

THE RESURRECTION FAST CHALLENGE

Challenge Guide & Meal Plan



Faith • Fasting • Fat Loss • Healing

WEEKLY FASTING STRUCTURE

There are foods and beverages that you can consume during fasting days if you really believe you and the LORD need them to get through the fast. Always consult with your physician before embarking on any weight loss or wellness program. Here is the FASTING schedule that the I AM Faithfully Fit family is agreeing on.

- **Sunday** – 20,000 Steps
- **Monday** – Fasting Day
- **Tuesday** – Eat at 12 PM & 6 PM
- **Wednesday** – Fasting Day
- **Thursday** – Eat at 12 PM & 6 PM
- **Friday** – Fasting Day
- **Saturday** – Eat at 12 PM & 6 PM
- **Sunday** – Normal Perfect Day

MEAL PLAN #1 – SIMPLE STRUCTURE

*(Up to 2-3 eating episodes per day —
pick 1 option per eating episode)*

SHAKES & QUICK OPTIONS

- [GC Control Shake](#) (Any of the GC control recipes shared in the group)
- [Approved Protein Shake](#) (Less than 5 net carbs if not GC control)
- [CocoRinga](#)
- [Bio Coffee](#)
- [Bravenly Brew Extreme](#) + [Ghee](#)
- [Four Sigmatic Coffee](#) + [Ghee](#)
- [HealthWise Hot Chocolate](#)
- [Bravenly Drift Cocoa](#)
- You can mix any of these as long as the calories don't exceed 300 calories.
- For shakes, please mix with [Egg Whites International](#) or Water unless a recipe includes something different.
- You do not have to add [Ghee](#), but can, or you can use [100% MCT oil](#).

BARS, TREATS & QUICK BITES

- [Quest Bar](#)
- [RX Bar](#)
- Laird Bar
- [Melaleuca Simply Fit Bar](#)
- [Melaleuca ProFlex Bar](#)
- [FiberWise Bar](#) (best with coffee or approved hot chocolate)
- [Mighty Muffin](#)
- [Quest Muffin](#)
- Quest Brownie (with or without Fat-Free Fairlife Milk)
- [Simply Fit Brownies](#), Muffins, or Pancakes with 1-3 tbsp of Hemp Hearts, Chia Seed or Hemp Flakes. Serving should fit under one hand.

HIGH PROTEIN SOUPS & BROTHS

- [Kettle and Fire Bone Broth](#) (0 Fat ones only!)
- [Healthwise High Protein Soup](#); Up to two packages

BREAKFAST / LIGHT MEALS

- Egg White Omelet (add veggies)
- [Egg Whites](#) + veggies
- 2-3 Whole Eggs
- 2 Eggs + 2 tbsp Hemp Hearts or Chia seed
- Greek Yogurt + berries
- Cottage Cheese + berries or peanut butter
- [Simply Fit Pancakes](#) with or without berries and you can use sugar free syrup
- [Simply Fit Nut Clusters](#) + almond milk or EWI
- [Simply Fit baked goods](#) + hemp

VEGAN / FIBER OPTIONS

- Leafy greens + fibrous veggies + hemp hearts/flakes or chia seeds
- This is a robust salad of leafy greens and other category 2 vegetables. As much as you would like here. Limit hemp hearts or chia seed to 3 tbsp or less.
- Use only approved salad dressings.

LEAN PROTEIN + VEGGIES

- Chicken Breast + veggies
- Turkey Breast + veggies
- Pork Tenderloin + veggies
- Fish + veggies
- Boar's Head or Dietz & Watson meats + veggies
- *Category 2 veggies only

SIMPLE COMFORT MEALS

- Hebrew National Frank + Nature's Own Keto Bun
- Lean Ground Meat + Nature's Own Keto Bun
- [Riverbend Ranch](#) meats + zero-carb side or Nature's Own Keto Bread
- Any -2 or -3 wrap, tortilla or bread product in the food library will work

RECIPES

- Seafood Slimming Soup
- Travis' Spaghetti (*approved bases*)
- Unstuffed Cabbage Roll
- Too Die For Roast
- Any -2 or -3 recipe in the recipe library on a 6-8" plate or in a 2 cup or less bowl.

FAT-BURNING COMBOS

- Category 1 + 2 + MCT
- Category 4 + 2
- Category 7 + 2 + MCT
- Category 4 alone
- Category 6 alone

PLANT OPTIONS

- Beans over cauliflower rice

SNACK OPTIONS

- Peanut butter + celery
- Peanut butter + hemp on crispbread
- Keto bread + peanut butter
- -2 or -3 Wraps with approved meats

RESTAURANT SURVIVAL OPTIONS

Any restaurant is acceptable if you can be strict and stick to categories 1+2, 4+2, or 7+2. Because the restaurant doesn't use MCT oil and likely uses seed oils, all protein categories count as a category 4.

