

## 50 Day Fast

### FOODS TO EAT

<b>Fast Days</b>	<b>Foods to Eat</b>	<b>Food to Avoid</b>
Day 1 through Day 14	Beef, Chicken, Fish, Seafood, Whole Grains (brown rice, oats, barley), fruits, seeds, nuts, sprouts, vegetables, & liquids (spring water, distilled water, 100% all natural fruit juices, 100 all natural vegetable juices	All Breads, white flour (and all products using it), white rice, pasta, carbonated beverages, sweets and desserts
Day 15 through Day 27	Chicken, fish, seafood, whole grains (brown rice, oats, barley), fruits, vegetables, liquids (spring water, distilled water, 100% all natural fruit juices, 100% all natural vegetable juices	<u>Fried foods, beef, pork, breads, white flour</u> (and all products using it), white rice, pasta, carbonated beverages, sweets and desserts
Day 28 through Day 40	Fish, Seafood, Whole Grains (brown rice, oats, barley), fruits, seeds, nuts, sprouts, vegetables, & liquids (spring water, distilled water, 100% all natural fruit juices, 100 all natural vegetable juices	<u>Chicken, fried foods, beef, pork, breads, white flour</u> (and all products using it), white rice, pasta, carbonated beverages, caffeine, sweets and desserts
Day 41 through 50	Whole Grains (brown rice, oats, barley), fruits, seeds, nuts, sprouts, vegetables, & liquids (spring water, distilled water, 100% all natural fruit juices, 100 all natural vegetable juices	<u>Fish, seafood,</u> chicken, fried foods, beef, chicken breads, white flour (and all products using it), white rice pasta, carbonated beverages, caffeine, sweets and desserts