

INSTRUCTIONS ON HOW TO PREPARE FOR FASTING

Fasting with juices and soups needs prior preparation. Our body needs to get relieved of all food and additives that burden our body. Eating less, no additives or preservatives should be done a lot sooner. It is also recommended to wean off of solid food gradually and for about as much time as we wish to fast.

Below you have a programme of three days of relief, which suffices for fasting with juices and soups up to five days. In case you wish to fast from 7 to 10 days, the relief-period gets longer.

DAYS OF RELIEF (WEANING OFF OF SOLID FOOD)

3-5 DAYS BEFORE FASTING – VEGETARIAN DIET, COOKED (up to 3 days)

Example menu:

- Breakfast: yogurt, muesli, fruit
- Lunch: Vegetable soup, kale cottage rolls with rice, carrot puree, salad
- Dinner: millet soufflé with leek, salad

2 DAYS BEFORE FASTING – VEGETARIAN DIET, COOKED VEGETABLES

Example menu:

- Breakfast: fresh vegetables, one spoon of skimmed cottage cheese, one slice of dark bread-5 dag, tea-two cups allowed
- Lunch: vegetable soup, mixed steam-cooked vegetables with herbs, salad with olive oil, vinegar and seeds
- Dinner: mixed steam-cooked vegetables with herbs, salad with olive oil, vinegar and seeds

1 DAY BEFORE FASTING – VEGETARIAN DIET, FRESH VEGETABLES AND FRUIT

Example menu:

- Breakfast: fruit plate – fresh, seeds, nuts-very little added on fruit plate, tea
- Lunch: salad plate with fresh vegetables and linseeds, olive oil and vinegar
- Dinner: salad plate with fresh lettuce, vegetables, olive oil, vinegar and linseeds.

Preparing for fasting, you should increase fluid intake (water and unsweetened teas), cca 2-3 l per day