- Mexican: 3 Soft Chicken Tacos with no shells
- Mexican: 3 Beef Tacos with no shells
- Mexican: Bowl of Chicken Soup with no rice
- Chinese: Moo Goo Gai Pan
- Chinese: Hot and Sour Soup
- Chinese: Egg Drop Soup
- Asian: Miso Soup
- Asian: Happy Family with no rice
- Chick Fila: 12 Grilled Nuggets
- Chick Fila: 8 Fried Nuggets

- McDonalds: Quarter Pounder with or without your approved bread
- Wendy's, Burger King, Arby's, 5 Guys, etc: Any Burger except a Big Mac with or without your approved bread.
- Wendy's: Small or Large Chili

FAST DAY OPTIONS (AUTOPHAGY-FRIENDLY)

BEST (TRUE FAST)

- Water
- Mineral water
- Electrolytes (no sugar)
- [Melaleuca Splash H2O](#)
- [Melaleuca Sustain Electrolytes](#) 1 serving daily
- [Bravenly Hydrate Electrolytes](#) 1 serving daily

SUPPORT

- Black coffee
- Tea (unsweetened)
- [Bravenly Brew Extreme](#)
- [Bravenly Balance](#)
- [Bravenly Rush](#)
- [Bravenly GOLD](#)
- [Bravenly DRIFT](#)
- [Bravenly RUSH](#)
- [Advocare Spark](#)
- [Melaleuca Sustain Pre-Workout](#)

OPTIONAL SUPPORT

- [Apple cider vinegar](#) water
- Lemon water (small amount)
- Salt water
- [Advo Greens](#)
- [Advo Reds](#)

MODIFIED FAST (USE IF NEEDED)

but use sparingly. Please don't consume these unless you absolutely need them on fasting days. They can be used as an eating episode on non fasting days.

- Coffee with [MCT oil](#)
- Coffee with [ghee](#)
- [Bravenly Brew Extreme](#) with or without [Ghee](#) or [MCT Oil](#)
- [Kettle and Fire Bone Broth](#) (0 Fat) and add either 1 teaspoon of ghee or 1 teaspoon of mct oil.
- [Healthwise High Protein Soups](#); up to 2 packages
- 1 cup of Egg Drop Soup
- 1 cup of Hot and Sour Soup
- 2 cups of Miso Soup

CUSTOM FASTING TEAS

These Super Teas are hand-blended locally with love and are high-potency. Because they are hand-blended, supplies are limited and new orders will be packaged by hand, first come first serve. Thank you for supporting Lawana's Super Teas.

INVIGORATE TEA (*Custom Blend with Love*)

- Yerba Mate
- Gynostemma
- Hibiscus

Benefits:

- Boosts metabolism
- Supports fat burning
- Controls appetite

TEA TOX (*Custom Blend with Love*)

- Gynostemma
- Hibiscus
- Burdock Root
- Black Tea

Benefits:

- Detox support
- Liver health
- Fat oxidation

COSMIC DREAM TEA (*Custom Blend with Love*)

- Rose Petals
- Hibiscus
- Gynostemma
- Chamomile

Benefits:

- Promotes relaxation
- Improves sleep
- Supports recovery

BEVERAGE OPTIONS

- Water / Mineral Water
- [Advocare Spark](#)
- [Bravenly Hydrate](#)
- [Melaleuca Rehydrate](#)
- [Bravenly Balance / Gold](#)
- Zip Slim / Zip Boom
- [Bravenly Rush](#)
- [Melaleuca Splash H2O](#)
- [Mela Out](#)
- Celsius / Alani

Diet Soda:

- Avoid if possible
- If needed: 1 per day max
(clear only)

Any drink **5 calories or less**

SUPPLEMENT STACK

- [Peak Performance Total Health / Vitality](#)
- [Advocare GO ME](#)
- [Collagen Boost](#)
- [Berberine](#)
- [Nutratherm](#)
- [Thermoplus](#)
- [Bravenly IGNITE](#)
- [Creatine](#)

HOW TO WIN

Eat no more than 3 times per day

Follow eating windows strictly

Fast on fasting days

Stay hydrated

Move daily (steps matter)

Stay connected to the group

Pray daily

FINAL WORD

This is not punishment.
This is purification.
If you stay in the fire...
God will do the refining.
And the results you've been praying for...
will finally show up.



Join our supportive community in embracing a sustainable, practical lifestyle. Let our faith-based weight loss program transform your life!

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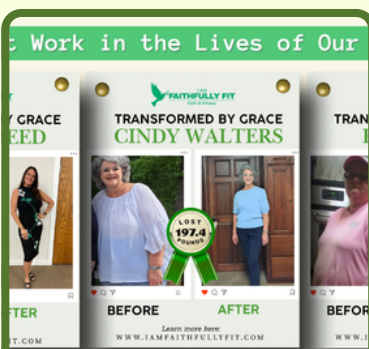


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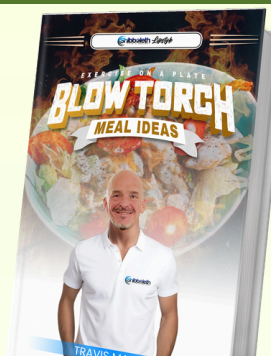
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