

# Transforming Life Church Consecration Calendar October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 One Meal Chicken or Fish No food 8pm	2 One Meal No Food After 8pm	3 Water & Juices Green Salad Fresh Fruit No Food 8pm
4 Free Day Maintain Eating Principle	5 Water & Juice Green Salad Fresh fruit 8pm	6 No Meat Steam Vegetables Salad No Food 8pm	7 Your Fasting Affirmation	8 One Meal Chicken or Fish No food 8pm	9 One Meal No Food After 8pm	10 Water & Juices Green Salad Fresh Fruit No Food 8pm
11 Free Day Maintain Eating Principle	12 Water & Juice Green Salad Fresh fruit 8pm	13 No Meat Steam Vegetables Salad No Food 8pm	14 Your Fasting Affirmation	15 One Meal Chicken or Fish No food 8pm	16 One Meal No Food After 8pm	17 Water & Juices Green Salad Fresh Fruit No Food 8pm
18 Free Day Maintain Eating Principle	19 Water & Juice Green Salad Fresh fruit 8pm	20 No Meat Steam Vegetables Salad No Food 8pm	21 Your Fasting Affirmation	22 One Meal Chicken or Fish No food 8pm	23 One Meal No Food After 8pm	24 Water & Juices Green Salad Fresh Fruit No Food 8pm
25 Free Day Maintain Eating Principle	26 Water & Juice Green Salad Fresh fruit 8pm	27 No Meat Steam Vegetables Salad No Food 8pm	28 Your Fasting Affirmation	29 One Meal Chicken or Fish No food 8pm	30 One Meal No Food After 8pm	31 Water & Juices Green Salad Fresh Fruit No Food 8pm