

PRE-PLANNING FASTING GUIDE

Prepare Spiritually, Mentally,
and Physically for your fast

Dr. Janis Modeste
Your Inspirational Coach

PRE-FASTING SCHEDULE

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| SUNDAY | Declutter Day- Today is the day to declutter the spaces you visit in your home on a daily basis. A physical declutter will allow for a clear mind, so you can focus your energies on hearing from God. Some examples of spaces are your bathroom counter top, dresser top, or closet. Just look around you and you'll notice the places that may need organizing. |
| MONDAY | Build Your Sanctuary Day- Create a haven for you to spend your quiet time each morning as you awake. Find a space and add a fresh plant, small waterfall, or scripture art to create an atmosphere of peace. You may order personalized scripture art at refocus21.com/store |
| TUESDAY | Resource Day- Read page 6 of your Refocus 21 Journal-zine, "A Promise From Wisdom" as you prepare your mind and spirit for your upcoming journey. If you did not get your hardcopy or eCopy (download), do so now at Refocus21.com . Review the contents to become familiar with the process and time allocation you will be needing as we continue to pre-plan for this 21-day fasting journey. Now is also a great time to order your planner/calendar for the upcoming year so you can start planning immediately after the fast. |
| WEDNESDAY | Grocery Shopping- Review our sample vegan recipes and grocery list on page 15 & 16 of your Refocus 21 Journal-zine. A grocery list is also provided for you in this pre-planning guide. Take it grocery shopping with you so you can check off the list. |
| THURSDAY | Check in Thursday- On Thursdays we will be online sharing tips and testimonies from our fasting community. We will also be sharing recipes and cooking ideas so be sure to tune into refocus21.com If you have not signed up for the fasting, do so now so you can receive the links to webinars, chats, and Facebook pages. We have tons of ways to keep you up to date. Stay tuned. |
| FRIDAY | Scheduling Day- Write your weekly schedule including your prayer time, meal time, wake/sleep time to help you stay on track. Use page 13-14 in your refocus21 journal-zine to write down your plan and to help you choose your *fasting options. Options range from abstaining from your favorite TV show for 21 days to following a vegan diet or Daniel Fast for 21 days. Feel free to customize a plan that works for you. You can fast from anything! *Please consult your physician for diet changes. |
| SATURDAY | Rest & Relax Day- Clear your mind as you prepare mentally for the journey. Read pages 8-9, "Daniel's Success Secret" to find out more about the supernatural power of fasting and how it can change your life. Be ready to hear from God concerning your Destiny. He has a plan and He wants you to plan for it. |

For fasting made simple, get your journal today at Refocus21.com

Don't plan alone. Join our fasting team and be ready to step into God's Master Plan for your year of greatness. Dr. Janis has laid out a simple but powerful fasting system that walk you through 21 days of prayer, journaling, and fasting.

Why fasting? Jesus said, if you want to see power, then mix your prayer with fasting (Matt 17:21 expanded).

So if you're believing to enjoy the great life, not just the good life that God has for you, join the fast today. Get ready for the supernatural. Register today at Refocus21.com

WEEK 1 MEAL PLANNER

| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|-----------|-----------|-------|-------|-------|--------|
| SUNDAY | | | | | |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |

NOTES: _____

WEEK 2 MEAL PLANNER

| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|-----------|-----------|-------|-------|-------|--------|
| SUNDAY | | | | | |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |

NOTES: _____

WEEK 3 MEAL PLANNER

| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|-----------|-----------|-------|-------|-------|--------|
| SUNDAY | | | | | |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |

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Grocery List

Popular Fruits

- Apples
- Grapes
- Blueberries
- Banana
(season fruit)

Vegetables

- Broccoli
- Cabbage-purple
- Carrots
- Garlic
- Jalapenos
- Kale
- Lettuce
- Bell Peppers
- Potatoes
- Onions
- Spinach

- Sweet Potato
- Tomatoes

Legumes

- Lentils beans
- Mixed beans
- Pinto beans
- Split peas
- Black beans

Whole Grains

- Brown Rice
- Oats
- Barley
- Quinoa
- Cream of wheat
-(whole wheat)
- Organic puffed kamut

Snacks/toppings

- Peanuts
- Cashews
- Almonds
- Brown rice cake

Seasonings

- Sea salt
- Cinnamon
- Pumpkin spice
- Nutmeg
- Olive oil
- Apple cider vinegar

** These suggested ingredients matches Nadia's recipes.*