

# GROWTH RESOURCES: REFEEDING PLANS AFTER FASTING

## 14 DAY COMPLETE FAST: RE-FEEDING PLAN

Day	Meals	Diluted Fruit Juices	Fruit	Veggies	Watery Soup	Yogurt	Eggs	Cheese	Day	Meals	Oats	Fish	Chicken	Green Salad	Beef	Lamb
1	Break fast Lunch Supper	√ √ √							1	Break fast Lunch Supper						
2	Break fast Lunch Supper		√ √ √						2	Break fast Lunch Supper						
3	Break fast Lunch Supper		√ √ √						3	Break fast Lunch Supper						
4	Break fast Lunch Supper		√		√ √	√			4	Break fast Lunch Supper						
5	Break fast Lunch Supper		√		√ √	√			5	Break fast Lunch Supper						
6	Break fast Lunch Supper		√	√ √	√ √	√			6	Break fast Lunch Supper						
7	Break fast Lunch Supper		√	√ √	√ √	√			7	Break fast Lunch Supper						
8	Break fast Lunch Supper	√ √ √	√	√		√	√		8	Break fast Lunch Supper		√	√	√		
9	Break fast Lunch Supper		√	√		√	√	√	9	Break fast Lunch Supper		√	√	√		
10	Break fast Lunch Supper		√	√		√	√	√	10	Break fast Lunch Supper		√	√	√		
11	Break fast Lunch Supper		√	√		√	√	√	11	Break fast Lunch Supper	√		√	√	√	
12	Break fast Lunch Supper		√	√		√	√	√	12	Break fast Lunch Supper	√	√		√	√	
13	Break fast Lunch Supper		√			√	√	√	13	Break fast Lunch Supper	√	√		√ √		√
14	Break fast Lunch Supper		√ √	√		√	√	√	14	Break fast Lunch Supper	√		√	√ √		√

## 21 AND 40 DAY COMPLETE FAST: RE-FEEDING PLAN

Day	Meals	Diluted Fruit Juices	Fruit	Veggies	Watery Soup	Yogurt	Eggs	Cheese	Day	Meals	Oats	Fish	Chicken	Green Salad	Beef	Lamb
1	Break fast Lunch Supper	√ √ √							1	Break fast Lunch Supper						
2	Break fast Lunch Supper	√ √ √							2	Break fast Lunch Supper						
3	Break fast Lunch Supper	√ √ √							3	Break fast Lunch Supper						
4	Break fast Lunch Supper		√ √ √						4	Break fast Lunch Supper						
5	Break fast Lunch Supper		√ √ √						5	Break fast Lunch Supper						
6	Break fast Lunch Supper		√		√ √	√			6	Break fast Lunch Supper						
7	Break fast Lunch Supper		√		√ √	√			7	Break fast Lunch Supper						
8	Break fast Lunch Supper		√	√ √	√ √	√			8	Break fast Lunch Supper						
9	Break fast Lunch Supper		√	√ √	√ √	√			9	Break fast Lunch Supper						
10	Break fast Lunch Supper		√	√ √	√ √	√	√		10	Break fast Lunch Supper						
11	Break fast Lunch Supper		√	√		√	√		11	Break fast Lunch Supper		√	√	√		
12	Break fast Lunch Supper		√	√		√	√		12	Break fast Lunch Supper		√	√	√		
13	Break fast Lunch Supper		√		√	√	√	√	13	Break fast Lunch Supper		√	√	√		
14	Break fast Lunch Supper		√	√		√	√	√	14	Break fast Lunch Supper		√	√	√		

## 21 AND 40 DAY COMPLETE FAST: RE-FEEDING PLAN

Day	Meals	Diluted Fruit Juices	Fruit	Veggies	Watery Soup	Yogurt	Eggs	Cheese	Day	Meals	Oats	Fish	Chicken	Green Salad	Beef	Lamb
15	Break fast Lunch Supper		√	√	√	√	√	√	15	Break fast Lunch Supper	√		√	√		
16	Break fast Lunch Supper		√	√	√	√	√	√	16	Break fast Lunch Supper	√		√	√		
17	Break fast Lunch Supper		√	√	√	√	√	√	17	Break fast Lunch Supper	√		√	√		
18	Break fast Lunch Supper		√ √ √	√		√	√	√	18	Break fast Lunch Supper	√		√	√	√	
19	Break fast Lunch Supper		√ √	√		√	√	√	19	Break fast Lunch Supper	√	√		√		√
20	Break fast Lunch Supper		√ √ √	√		√	√	√	20	Break fast Lunch Supper	√		√	√	√	
21	Break fast Lunch Supper		√ √ √	√		√	√	√	21	Break fast Lunch Supper	√	√		√		√

