

## January 2026- Level 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
No Sugars	No Sugars	No Sugars	No Sugars	No Sugars	No Sugars	No Sugars
11	12	13	14	15	16	17
No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads
18	19	20	21	22	23	24
No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads
25	26	27	28	29	30	31
No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	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

### Explanation of Fasting Chain or 6AM-6PM

**Fast:** During a Fasting Chain the idea is you will sacrifice 24 hours of eating completely and only drink water. During a 6AM-6PM Fast idea is to Sacrifice solid foods and only drink water from 6AM-6PM.