

Sample 7-Day Meal Plan – 36-hour Fasting Protocol

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	FAST DAY Water Coffee		FAST DAY Water Coffee		FAST DAY Water Coffee		FAST DAY Water Coffee
<b>Lunch</b>	FAST DAY Water Green tea 1 cup of vegetable broth		FAST DAY Water Green tea 1 cup of chicken broth		FAST DAY Water Green tea 1 cup of beef broth		FAST DAY Water Green tea 1 cup of vegetable broth
<b>Dinner</b>	FAST DAY Water Green Tea + No desert		FAST DAY Water Green Tea + No desert		FAST DAY Water Green tea + Seasonal fruits		FAST DAY Water Green tea + No desert