



**Sample Eating Time for IRM FAST (\*\*If you are fasting with Pastor Davis ONLY \*\*)**

This is based on an 18 hour fast. You will have a 6hr window to eat.

***\*\*This fast that includes fish and poultry. Starting March 13, we will fast for 20 ours until April 13<sup>th</sup>. During the week of March 27<sup>th</sup>, we will fast from all meats and will only consume fruits and vegetables with a few foods that are added to the "Foods I can EAT" list.***

***Beginning April 15, we will fast with no food until 6am Easter morning.\*\****

*Note: This fast is not required and neither expected of IRM members or anyone who may want to participate. The fast is completely voluntary. We ask that all who choose to participate should seek the advice of their physician/healthcare provider before participating in this fast. The 21 day fast is not required and participants may stop at any time during the fast.*

**Sample Daily Eating Time Frame**

7am – 11am

8am – 12pm

10am – 2pm

11am – 3pm

12pm – 4pm

4pm – 8pm

5pm – 9pm

The *eating* time frame that benefits me the most is from 11am – 3pm or 12pm – 4pm. Your time slots may be different but choose one that best fits your daily schedule.

Some things that we should have ready during the fast:

1. Coffee (w/o cream or sugar, but you can use Xylitol – which is a sugar substitute)
2. Fish oil (pill supplement or add fish to your fast)

3. Electrolytes – add to your water (electrically charged mineral- sodium, potassium, magnesium, and chloride) as they maintain fluid throughout the body. Electrolytes are electrically charged minerals that allow things to move in the body. They allow the nervous system to communicate as well as other functions.
4. Bee Pollen/Propolis – (since we will be fasting for a longer period of time you will need it to replenish your B vitamins). This also helps nutrient absorption and immune support.
5. Apple Cider Vinegar (Helps with reducing hunger, digestion, blood sugars)
6. Lemon (lemon helps to prevent kidney stones while on the fast as well as other benefits).
7. Bone Broth
8. Cinnamon

### **Steps to take to start your day on the fast:**

#### **If you start your day at 6AM**

So, if you wake up at 6am, then have 2 teaspoons of **Apple Cider and Vinegar (ACV)** in a 16oz glass of water. Have caffeine if you want with no sugar, but you can use Xylitol. Don't overdue your coffee intake. I recommend 1 cup if you need to have coffee.

#### **9AM**

At 9am you should add electrolytes.

#### **11AM**

11am, switch to green tea.

#### **1PM**

At 1pm ACV again in a 16oz glass of water

#### **3:30PM**

At 3:30pm, add some cinnamon tea or cinnamon that will help you bring the cortisol levels down.

#### **3:50PM**

At 3:50pm you should have some bone broth if you want...this is optional

#### **4PM**

At 4pm, you can add protein such as chicken, turkey, fish, or eggs. Wild caught salmon is the best. Organic eggs You can add BEE POLLEN here as well.

#### **5pm**

5pm you will have chicken, fish, turkey, eggs, but **add greens (ex: salad, other vegetables)**.

#### **7PM**

Second round of protein. This can be the above-mentioned foods you can eat.

## **8PM**

Back on the fast.

**Below is the list for when we start the corporate 21 day FAST on March 27<sup>th</sup>.  
Please review the IRM Corporate Fasting Info for further details.**

### **Additional foods that I recommend to the list of foods you can EAT:**

*Sauerkraut (which is Cabbage)/Cabbage that you can boil and add organic seasonings for taste*  
*Arugula*  
*Salmon*  
*Cod Liver or Cod liver oil*  
*Pecans and Pistachios*  
*Extra Virgin Olive Oil*  
*Eggs*

**Liquids that I recommend: 2 to 3 liters a day (8 – 12 cups) this will help prevent kidney stones. I recommend you put in SEA SALT and Electrolytes. This will prevent fatigue and overall weakness. 1/8 a teaspoon of electrolyte powder in 1 liter of water. 1 to 1.5 teaspoons a day of sea salt.**

*Herbal Teas – Berberine/Green Tea*  
*Natural Spring Water – Fiji, Dasani, Mountain Valley, Evian, and the like.*  
*Raw wheat grass powder – you will be more acidic during your fast so this will offset the rise in acidity.*  
*Lemon Juice – I'd recommend 1tsp. of lemon juice in addition to the 2 tsps. of ACV*

### **APPROVED FOODS**

- **All Vegetables and Fruits:** fresh, dried, juiced, frozen, dehydrated, or canned
- **All Whole Grains:** amaranth, brown rice, whole-grain pasta, quinoa, whole wheat, barley, whole-grain tortillas, popcorn, millet, oats, kamut/khorasan wheat, teff, etc.
- **All Beans and Legumes (canned or dried):** chickpeas, black beans, pinto beans, lentils, Great Northern beans, kidney beans, black-eyed peas, cannellini beans, etc.
- **All Nuts and Seeds:** cashews, almonds, walnuts, chia seeds, flax seeds, pistachios, pecans, pumpkin seeds, etc.
- **Select Beverages:** natural fruit juices (no sugar or corn syrup), spring water, distilled water, and unsweetened sparkling water
- **All Quality Oils:** olive, avocado, etc

- **Others (organic where possible):** tofu, tempeh, vinegar, seasonings, herbs, sea salt, Himalayan salt, and spices
- **Sweetener:** Honey is allowed
- **Eggs:** At least 2 to 4 eggs daily (this is optional)

**At a minimum, avoid meats and desserts. If you would prefer to go further in your fast, then you may fast from the list of food items below:**

- **Meat and animal products:** All read meats, poultry, fish, seafood, etc.
- **Dairy and egg products:** milk, cheese, butter, cream, eggs, mayo, etc.
- **Sweeteners:** sugar, raw sugar, agave, syrups, molasses, cane sugar, etc.
- **Leavened bread:** baked goods and breads made with honey and yeast
- **Deep-fried foods:** potato chips, French fries, corn chips, etc.
- **Solid fats:** shortening, margarine, lard, etc.
- **Some beverages:** coffee, carbonated drinks, energy drinks, juices with added sugars and flavoring, etc.