7-Day Catholic Fasting Jumpstart

Lose 5 lbs Before Next Week — Without Counting Calories

PETE

Welcome to the **7-Day Catholic Fasting Jumpstart!**

I'm truly excited you're here. Whether you're just discovering the practice of fasting or looking to renew your energy and faith, this short guide is for you. Over the next week, you'll discover how simple, nourishing fasting can support both your health and your relationship with God.

While fat loss can be a welcome result, our focus will be on discipline, intention, and deepening your prayer life. Think of this week as an invitation: not just to reset your eating habits, but to anchor yourself each day in faith and conscious living.

Print out the included daily checklist and keep it handy. It's a small tool that will keep you on track and give you a sense of achievement each day. More importantly, I encourage you to make time for the simple daily prayer routine outlined in this ebook. Let this spiritual practice become the heart of your fast!

Throughout the week, remember:

- Progress matters more than perfection.
- Each day is a fresh start.
- Your faith and discipline WILL grow.

Let's embark on this jumpstart together. May this week bring you greater clarity, self-control, and peace.

In faith & strength,

Coach Pete

Fasting Window Options

Choosing Your Fasting Window

Intermittent fasting gives you structured periods for eating and fasting, helping you simplify your diet and strengthen self-control. For this 7-day jumpstart, there are three popular fasting windows to consider. Choose the one that matches your current lifestyle, faith commitments, and experience.

1. 16:8 (Eat within 8 hours, fast for 16 hours)

- **How it works:** You eat all your meals and snacks within an 8-hour window (e.g., 12:00pm–8:00pm), then fast for 16 hours.
- **Great for:** Beginners, social eaters, those with family meals.
- **Pros:** Sustainable, flexible, matches most daily schedules.
- **Cons:** May require skipping breakfast.

2. 18:6 (Eat within 6 hours, fast for 18 hours)

- **How it works:** Tighten the eating window: eat in a 6-hour period (e.g., 1:00pm–7:00pm), fast for 18 hours.
- **Great for:** Those who want an extra challenge or have done 16:8 before.
- **Pros:** Boosts discipline, may deepen fasting benefits.
- **Cons:** Social eating can be harder.

3. OMAD (One Meal A Day—Advanced)

- **How it works:** Eat one main meal during a 1–2 hour window each day, fasting the remaining time.
- **Great for:** Experienced fasters seeking a spiritual or health reset.
- **Pros:** Maximum simplicity, powerful discipline booster.
- **Cons:** Not recommended for beginners, can feel intense.

Choose Your Plan: Simple Chart

| Fasting Plan | Eating Window | Best For | Commitment Level |

|---|---|---|---|

| 16:8 | 8 hours | Beginners | Easy |

| 18:6 | 6 hours | Intermediate | Moderate |

| OMAD | 1-2 hours | Advanced users | High |

Tip: Choose a window that honors both your health and your faith. There's no "perfect" window—stick with what you can repeat each day.

Fasting is the soul's nourishment, a shield for the spirit and the body.

St. Basil the Great

7-Day Meal Plan + Grocery List

Whole, Nourishing Foods — Made Simple

Eating simply, abundantly, and without stress is the key to sustainable fasting. This plan focuses on clean proteins, fiber-rich veggies, healthy fats, and optional whole-food carbs. Pick meals that fit your fasting window, with recipes easy enough for even the busiest week.

Example Macro Breakdown

- **Protein:** 1–2 palm-sized servings per meal. (Chicken, fish, eggs, Greek yogurt, beans)
- **Veggies:** 2+ handfuls per major meal. (Spinach, broccoli, mixed greens, peppers)
- **Fats:** Thumb-size servings. (Olive oil, avocado, nuts)
- **Carbs (optional):** One cupped hand per meal. (Quinoa, brown rice, sweet potato, oats)
- **Hydration:** Aim for 8+ cups water/day.

