

## January 2026- Level 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
6AM-6PM Water Only Fast After 6PM- No Sugars & Breads	6AM-6PM Water Only Fast After 6PM- No Sugars & Breads	6AM-6PM Water Only Fast After 6PM- No Sugars & Breads	6AM-6PM Water Only Fast After 6PM- No Sugars & Breads	6AM-6PM Water Only Fast After 6PM- No Sugars & Breads	Juice Only	Fruits & Veggies (All day)
11	12	13	14	15	16	17
6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	Juice Only	Fruits & Veggies (All day)
18	19	20	21	22	23	24
6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	6AM-6PM Water Only Fast After 6PM- No Sugars, Breads, or Starches	Juice Only	Fruits & Veggies (All day)
25	26	27	28	29	30	31
6AM-6PM Water Only Fast After 6PM- Fruits & Veggies	6AM-6PM Water Only Fast After 6PM- Fruits & Veggies	6AM-6PM Water Only Fast After 6PM- Fruits & Veggies	6AM-6PM Water Only Fast After 6PM- Fruits & Veggies	6AM-6PM Water Only Fast After 6PM- Fruits & Veggies		NORMAL

**Examples of sugar foods:** Candy, Cakes, Cookies, Pies and cobblers, Sweet rolls, pastries, doughnuts, Dairy desserts, such as ice cream, yogurt, Sugar sweetened drinks, such as soft drinks, sports drinks, energy drinks, and juice drinks. Syrups, Brown sugar, sugar, Honey, Fruit juice concentrates

**Examples of breads:** Baguette, Brioche Bread, Ciabatta Bread, Focaccia Bread, Multigrain Bread, Pita Bread, Rye Bread, Sourdough Bread, Whole Wheat Bread, Arepa Bread, Bagels, Chapati Bread, Naan Bread, Roti Bread, Tortilla

**Examples of Starches:** garbanzo beans, sushi rice, sourdough bread, cannelloni beans, lima beans, pumpernickel bread, cooked millet, peas, rye bread, brown rice, rice, adzuki beans, green or unripe bananas, yams, pasta, corn, lentils, chickpeas, pinto beans, black beans, potatoes, corn tortillas, flour

**Examples of Juices:** Apple juice, Beet juice, Blueberry juice, Cranberry juice, Grapefruit juice, Orange juice, Pomegranate juice, Pineapple juice, Carrot juice, Grape juice, Tomato juice, Tart Cherry juice

**Explanation 6AM-6PM Fast:** During a 6AM-6PM Fast idea is to Sacrifice solid foods and only drink water from 6AM-6PM.