

Lent Season Sacrificial Diet 2016

Date	Food	Drink
February 10-13 (week 1)	Chicken, Turkey, Fish, Beef, Pork (anyway you want) Bread, Sweets, Vegetables	Soda, Juice, ect..
February 15-20 (week 2)	Chicken, Fish, or Turkey (broil or bake) Bread, Fruit and Vegetables (no sweets)	Water only
February 22-27 (week 3)	Chicken, Fish, or Turkey (broil or bake) Fruit and Vegetables (no bread and sweets)	Water only
February 29– March 5 (week 4)	Fish or Turkey (broil or bake) Fruit and Vegetables (no bread and sweets)	Water only
March 7-12 (week 5)	Chicken or Fish (broil or bake) Fruit and Vegetables (no bread and sweets)	Water only
March 14-16 (week 6)	Turkey or Chicken (broil or bake) Vegetables (no bread, fruit and sweets)	Water only
March 17 & 18	Total Fast Thursday and Friday or as best as you can Fast will end at 12:00pm Friday	Water only

**You may eat what you want every SUNDAY during Lent.
You can always have cereal and milk for breakfast.**