21 DAYS OF CONSECRATION

MARCH 9th - MARCH 29th, 2026

SUGGESTED FOOD LIST

MATTHEW 6:17-18

Meats are limited to fish and poultry.

All fruits. *These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangos, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.*

All vegetables. *These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.*

All whole grains, *including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.*

All nuts and seeds, *including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.*

All legumes. *These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.*

All quality oils *including but not limited to olive, canola, grape seed, peanut, and sesame.*

Beverages: *spring water, distilled water or other pure waters also, 100% fruit juices, decaffeinated teas.*

Other: *tofu, soy products, vinegar, seasonings, salt, herbs and spices, raw sugar, natural honey, natural syrups, molasses, and can juice.*

Foods to avoid on the Consecrational Fast

All red meat and animal products *including but not limited to beef, lamb, pork.*

All dairy products *including but not limited to milk, cheese, cream, butter.*

All artificial sweeteners *including but not limited to white sugar.*

All refined and processed foods products *including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.*

All solid fats *including shortening, margarine, lard and foods high in fat.*

Beverages including but not limited to *caffeinated beverages, carbonated beverages, and alcohol.*

When you shop for food remember to READ THE LABELS to make sure the only ingredients in packaged foods are suitable for the Consecrational Fast. You will want to be especially aware of chemicals, dairy products, and processed/ artificial sweeteners - all of which are not allowed on the Consecrational Fast.