Example Meal Plans for Each Fasting Window

For 16:8 and 18:6

Breakfast (if in your window):

- Greek yogurt with berries & walnuts
- Scrambled eggs with spinach & tomatoes

Lunch:

- Grilled chicken salad (mixed greens, cucumbers, olive oil vinaigrette)

Snack:

- Raw veggie sticks & hummus
- Apple with almond butter

Dinner:

- Baked salmon with roasted broccoli & sweet potato
- Stir-fried Steak & veggies over quinoa

For OMAD (One Meal)

- Large bowl: leafy greens, chicken thighs, avocado, roasted veggies, boiled eggs, drizzle olive oil
- Fruit on the side, sparkling water or herbal tea

7-Day Meal

Recipes & Grocery List

Download Here

Adjust portions to suit your window, hunger, or prayers.

Pain-Free Prayer Routine

10 Minutes, Body & Soul Refreshed

This gentle routine is designed for every morning (or before breaking your fast). Use it to set your intention, care for your body, and prime your heart for prayer—no experience needed!

1. Mobility Moves (6 minutes total)

- **Cat-Cow (1 min):** On hands and knees, alternately arch and round your back.
- **Hip Openers (1 min each leg):** Lunge forward, stretch gently.
- **Worlds Greatest Stretch (2 mins):** Start in push-up position, bring one foot as high and as close to your hand as you can and then bring forearm to ground. Repeat on opposite side.
- **Neck Rolls (1 min):** Slow circles to relieve tension.

2. Breath-work & Scripture Reflection (4 minutes)

- Sit comfortably, close your eyes.
- Breathe in for 5 counts, hold for 2, out for 7. Repeat for 2 minutes.
- Meditate on a scripture (choose today's prompt).
- Let each breath be a prayer: "Lord, renew my mind and body."

> **Physical exercises, when united with prayer, become acts of worship.**
>
> St. John Paul II

Routine Quick Checklist:

- Do each move slowly and gently.
- No pain—just comfortable stretching.
- End with silent or spoken prayer.

Let these moments anchor your day and fast—not just physically, but spiritually.