## 7 DAY COMPLETE FAST: RE-FEEDING PLAN

Day	Meals	Diluted Fruit Juices	Fruit	Veggies	Watery Soup	Yogurt	Eggs	Cheese	Day	Meals	Oats	Fish	Chicken	Green Salad	Beef	Lamb
1	Break fast Lunch Supper		√ √ √						1	Break fast Lunch Supper						
2	Break fast Lunch Supper		√ √ √						2	Break fast Lunch Supper						
3	Break fast Lunch Supper		√	√ √					3	Break fast Lunch Supper						
4	Break fast Lunch Supper		√	√ √		√			4	Break fast Lunch Supper		√	√			
5	Break fast Lunch Supper					√	√		5	Break fast Lunch Supper			√	√ √		
6	Break fast Lunch Supper			√		√	√	√	6	Break fast Lunch Supper		√	√	√		
7	Break fast Lunch Supper			√		√	√	√	7	Break fast Lunch Supper		√	√	√		

1	Dizziness, headaches, fatigue, tired, bad taste in mouth, shaking, dark urine	The blood is busy to clean out all toxins, wastes and poisons from your body. It is a cleansing process (detox) of excessive caffeine, nicotine, alcohol, medication as well as other waste and poisons. <b>Drink enough water.</b>
2	Burning pain in kidneys	The kidneys are overloaded with poisons and toxins which we take in daily. <b>Drink plenty of water which will remove the poisons and the burning pain will leave.</b>
3	Shooting pain in sides	Our organs are linked to muscle. Thus when we breathe fast our diaphragm move up and down and stretches our muscles. It is the stretching of our muscles which causes the pain. <b>Walk and move in a slower pace than normal.</b>
4	Heart palpitation	The organs demand for oxygen rises. The heart is working harder to provide oxygen to the organs. <b>Walk daily at a slower pace.</b>
5	Nausea	This is due to hunger and an excess of waste and poisons of which the stomach must get rid of. <b>Drink warm water with a teaspoon of honey or lemon juice in.</b>
6	Vomiting	Your body is being cleansed from gall. <b>Drink enough water.</b>
7	Stomach Cramps	Due to hunger or drinking your water too cold on an empty stomach. Drink your water room temperature, luke-warm or warm water will prevent cramps. <b>Take a warm bath.</b>
8	Muscle Cramps	Harsh exercises during a fast leads to dehydration and muscle cramps. <b>Drink plenty of water and rest when possible.</b>
9	Difficulty urinating	Due to poisons the kidneys are overloaded in the beginning of the fast. <b>Drink warm water and take a warm bath.</b>
10	Extremely fast or slow pulse	Fast pulse – this starts due to anxiety. <b>Take a cold bath.</b> Slow pulse – this happens because of not enough movement. <b>Take a warm bath.</b>
11	Humming in the ears or buzzing in the head or seeing white and black dots	The humming is temporary and is due to the liver which was excessively poisoned before the fast and the kidneys or intestines is not removing toxins fast enough. Anxiety can also cause it. <b>Drink big quantities of luke warm water and rest when possible.</b>
12	Insomnia	This is due to losing weight and the cleansing process that is taking place. There is now an increase of oxygenated blood to the brain which keeps us awake. <b>Get up and spend time with God. Spiritual surprises is awaiting you!</b>
13	Have the hiccups	Mostly only with a long fast. Due to the gall in the stomach, or a temporary blockage in the intestines. <b>Suck on ice cubes or make the contraction as if you want to vomit.</b>
14	Body Odor	Due to the cleansing process in the body an excess of wastes are being removed through the skin. <b>Take care of personal hygiene by taking regular baths or showers.</b>
15	Constipation together with bad breath	Normally with fasting of 21 – 40 days and this is seen by people who struggles with constipation. <b>Break the fast then just for 2 days with fruit juices, watery vegetable soup or watery/thin oats porridge and drink a great amount of warm water and take warm baths. Carry on with your normal fast after 2 days.</b>
16	Feeble Bowel Movement	Very seldom during a fast. Normally a symptom of constipation. <b>Welcome the loose motion of bowels because it is normally a cleansing process.</b>
17	Pain in the heart	Due to gases in the stomach which is pressing against the heart. Pain in the heart seldom ever occurs during a fast. <b>If it does, go take a walk for a small distance, relax and breathe rhythmic.</b>
18	White coating on the tongue	This is waste which is being removed and is part of the cleansing process. <b>Also brush your tongue when you brush your teeth.</b>
19	Wax in the ears or a runny nose	This is waste which is being removed and is part of the cleaning process. <b>Remove it with an ear bud.</b>



If you would like to speak to someone about your situation, we would love to help you and pray with you. Please contact the El Shaddai FGC Offices or you can email us at [info@taniab.co.za](mailto:info@taniab.co.za)