October 2015

Seven Days of Fasting

TRC Wellness Calendar

...prosper and be in health...III John 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We can do all things through Christ who strengthens us. Philippians 4:13	No carbs, dairy, or meats after 3pm.	No carbs, dairy, or meats after 3pm.	No carbs, dairy, or meats after 3pm.	No carbs, dairy, or meats after 3pm.	No carbs, dairy, or meats after 3pm.	3 No carbs, dairy, or meats after 3pm.
4 No carbs, dairy, or meats after 3pm.	FASTING/PRAYING VEGETABLES, FRUIT, AND WATER ONLY	FASTING/PRAYING VEGETABLES, FRUIT, AND WATER ONLY	7 FASTING/PRAYING VEGETABLES, FRUIT, AND WATER ONLY	FASTING/PRAYING VEGETABLES, FRUIT, AND WATER ONLY	9 FASTING/PRAYING VEGETABLES, FRUIT, AND WATER ONLY	FASTING/PRAYING VEGETABLES, FRUIT, AND WATER ONLY
FASTING/PRAYING VEGETABLES, FRUIT, AND WATER ONLY	Add fish.	Add eggs.	Add whole grains and legumes.	Add chicken and turkey.	Add dairy.	Add other meats.
18	19	20	21	22	23	24
25	26 No carbs, dairy, or meats after 3pm.	27 No carbs, dairy, or meats after 3pm.	No carbs, dairy, or meats after 3pm.	No carbs, dairy, or meats after 3pm.	30 No carbs, dairy, or meats after 3pm.	31 No carbs, dairy, or meats after 3pm.
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