



## The Romans Chapter 12 Fast

### Eating Plan

#### What NOT to Eat

- Stay away from excessive CARBS (breads, cakes, etc...)
- Avoid Sugars, dairy products, eggs, cheeses, and fried foods
- No preservatives, cold cuts or canned meats
- No sugar substitutes like diet drinks, colas, aspartame
- No alcohol - except the Lord's Supper
- No breads, cakes, ...

#### What to EAT

- Eat once daily at dinner after 6 pm - EAT SLOWLY and PRAYERFULLY
- Stop eating after dinner (by 9 pm)
- Make vegetable soup (for a snack during the day if needed and/or for dinner)
- Eat any of the following:
  - Provisions                      - Fruits                      - Potatoes (sweet potatoes)
  - Beans                              - Nuts                        - Salad (with dressing)
  - Soup (non creamy) - Unleavened Bread (matzo, Ryvita, ...)
- Although not recommended, if you must eat a meat, stay with **fish** or **chicken**

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