

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	FAST DAY Water Tea/Coffee		FAST DAY Water Tea/Coffee		FAST DAY Water Tea/Coffee		FAST DAY Water Tea/Coffee
Lunch	FAST DAY Water Tea 1 cup of vegetable broth		FAST DAY Water Tea 1 cup of chicken broth		FAST DAY Water Tea 1 cup of beef broth		FAST DAY Water Tea 1 cup of vegetable broth
Dinner	FAST DAY Water Tea No dessert		FAST DAY Water Tea No dessert		FAST DAY Water Tea No dessert		FAST DAY Water Tea No dessert