



WCC 2016 Fast (January 4th-24th)

What You May Eat

Fruits

Dried fruits (cranberries, pineapples, raisins, currants, blueberries, etc.) Fresh or frozen fruits (bananas, tomatoes, avocados, citrus, apples, pears, oranges, etc.)

Vegetables

Fresh or frozen veggies (green beans, greens, carrots, celery, etc.) Greens (lettuces, chards, kale, etc.) Can pre-make your salad & dressings

Legumes/Proteins

Beans, lentils: (lentils, red beans, kidneys, great northern, etc.) Can make a pot of beans

Salad

Salad: lettuce, tomato, olives, fruits, etc..... Salad Dressing: (Olive Oil/ Balsamic Vinegar)

Starches (peas & corn)

Black-eyed peas, green peas, corn, hummus, etc....

Nuts/Seeds

Fresh or salted nuts (walnuts, pecans, cashews) Seeds: pumpkin, sunflower, etc.

Juices

Freshly squeezed juices including Odwallas.

Oils

Freshly pressed oils: olive, safflower, walnut, almond

Spices/Aromatics

Sea salt, Kosher salt, Dried & fresh herbs, Onions, Ginger, Fresh garlic, Honey, Vinegars, etc....

What You May NOT Eat

No meats and no sweets