

fasting with Purpose

Evidence-Based Guidelines for OMAD During a 21-Day Spiritual Fast.

OMAD = One Meal A Day

Prioritise Nutrient Density.

Eating once per day dramatically limits your chance to hit micronutrient targets. Every bite needs to work for you.

Protein First, Then Plants, Then Energy

- *Aim for high amounts of protein within that meal.*
- *Include high-fibre, low-glycaemic vegetables to support digestion and fullness.*
- *Add in energy (carbs/fats) last depending on your needs and body composition goals.*

Hydration is Non-Negotiable

Fasting = increased risk of dehydration. Encourage:

- *~3 L of water daily*
- *Optionally include salt or electrolytes (like sodium/potassium/magnesium) to support cellular function and reduce dizziness and/or fatigue*

Break the Fast with Caution

- *Start slow with a digestive primer: bone broth, diluted apple cider vinegar, or kiwi/pineapple*
- *Chew well and eat mindfully — large OMAD meals can shock digestion if rushed*

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Supplement Wisely

General Safety Tips

- *Always take fat-soluble supplements (A, D, E, K, fish oil) with food — ideally your OMAD meal.*
- *Encourage members to listen to their bodies — headaches, fatigue, or irritability may mean low electrolytes.*
- *Stay well-hydrated — plain water, herbal teas, and electrolyte water are essential.*
- *If anyone is on medication, pregnant, or has chronic conditions, they should consult a healthcare provider before beginning.*

Core Nutrient Support

- *High-Quality Multivitamin*
- *Omega-3 (EPA/DHA from Fish Oil or Algal Oil)*

Energy, Focus & Clarity Support

- *Rhodiola Rosea (Adaptogen)*
- *L-Theanine*

Electrolyte & Hydration Balance

- *Magnesium (Citrate or Glycinate)*
- *Electrolyte Powder*

Gut & Immune Support

- *Probiotic*
- *Vitamin D3 + K2*

Disclaimer:

This guide is for informational purposes only and is not intended to diagnose, treat, or replace professional medical advice. Individuals with health conditions, those taking medications, pregnant or nursing women should consult a healthcare provider before beginning any supplement regimen.

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Top Foods to Include During a Spiritual Fast.

Eggs

Complete protein, rich in choline, selenium, B12, and fat-soluble vitamins

Salmon

Omega-3s (EPA/DHA), high-quality protein, vitamin D, anti-inflammatory

Beef Mince

Heme iron, zinc, B12, highly bioavailable protein

Liver

(or organ capsules)

Vitamin A, B12, folate, iron, copper — unmatched nutrient density

Spinach & Kale

Folate, vitamin K1, magnesium, antioxidants, gut-health supportive

Kūmara

Complex carbs, beta-carotene (vitamin A), potassium, fibre

Avocado

Healthy fats, fibre, potassium, vitamin E, improves nutrient absorption

Greek Yoghurt

High in protein and calcium, contains probiotics, supports digestion

Cheese

High in protein and calcium, vitamin K2, satiating, supports hormone function

Green Kiwifruit

Vitamin C, fibre, digestive enzymes (actinidin), supports gut regularity

Blackberries

Low-GI carbs, antioxidants, polyphenols, supports brain and immune health

Calories: ~800 kcal
Protein: 60g | Carbs: 35g | Fat: 45g

Omega Boost Bowl Salmon Power Bowl.

