

2021 ANNUAL CONSECRATION SCHEDULE
START OCT.1 @ 12:00AM - END OCT. 31 12:00AM

*****Please Follow the Schedule Below as Directed Throughout the Consecration*****

31 Days						REMEMBER	
↓	Times to Break Fast	Which Meal Am I Having	Allowable Food	Allowable Food	Allowable Drinks	↓	
Day 1	6:00 AM	Lite Breakfast		Fruits / Veggies	Juice / Water	Prayer Medication Rest	
	6:00PM	Dinner		Veggies	Juice / Water		
Day 2	12:00 PM	Lunch		Fruits / Veggies	Juice / Water	Word Medication Rest	
Day 3	6:00 AM	Lite Breakfast		Fruits / Veggies	Juice / Water	Prayer Medication Rest	
	6:00PM	Dinner		Veggies	Juice / Water		
Day 4	12:00 PM	Lunch		Fruits / Veggies	Juice / Water	Word Medication Rest	
Day 5	6:00 AM	Lite Breakfast		Fruits / Veggies	Juice / Water	Prayer Medication Rest	
	6:00PM	Dinner		Veggies	Juice / Water		
Day 6	12:00 PM	Lunch		Fruits / Veggies	Juice / Water	Word Medication Rest	
Day 7	6:00 AM	Lite Breakfast		Fruits / Veggies	Juice / Water	Prayer Medication Rest	
	6:00PM	Dinner		Veggies	Juice / Water		
Day 8	12:00 PM	Lunch		Unleavened Bread	Honey	Juice / Water	Word Medication Rest
Day 9	6:00 AM	Lite Breakfast		Oats	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner		Unleavened Bread	White Meat (fish, chicken, or turkey)	Juice / Water	
Day 10	12:00 PM	Lunch		Unleavened Bread	Honey	Juice / Water	Word Medication Rest
Day 11	6:00 AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest	
	6:00PM	Dinner	Unleavened Bread	White Meat (fish, chicken, or turkey)	Juice / Water		
Day 12	12:00 PM	Lunch	Unleavened Bread	Honey	Juice / Water	Word Medication Rest	
Day 13	6:00 AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest	
	6:00PM	Dinner	Unleavened Bread	White Meat (fish, chicken, or turkey)	Juice / Water		
Day 14	12:00 PM	Lunch	Unleavened Bread	Honey	Juice / Water	Word Medication Rest	
Day 15	6:00 AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest	

	6:00PM	Dinner	Unleavened Bread	White Meat (fish, chicken, or turkey)	Juice / Water	
Day 16	12:00 PM	Lunch	Veggies	Honey	Juice / Water	Word Medication Rest
Day 17	6:00 AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner	Veggies	White Meat (fish, chicken, or turkey)	Juice / Water	
Day 18	12:00 PM	Lunch	Veggies	Honey	Juice / Water	Word Medication Rest
Day 19	6:00 AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner	Veggies	White Meat (fish, chicken, or turkey)	Juice / Water	
Day 20	12:00	Lunch	Veggies	Honey	Juice / Water	Word Medication Rest
Day 21	6:00AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner	Veggies	White Meat (fish, chicken, or turkey)	Juice / Water	
Day 22	12:00PM	Lunch	Veggies	Honey	Juice / Water	Word Medication Rest
Day 23	6:00AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner	Assorted Fruits	White Meat (fish, chicken, or turkey)	Juice / Water	
Day 24	12:00PM	Lunch	Veggies	Honey	Juice / Water	Word Medication Rest
Day 25	6:00AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner	Assorted Fruits	White Meat (fish, chicken, or turkey)	Juice / Water	
Day 26	12:00PM	Lunch	Veggies	Honey	Juice / Water	Word Medication Rest
Day 27	6:00AM	Lite Breakfast	Oats	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner	Assorted Fruits	White Meat (fish, chicken, or turkey)	Juice / Water	
Day 28	12:00PM	Lunch	Veggies	Honey	Juice / Water	Word Medication Rest
Day 29	6:00AM	Lite Breakfast	Unleavened Bread	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner	Unleavened Bread	Honey	Juice / Water	
Day 30	12:00PM	Lunch	Unleavened Bread	Honey	Juice / Water	Word Medication Rest
Day 31	6:00AM	Lite Breakfast	Unleavened Bread	Honey	Juice / Water	Prayer Medication Rest
	6:00PM	Dinner	Unleavened Bread	Honey	Juice / Water	

