

January 2024 - Level 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	No Sugars & bread	No Sugars	No Sugars	No Sugars	No Sugars	No Sugars
7	8	9	10	11	12	13
No Sugars	No Sugars	No Sugars	No Sugars	No Sugars	No Sugars	No Sugars
14	15	16	17	18	19	20
No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads
21	22	23	24	25	26	27
No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads
28	29	30	31			
No Sugars & Breads	No Sugars & Breads	No Sugars & Breads	No Sugars & Breads			
February 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				No Sugars & Breads	No Sugars & Breads	No Sugars & Breads
4	5	6	7	8	9	10
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	No Sugars, Breads, or Starches	No Sugars, Breads, or Starches
11	12	13	14	15	16	17
Eating can return to 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.