



**FAST CAMP
RE-ADAPTATION DIET GUIDE**

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.

How to break your fast.

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:

Sunday

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)		

Monday

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."