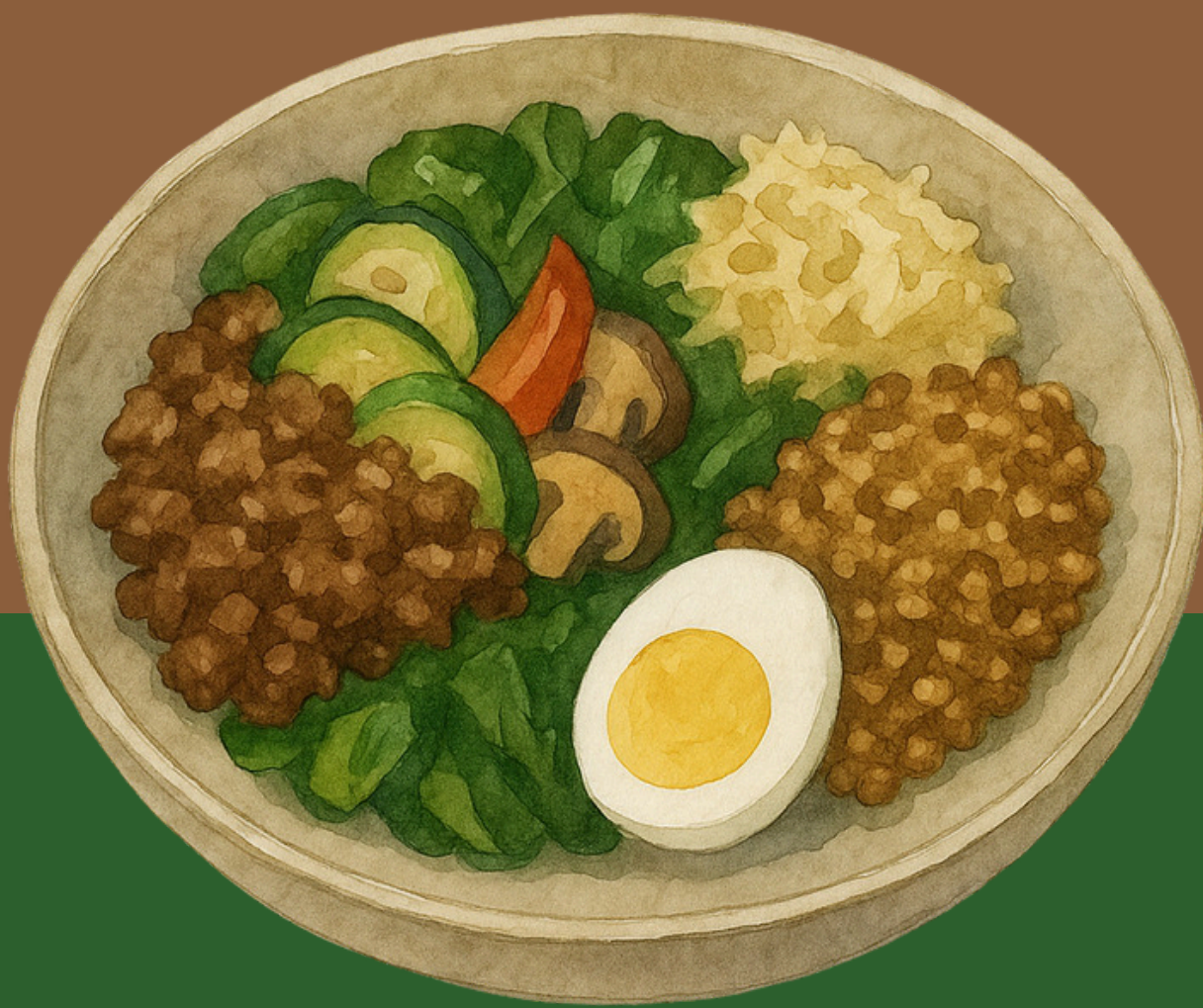


The Ingredients.

- 150g - 180g baked salmon
- 2-4 boiled eggs
- 1-2 cup steamed kale/spinach
- 150g - 200g roasted kūmara
- ½ avocado
- 2 tbsp olive oil
- 2 tbsp pumpkin seeds

Calories: ~750 kcal
Protein: 60g | Carbs: 35g | Fat: 40g

Iron-Loaded Plate Beef & Veggie Nourish Plate.



The Ingredients.

- 150g - 200g lean beef mince
- 2-4 boiled egg
- 1-2 cup stir-fried zucchini, mushrooms, capsicum
- ½ cup cooked buckwheat
- 2 tbsp olive oil
- 2 tbsp sauerkraut

Calories: ~775 kcal
Protein: 60g | Carbs: 30g | Fat: 45g

Golden fuel Stack Egg & Veggie Frittata Stack.



