juice

Snack (4 p.m) A fruit (apple, orange, mango, mandarine or fruit juice

Supper Vegetable soup with salad or 2 slices of whole wheat bread

Day #4

Breakfast A fruit plate.

Snack (10a.m) A slice of musk or water-melon or an apple or any fruit.

Lunch Vegetable or celery soup, salad and fruit juice.

Snack (4 p.m) Fruit juice or fruit (apple, orange, mango, mandarine)

Supper A fruit plate with granola and a glass of juice

Day #5

Breakfast Fruit

Snack (10 a.m) A glass of fruit juice

Lunch Salad with roasted or boiled potato with a glass of juice

Snack (4 p.m) A banana or 2 medium mandarins

Supper Vegetable sandwich and fruit juice

Day #6 Only fruit

Diet #2

Day #1

Breakfast Eat a lot of watermelon or musk melon

Lunch Melon or a glass of natural orange juice

Supper Vegetable soup or steamed vegetables

Day #2

Breakfast 2 portions of papaw or 2 slices of melon or 2 oranges or a glass of natural orange juice

Lunch A fruit plate or a salad plate

Supper Salad of raw vegetables e.g whole avocado and a large portions of stringed beans

Day #3

Breakfast Several slices of pineapple or a glass of orange juice

Lunch Vegetable soup without meat and raw salad

Supper 1 or 2 baked or boiled potatoes and a large portion of steamed broccoli or cauliflower or cabbage or stringed beans

Day #4

Breakfast A whole small musk melon or 2 portions of papaw or 2 oranges or a glass of orange juice

Lunch A fruit plate with banana, avocado, orange, grape fruit, apple, mango or 3 granola and orange juice

Supper Vegetable salad with large portion of brown rice or a baked potato and one slice of whole wheat bread

Day #5

Breakfast Melon or papaw or other fruit

Lunch Vegetable soup or steamed vegetables without meat or a salad plate or eddoe soup or pumpkin soup

Supper A fruit plate. Same as for lunch on day 4

Day #6 Fruit only all day

How to break your fast.

Generally, a fast is broken with sweet fruits or their juices. Fruits most commonly used are grapes, bananas, pears, apples, oranges, pineapples, papaws. Start by eating small portions chewing very slowly to stimulate the production of saliva, gastric juices and intestinal movement. This has to be done every hour or more if your stomach maintains a sensation of fullness or feels bloated with gas.

During the following days you can take bigger portions with longer interval of time. E.g 3-4 hours. If you break with juice, it must be natural juice recently prepared and served at room temperature. This must be taken slowly to avoid colic pains and nerve gas production. The quantity can vary between 1/2 or 1 glass every hour or two respectively. On the following days the quantity can be increased at longer time intervals.

Re-adaptation Diet for a 3 day fast

After breaking the fast as recommended above, to maintain the benefits of the fast proceed as follows:

Day #1

In the late afternoon you can take a vegetable broth without any meat additives:

Ingredients for broth

1 carrot 1 sprig celery 1 potato
1 small onion 1 garlic clove
1 small coriander branch (Cheloi)
A pinch of salt (better without)

THIS IS YOUR WEEKEND FAST CAMP DETOXIFICATION DIET GUIDE

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Re-adaptation Diet for a 3 day fast continued.....

Day #2

Breakfast A plate of fresh fruit. You can add 2-3 spoons granola.

Snack (10a.m) 1 glass of fruit juice, 1 small package of soda biscuit or whole wheat cookies.

Lunch 1 glass fruit juice, 1/2 chicken breast, 1 small potato with salad or vegetables.

Supper 1 vegetable sandwich or vegetable broth.

Ingredients for broth

1 tomato 1 onion 1 sweet pepper
1 small potato 1 sprig of celery

The broth is ready when the potato is soft.

From the 3rd day, you can follow your normal diet. Remember not to eat too much animal protein during the week. Abstain from eating beef and avoid concentrated cubes. Do not use canned food and eat in moderation.

Remember you must eat to live and not live to eat.

1 Cor. 6:12 "All things are lawful unto me, but all things are not expedient; all things are lawful for me but I will not be brought under the power of any."

Diet plan for breaking a 7 day fast or for a longer period

Day # 1 (515 Calories)

Breakfast 2 portions of fruit

Snack (10 a.m) 1 portion of fruit

Lunch 1 glass of fruit juice (extracted just before use with no sugar added). 1 plate salad and vegetable soup

Snack (4 p.m) 1 glass fruit juice or fruit

Supper 1 mug hot water with brown sugar, 1 slice whole wheat bread.

Day # 2 (820 Calories)

Breakfast 2 portions of fruit

Snack (10 a.m) 1 mug hot water with brown sugar and cinamon (spice)

Lunch 1 glass fruit juice (no sugar) 2 cups salad, 1 yoghurt

Snack (4 p.m) 1 fruit

Supper 1 glass fruit juice, vegetables and 1 slice whole wheat bread 1 cup hot infusion of whatever you wish

Day # 3 (850) Calories

Breakfast 1 fruit with 1 cup Yoghurt

Snack (10 a.m) 1 fruit and 4 soda or whole wheat biscuits

Lunch 2 cups salad 2 slices whole wheat bread 1 cup vegetable cream soup

Supper 1 glass fruit juice, 1 cup vegetable soup 1 slice whole wheat bread

Day # 4 (985 Calories)

Breakfast 2 portions of fruit with 2 spoons granola

Snack (10 a.m) 1 portion fruit or fruit juice

Lunch 1/2 cup rice without oil 1/2 cup salad 1 cup vegetable cream soup or broth

Day # 4 continued.....

Snack (4 p.m) 1 cup hot water with brown sugar 1 slice whole wheat bread

Supper 1 1/2 cups of salad 2 spoons of cheese 1 cup yoghurt

Day # 5 (1030 Calories)

Breakfast 2 portions of fruit with 2 spoons granola

Snack (10 a.m) 1 portion fruit 1/2 cup Quaker Oats without milk

Lunch 1/2 cup rice without oil 1/2 cup Lentils or other peas 1 spoon cheese 1 cup salad

Snack (4 p.m) 1 glass fruit juice with 4 whole wheat biscuits

Supper 1 glass fresh fruit juice 1 cup vegetable cream soup 2 slices whole wheat bread 1 cup raw vegetables (garden salad)

Day # 6 (1150 Calories)

Breakfast 1 cup hot oats porridge with 1/2 glass milk

Snack (10 a.m) 1 glass fresh fruit juice 1 pk soda or whole wheat biscuits

Lunch 1 glass fresh fruit juice 1/2 chicken breast without skin, roasted 1/2 cup salad

Snack (4 p.m) 1 cup of hot drink 1/2 pk soda or whole wheat biscuits with 1 teaspoon butter

Supper 1 glass fresh fruit juice 2 boiled potatoes with 1 teaspoon butter 2 soup spoons of grated cheese

Day # 7 (1235 Calories)

Breakfast 2 portions of fruit and 1 spoon granola

Snack (10 a.m) 1 cup yoghurt

Lunch 1 glass fresh fruit juice 90 grams of fish 1 1/2 cup salad 1 boiled potato

Snack (4 p.m) 1 glass fresh fruit juice

Supper 1 boiled or roasted plantain with 2 teaspoons of cheese

Note: Beef can be eaten from the 10th day onwards after fasting but in small quantities. Salt must be used sparingly at a minimum. Take advantage of changed nutrition habits.

The Lord will lead you the way you are going

NB: 1 portion of fruit is equivalent to a cup of cubes fruits of 3/4 of fresh fruits juice or a small fruit.

The Fast which God accepts

Isaiah 58



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