

## January 2026- Level 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	6AM-6PM Water Only Fast After 6PM- No Sugars & Breads	No Sugars & Breads
11	12	13	14	15	16	17
No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	6AM-6PM Water Only Fast After 6PM- No Sugars & Breads	No Sugars & Breads
18	19	20	21	22	23	24
No Sugars, Breads, or Starches	No Sugars, Breads, or Starches	No Sugars, Breads, or Starches	No Sugars, Breads, or Starches	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
25	26	27	28	29	30	31
Fruits & Veggies only (All day)	Fruits & Veggies only (All day)	Fruits & Veggies only (All day)	Fruits & Veggies only (All day)	Fruits & Veggies only (All day)	Fruits & Veggies only (All day)	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 6AM-6PM Fast:** During a 6AM-6PM Fast idea is to Sacrifice solid foods and only drink water from 6AM-6PM.