



PRE FAST

Planning Guide

2017

refocus21.com

Janis Modeste
Your Inspirational Coach

PRE-FASTING SCHEDULE

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 journey.
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/live-broadcasts and/or phone conference # (559)546-1200 Access Code: 570286895# You can also watch us live on our Facebook page at www.facebook.com/InspireUsNetwork
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 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.

For fasting made simple, get your journal today!

Join the Fast!
January 8-28
2017

Book Now Available at
refocus21.com

refocus21
A 21-Day Fasting Journal

Get On God's Plan for your life!

PRE FAST
Planning Guide

Order your 21-Day Fasting Journal & get a *Free Planning Guide Download.

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*For a limited time only

Includes vegan recipes, journal pages, daily devotions & more to keep fasting simple

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					

NOTES: _____



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.*