

CENTER FOR HOPE MINISTRIES - 21 DAY FAST SCHEDULE
2012 MANIFESTED POSSIBILITIES
 JANUARY 9TH—29TH 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
No Meat, No Sugar, No Bread						
1	2	3	4	5	6	7
8	9 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	10 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	11 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	12 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	13 100% Juice & Water Only All Day	14 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>
15 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	16 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	17 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	18 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	19 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	20 100% Juice & Water Only All Day	21 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>
22 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	23 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	24 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	25 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	26 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	27 100% Juice & Water Only All Day	28 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>
29 <i>Day Time: Fruit, Vegetables & Water</i> <i>Dinner: Add Whole Grain & Legumes</i>	30	31				