

January 2025- Level 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Skip Sugar foods	Skip Sugar foods	Skip Sugar foods	Skip Sugar foods	Skip Sugar foods	Skip Sugar foods	Skip Sugar foods
12	13	14	15	16	17	18
Skip Sugar foods	Skip Sugar foods	Skip Sugar foods	Skip Sugar foods	Skip Sugar foods	Skip Sugar foods	Skip Sugar foods
19	20	21	22	23	24	25
Skip Breads	Skip Breads	Skip Breads	Skip Breads	Skip Breads	Skip Breads	Skip Breads
26	27	28	29	30	31	1
Skip Starches	Skip Starches	Skip Starches	Skip Starches	Skip Starches	Skip Starches	Skip Starches

Examples of sugar foods: Candy, Cakes, Cookies, Pies and cobblers, Sweet rolls, pastries, doughnuts, Dairy desserts, such as ice cream, yogurt, Sugar sweetened drinks, such as soft drinks, sports drinks, energy drinks, and juice drinks. Syrups, Brown sugar, sugar, Honey, Fruit juice concentrates

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Examples of breads: Baguette, Brioche Bread, Ciabatta Bread, Focaccia Bread, Multigrain Bread, Pita Bread, Rye Bread, Sourdough Bread, Whole Wheat Bread, Arepa Bread, Bagels, Chapati Bread, Naan Bread, Roti Bread, Tortilla

Explanation of Fasting Chain or 6AM-6PM Fast: During a Fasting Chain 24 hours of eating completely and only drink water. During a 6AM-6PM Fast idea is to Sacrifice solid foods and only drink water from 6AM-6PM.

FEBRUARY 2025- Level 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Skip one Meal	Skip One Meal	Skip one Meal	Skip One Meal	Skip one Meal	Skip One Meal	Skip one Meal
9						
Fruits and Veggies only						

Examples of Starches: garbanzo beans, sushi rice, sourdough bread, cannelloni beans, lima beans, pumpernickel bread, cooked millet, peas, rye bread, brown rice, rice, adzuki beans, green or unripe bananas, yams, pasta, corn, lentils, chickpeas, pinto beans, black beans, potatoes, corn