


# Currey Creek 21-Day OMAD Fast & Wellness Guide

*For Spiritual Renewal, Physical Stewardship, and Christ-Centered Discipline*

*"I discipline my body and keep it under control..." – 1 Corinthians 9:27*

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 **March 31 – April 20, 2025**

This is a unified 21-day fast where members of our Currey Creek family are embracing **OMAD (One Meal A Day)** as a tool for spiritual focus, prayerful intention, and physical discipline.

This guide will help you prepare, stay healthy, and use this season to grow in strength and spirit.

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## What is OMAD (One Meal A Day)?

- You'll eat **1 meal** within a **1–2 hour window** each day.
- The remaining time is spent in **fasting, prayer, hydration, and purposeful activity**.
- This practice mirrors biblical fasting with modern nutritional wisdom to help support your body while your heart seeks God.

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## Balanced Meal Breakdown

Since you're eating only one meal each day, that single meal needs to be **nutrient-dense**, carefully balanced, and mindful of how much your body can comfortably digest in a 1–2 hour window.

Here's a breakdown to guide your daily OMAD nutrition:

| Macronutrient  | Daily Target Range | Practical Examples (You May Need a Combo)                            |
|----------------|--------------------|--|
| <b>Protein</b> | 90–130g per day    | 6 oz grilled chicken (~50g) + 2 eggs (~12g) + 1 scoop protein (~25g) |

| Macronutrient   | Daily Target Range | Practical Examples (You May Need a Combo)                        |
|-----------------|--------------------|--|
| Healthy Fats    | 40–70g per day     | 1/2 avocado, 1 tbsp olive oil, small handful of almonds or seeds |
| Carbohydrates   | 90–150g per day    | 1.5 cups cooked rice/quinoa (~70g) + 1 cup sweet potato (~30g)   |
| Fiber & Veggies | Aim for 2–3 cups   | Mixed greens, bell peppers, broccoli, spinach, etc.              |

**Important Note:** These are daily ranges—not everything needs to fit perfectly in one sitting. If needed, you can split your meal into two parts over a 90–120 minute window.

### **Sample OMAD Meal Plate (Approx. 1,100–1,400 calories)**

- 6 oz grilled chicken
- 1.5 cups cooked quinoa or rice
- 1/2 avocado + 1 tbsp olive oil (on salad or veggies)
- 1.5 cups steamed or raw vegetables
- 1 scoop protein mixed in water or almond milk
- Herbal tea or lemon water

This plate meets your full-day needs for energy, recovery, and clarity during fasting.

### **Optional: Consider a Multivitamin**

When fasting, especially with just one meal per day, it may be difficult to consistently meet **all micronutrient needs** (like iron, zinc, iodine, B12, etc.). Taking a **high-quality multivitamin** during this 21-day fast can help ensure your body is supported—particularly for energy, immune function, and recovery.

*Think of it as a nutritional safety net—not a replacement for whole foods, but a way to honor your body's needs.*

### **Optional: Ease Into OMAD**

If this is your **first time fasting**, you can start with a **16:8 fasting window** and gradually progress to OMAD.

*Fasting is not about perfection—it's about pursuit. Let grace guide your rhythm.*

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## Hydration & Electrolytes

Fasting pulls water from the body, so drinking enough is crucial.

### Daily Goals:

- **Water:** 100–135 oz (about 3–4 standard water bottles)
  - **Salt:** Add a pinch of sea salt or pink salt to your water 1–2x/day
  - **Magnesium:** Take a nightly supplement (200–400 mg) or eat almonds/pumpkin seeds
  - **Potassium:** Avocados, spinach, potatoes, coconut water
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## Can I Still Work Out During the Fast?

**Yes!** Moving your body is an act of worship and stewardship. But we recommend adjusting your training volume to **match your energy** and recovery.

### Suggested Weekly Workout Rhythm

| Type of Activity        | Frequency | Notes                                |
|-------------------------|-----------|--------------------------------------|
| Strength or Circuit     | 2–3 days  | Light-to-moderate; not to exhaustion |
| Walking / Mobility      | 2–3 days  | Great for meditation and reflection  |
| Rest / Stretch / Prayer | 1–2 days  | Restore mind and body with the Lord  |

### When to Work Out?

- **Best Time:** 1 hour **before your OMAD meal**  
→ This lets your meal serve as post-exercise recovery.
- If that's not possible, try early morning and keep it **light (walk, mobility, stretch)**.

### Workout Intensity Guidance

- Use **RPE 6–7:** Think “challenging but manageable”
- Avoid intense cardio or failure sets

- Focus on form, breath, posture, and **spiritual reflection while moving**
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### **Safety Tips**

- ✓ Stay hydrated at all times
  - ✓ Eat slowly and chew your food mindfully
  - ✓ Don't skimp on sleep — aim for **7.5–9 hours per night**
  - ✓ Listen to your body — if you feel faint or overly fatigued, modify
  - ✓ Pray before each meal and each movement session — keep your “why” in front of you
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### **Sample Day Schedule**

| Time     | Activity                             |
|----------|--------------------------------------|
| 6:30 AM  | Wake, hydrate, read scripture        |
| 7:30 AM  | Optional walk, light stretch, prayer |
| 12:00 PM | Coffee/tea (optional), hydration     |
| 5:00 PM  | Workout (strength or walk)           |
| 6:00 PM  | OMAD Meal                            |
| 7:30 PM  | Journaling or group devotional       |
| 9:00 PM  | Magnesium, lights off, early rest    |

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### **Tips for a Fruitful Fast**

- Break the fast with **whole, natural foods**, not heavy fried or processed ones.
  - Involve your **family** or a **friend** for accountability.
  - Turn cravings into **reminders to pray**.
  - Keep a **fasting journal** to record spiritual insights and physical feedback.
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### **Scripture for Reflection**

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

*“Whether you eat or drink, or whatever you do, do all to the glory of God.”* — 1 Corinthians  
10:31

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### **Final Thoughts**

This fast is not just about eating less—it’s about making space for **more of Him**.

Your body is a temple. Use this season to align your **faith, fitness, and focus**.

Let this guide serve as a companion in your 21-day journey. We’re walking this path together, as a family of believers at **Currey Creek Church**.