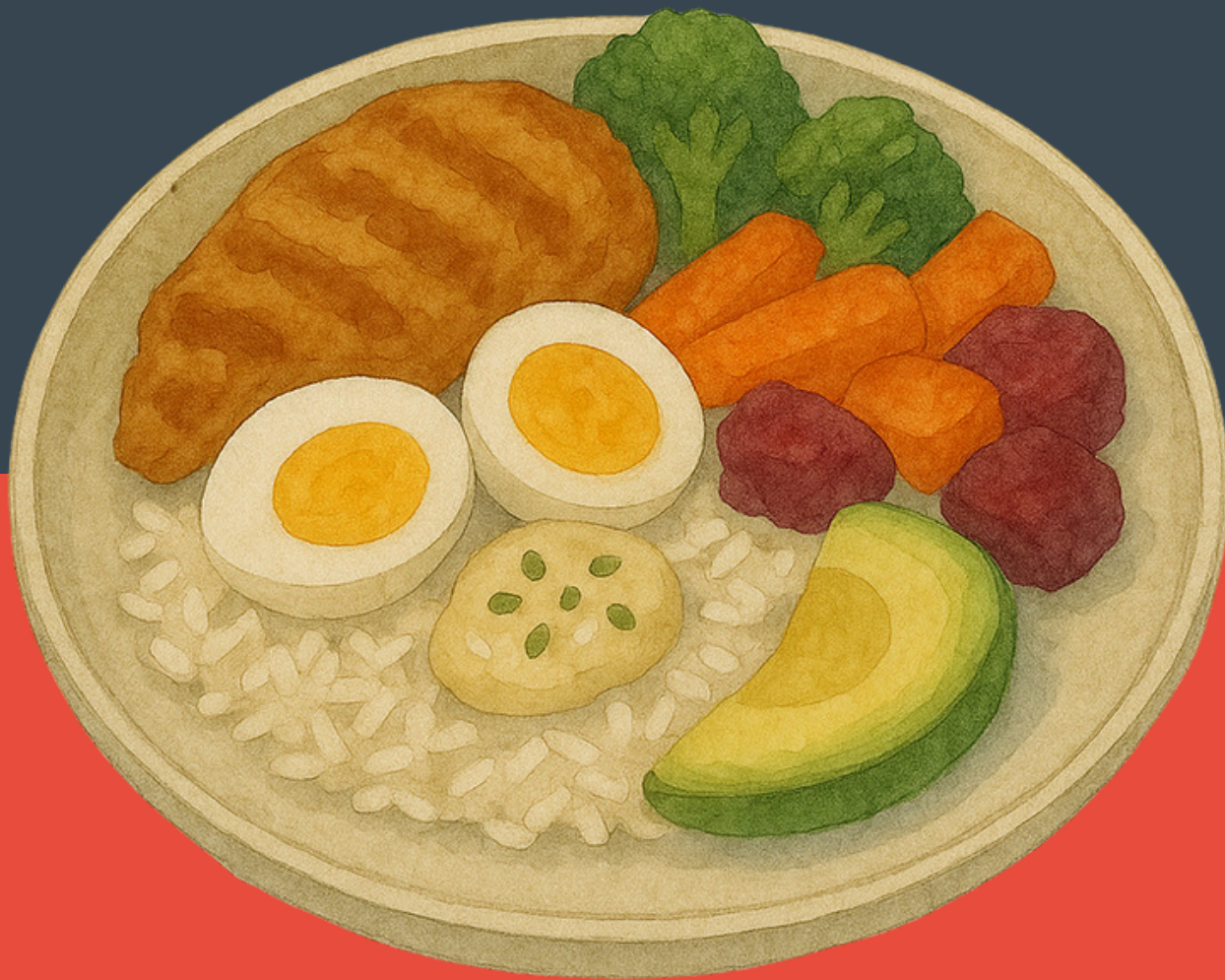
The Ingredients.

- 4-6 eggs
- 30g feta cheese
- 1-2 cup spinach
- 1-2 cup oven-baked kūmara chips
- ½ avocado
- ½ tomato

Calories: ~800 kcal
Protein: 60g | Carbs: 50g | Fat: 40g

Balance in Colour

Chicken, Rice & Rainbow Bowl.