Daily Scripture & Devotion Prompts

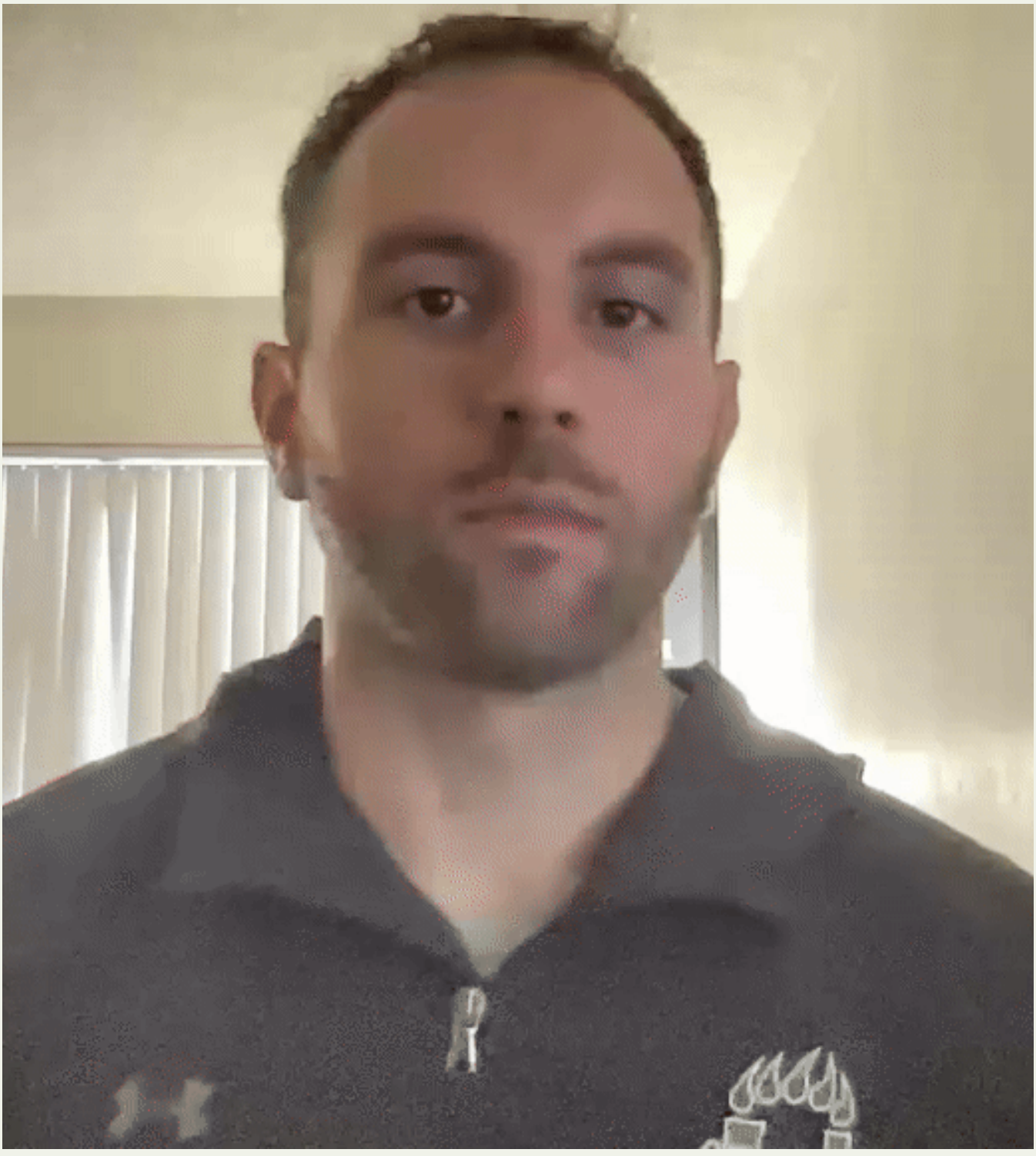
Strength for Each Day

Each day, use the verse below as your focus. Reflect, jot down thoughts and prayers. Let small acts of faith guide your fasting and daily actions.

Day 1:

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

Prompt: What spiritual “food” do I need this week



Day 2:

“My grace is sufficient for you, for my power is made perfect in weakness.” (2 Corinthians 12:9)

Prompt: Where do I need God’s strength today

Day 3:

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.” (Matthew 5:6)

Prompt: What am I truly hungering fo

Day 4:

“Create in me a clean heart, O God, and renew a right spirit within me.” (Psalm 51:10)

Prompt: What thoughts or habits can I surrender?

Day 5:

“Be still, and know that I am God.” (Psalm 46:10)

Prompt: Where can I find stillness today.

Day 6:

“Those who wait for the Lord shall renew their strength.” (Isaiah 40:31)

Prompt: How will I let God renew me during this fast?

Day 7:

“In everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Philippians 4:6)

Prompt: What am I grateful for at the end of this journey?

Space for notes:

Your 7-Day Journey: Reflections & Next Steps

You've just completed the **7-Day Catholic Fasting Jumpstart**!

Pause and reflect: you gave your body nourishment, your mind discipline, and your spirit a renewed connection to God. Fasting, paired with prayer and reflection, has ancient roots and enduring rewards. You've strengthened your self-control, discovered that hunger can be holy, and found new spiritual energy.

Remember, this jumpstart is just your beginning. You can repeat these rhythms, try new fasting windows, or deepen your prayer tradition. If you found this week meaningful, keep using your checklist, keep praying—and consider sharing this guide with a friend.

Ready for the next step? I'd love to help you build on this foundation.

Book your FREE 10-Minute Fasting Fit Call with me here.

Let's talk about faith, fasting, and how to make these habits last.

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Our hearts are restless until they rest in You.

St. Augustine

Go with faith,
Coach Pete

"Lord, guide me through this fast. Strengthen my body, renew my mind, and draw me closer to Your love."

Click the link below to schedule your call today. Spots are limited, and I only take on 10 men per month. If you felt what you did this week… just imagine 6 weeks from now."

Book Your Free Fasting Fit Call Today