

Calories: ~490 kcal
Protein: 42g
Carbs: 24g
Fat: 28g

fasting with Purpose

Nourishment Through Smoothies.

Smoothies act as liquid meals that:

- Prevent nutrient depletion during extended fasting hours
- Stabilise blood sugar and energy
- Support mental clarity and mood
- Help you meet your protein, vitamin, and hydration needs

Every smoothie is balanced with three key macronutrients:

- Protein: Builds & preserves muscle, supports hormones
- Fats: Fuels brain, hormones, and satiety
- Carbs: Provide sustained energy & fibre for digestion

Even during a fast, your body needs adequate calories to:

- Prevent muscle loss
- Maintain immune function
- Support daily tasks and alertness
- Each smoothie is designed to be between 450–650 kcal, a sweet spot for nourishment without excess.

Our smoothie ingredients are carefully selected for their vitamin, mineral, and antioxidant content, including:

- Vitamin C (kiwi, berries)
- Magnesium & potassium (banana, spinach)
- Omega-3s & fiber (chia, flaxseed)
- Calcium & vitamin D (Milk)

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A Note on Spiritual Fasting:

This fast is first and foremost a spiritual practice—a time of reflection, prayer, and drawing closer to God. The smoothies included are not meant to replace the spiritual focus, but to support your physical body so you can remain clear-minded, energised, and present during this period of intentional discipline. Nourishing the body wisely allows the spirit to stay attentive and engaged.

“Man shall not live by bread alone, but by every word that comes from the mouth of God.” – Matthew 4:4

Disclaimer:

This document is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. The fasting guidance and smoothie recipes provided are general in nature and may not be appropriate for all individuals. Please consult with a qualified healthcare provider or registered dietitian before beginning any fasting regimen, especially if you have a medical condition, are pregnant or breastfeeding, or are taking medications. Use of this material is at your own discretion and risk.

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Detox & Refresh **Green Powerhouse.**



The Ingredients.

- Spinach – 1½ cups
- Green kiwi – 2
- Avocado – ½
- Cucumber – ½
- Chia seeds – 1 tbsp
- Rule 1 Whey – 1.5 scoops
- CalciTrim milk – 1 cup
- Water + ice

Calories: ~575 kcal
Protein: 45g | Carbs: 40g | Fat: 25g

focus & fire

Blue Brain.



The Ingredients.

- Blueberries – $\frac{3}{4}$ cup
- Kiwi (green or gold) – 1
- Rolled oats – 2 tbsp
- Almond butter – 1 tbsp
- Chia seeds – 1 tbsp
- Rule 1 Whey Protein (vanilla) – 1.5 scoops
- CalciTrim milk – 1 cup

Calories: ~630 kcal
Protein: 46g | Carbs: 42g | Fat: 30g

Satisfy & Sustain Chocolate Fuel.



The Ingredients.

- Banana – 1 (medium)
- Natural peanut butter – 1 tbsp
- Unsweetened cocoa powder – 1 tbsp
- Milo (low sugar) – 1 tbsp (~10g)
- Dark chocolate (85%+, chopped) – 10g
- Queen Sugar-Free Chocolate Sauce – 1 tbsp
- Chia seeds – 1 tbsp
- Rule 1 Whey Protein (chocolate) – 1.5 scoops
- CalciTrim milk – 1 cup

Calories: ~540 kcal
Protein: 45g | Carbs: 30g | Fat: 23g

Antioxidant Power Surge

Berry Boost.



The Ingredients.

- Blackberries – ½ cup
- Blueberries – ½ cup
- Strawberries – ½ cup
- Greek yogurt (low-fat) – ½ cup
- Almond butter – 1 tbsp
- Ground flaxseed – 1 tbsp
- Rule 1 Whey – 1.5 scoops
- CalciTrim milk – 1 cup

Calories: ~525 kcal
Protein: 44g | Carbs: 38g | Fat: 22g

Radiance in a Glass

Tropical Glow.



The Ingredients.

- Pineapple – ½ cup
- Mango or Orange – ½ cup
- Green or Gold kiwi – 2
- Fresh ginger – ½ inch (grated)
- Turmeric powder – ¼ tsp
- Coconut cream – 1 tbsp
- Rule 1 Whey Protein (vanilla) – 1.5 scoops
- CalciTrim milk – 1 cup