

Rules for Fast Days

Whatever you would have been entitled to eat the day of the fast, you may divide that food and have it before and after the fast. (Example: If my menu plan entitled me to eat a breakfast and lunch the day of the fast, I can add the lunch to my pre-fast meal and add the breakfast to my post-fast meal).

Tips

- Don't be afraid of being hungry on the fast day. One advantage of a proper diet is that it makes fasting much easier. You do not need to overeat prior to your fast, even if you haven't fasted well in the past.
- You do need to make sure to be hydrated. Drink plenty of water. You'll fast easier if you drink a lot the entire day before the fast than if you wait until the last minute to start drinking.
- Plan and prep accordingly. People who don't, gain a lot of weight from fast days because of what they eat before and/or after. Dieters are especially vulnerable when they are hungry and irritable, and once you start eating, you will get even hungrier. (Don't incorrectly rationalize that you could "afford" to break your diet because you didn't eat that day)

Good luck and have an easy fast.