



Optional Eating Plan 1*

Welcome to *The Lord's Table* course! This is a 60-day Bible study to help you gain control of your eating habits, to eat in a way which honors Christ, and to lose weight, if needed. Here is a suggested eating schedule to help you get up and running. These suggested eating days are like training wheels on a bike. They are helpful to get you started, and you may feel more secure having them guide you. But eventually, you'll outgrow them. In *The Lord's Table* study, this eating schedule is offered as a guide only, and not as a requirement. Eventually, you will develop your own schedule of eating that honors the Lord and produces weight loss or maintains optimum weight.

*This plan should not be used by pregnant or nursing moms, diabetics, teens, anyone who is underweight, or with any other medical contra-indication for doing so.

To view an eating plan spreadsheet which may be customized to fit your schedule, [click here](#)

Day 1: Half Day	Day 31: Normal Day
Day 2: Liquids Day	Day 32: Fast Day
Day 3: Normal Day	Day 33: Normal Day
Day 4: Fast Day	Day 34: Half Day
Day 5: Normal Day	Day 35: Liquids Day
Day 6: Half Day	Day 36: Half Day
Day 7: Liquids Day	Day 37: Liquids Day
Day 8: Half Day	Day 38: Normal Day
Day 9: Liquids Day	Day 39: Fast Day
Day 10: Normal Day	Day 40: Normal Day
Day 11: Fast Day	Day 41: Half Day
Day 12: Normal Day	Day 42: Liquids Day
Day 13: Half Day	Day 43: Half Day
Day 14: Liquids Day	Day 44: Liquids Day
Day 15: Half Day	Day 45: Normal Day
Day 16: Liquids Day	Day 46: Fast Day
Day 17: Normal Day	Day 47: Normal Day
Day 18: Fast Day	Day 48: Half Day
Day 19: Normal Day	Day 49: Liquids Day
Day 20: Half Day	Day 50: Half Day
Day 21: Liquids Day	Day 51: Liquids Day
Day 22: Half Day	Day 52: Normal Day
Day 23: Liquids Day	Day 53: Fast Day
Day 24: Normal Day	Day 54: Normal Day
Day 25: Fast Day	Day 55: Half Day
Day 26: Normal Day	Day 56: Liquids Day
Day 27: Half Day	Day 57: Half Day

Day 28: Liquids Day	Day 58: Liquids Day
Day 29: Half Day	Day 59: Normal Day
Day 30: Liquids Day	Day 60: Fast Day

How does the eating calendar work?

Each week consists of:

--two half days (three meals with the portions divided in half)

--two liquid days (one regular solid meal and liquids throughout the rest of the day)

--two normal days (without overeating)

--and one fast day, where we only drink water for 24 hours. (This may be from dinner the evening before to a light meal the evening of the fast)

Do I have to stick to the order of the eating calendar?

You may put the days in an order that works for you; just don't put two of the same types of days back-to-back. For example, don't put two normal days together, or two liquid days together.

What may I drink on the liquid days?

Some people call them "juice days." We suggest V-8 juice, for one, because it's nutritionally dense (not to mention tasty: you get to drink your vegetables!). You may also enjoy fruit juices, milk, broth, soups. . .but not sodas, milkshakes or alcohol. We also recommend that you not drink protein shakes or drinks.

One person fell by gorging herself for the evening meal after a "juice day." When asked how much juice she drank during the day, she indicated she had failed to drink hardly any. On juice days, we do ourselves a disservice to not drink, because this deprives our bodies, and this is not our goal. Only on fast days do we deprive ourselves of physical food that we might seek the Lord and worship Him. On juice days, drink up! Lots! Especially if you happen to like V8 juice, which is very good for the body. Any other juices, milk, soup, water, broth, etc., are acceptable, too, so partake of them all if you wish. Don't allow yourself to become so starved that the one meal becomes an "all you can eat" buffet.

Are you serious about fasting? How do I survive a day without eating?

The first fast day is usually quite frightening to course members, and for good reason. We've been told by the world that we need food and that we'll get weak, tired, malnourished, and faint if we don't eat three to six times a day. Time and experience has shown this belief to be untrue, for there are many accounts of fasting in the Bible, and Christ DOES give us strength to get through the day.

Fasting may be a time of intense spiritual growth. Jesus said, when speaking of certain types of demons, "This kind comes out only by prayer and fasting" (Mark 9:29). Though we do not consider overeating to be demonic in nature, yet we embrace the truth that some sins are so stubborn that spiritual growth may best come through earnest seeking of the Lord in prayer and fasting.

Course member Shon wrote, "I look forward to fast days more than any other, because it reminds me of my fleshly weaknesses and how I must seek the Lord for strength. This seeking of the Lord, and enjoying the strength that He provides, makes for a truly enjoyable time of spiritual growth. Believe it or not, I have found fast days to be the times when I have the MOST energy and the LEAST temptation to indulge in eating! The Lord takes the desire away, and leaves me with a sense of peace that is difficult to describe. My next fast day is tomorrow, and I am so eager to get to it!"

Many of The Lord's Table course members look forward to their "fast days" more than any other, because of the spiritual growth that comes from denying the cravings of the flesh in order to earnestly seek the Lord.