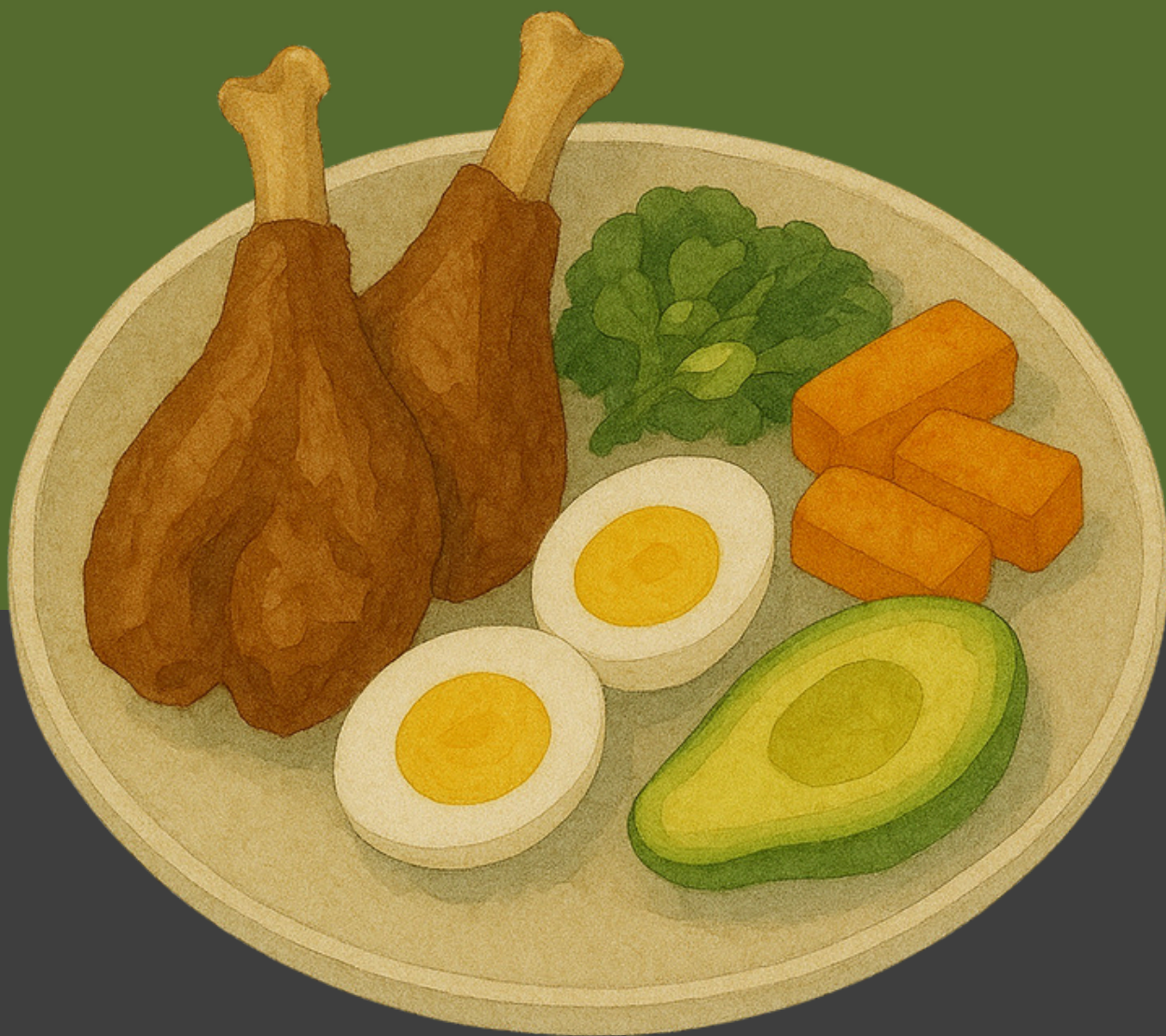
The Ingredients.

- 150g - 200g grilled chicken thigh
- 2-4 boiled eggs
- $\frac{3}{4}$ cup jasmine rice
- 1 -2 cup steamed broccoli, carrots, beetroot
- 1-2 tbsp tahini sauce
- 1-2 tsp sesame seeds

Calories: ~825 kcal
Protein: 60g | Carbs: 45g | Fat: 45g

Hearty Temple fuel

Lamb & Egg Vitality Plate.



The Ingredients.

- 150g - 200g grilled lamb steak (or lamb mince)
- 2-4 boiled eggs
- 1-2 cup roasted pumpkin or kūmara
- 1-2 cup sautéed spinach and garlic in olive oil
- ½ avocado
- 1-2 tbsp feta (optional)
- 1-2 tsp olive oil drizzle

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

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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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Nourishment Through Smoothies.

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.

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

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