



Faith, Fitness and Fasting

“TRANSFORMATION FROM THE INSIDE OUT”

Keys to Intimacy with Jesus

Prayer- Talk to Jesus like a friend everyday (He listens, hears you, and He will respond)

He may send a redbird, a rainbow (even on a clear day) just for you as a response! I have pictures to prove (Smiles)

Worship- Sing your favorite song to Him every day (CeCe Winans songs) always lifts me to Worship HIM

The Word of God- It is truly your daily bread- Get a topical bible or Bible promise book- Study the subject you are currently experiencing in life (Every single thing is in the Word) email or call me if you don't believe me and we can find it!

Witnessing and Encouraging others (Jesus loves us to care for each other)

Fasting/Taking Communion before and/or after fasting

The real key to answered prayers and hearing from God!! Example: eat no food/ drink only water until noon or 3 pm for beginners

Eat no food/drink from waking hours until the time specified by the Holy Spirit for you . example if you have a medical condition it may be from 6 a.m. til 11 a.m. or noon. Or from 6:00 a.m. til 3 p.m. or 6:00 a.m. til 6:00 p.m.

(Pray and Read the Word throughout the day, Journal, and Ask Him for what you are inquiring about. Your flesh will be decreased to hear Jesus clearer

For amazing Intimacy and Supernatural miracles: 3-day water Fast!!(I literally started seeing Jesus and angels after this)

Keys to Health/Fitness and/or Weight loss

Protein- Goal to eat and/or drink 1 gram for your goal weight (take Pre/Probiotics gummies) example" if you want to weight 150 grams then eat at least 140 -150 grams of protein daily. Not as hard as you think with my special tips

Eat regular number of vegetables

Avoid fried foods

You may have 1 to 1.5 cups or up to 75 grams of carbs daily of your choice (1x daily) preferably before or after a workout

Water intake at least 64 oz. daily

Strength Train 3-4 x a week with 5lb or 10 lb dumbbells (No gym required)

Cardio 30 minutes 3-5x a week

Caloric Deficit –Count every single calorie in the app that goes in your mouth including condiments, dressings, and drink Zero calorie drinks.

Download app MyFitnessPal (free) or Lose it -Take in 500 calories less than your body needs every day to stay the same weight or burn 500 calories a day and eat at your caloric daily needs

Download Calorie Calculator at calculator.net (Tip) Choose little to no exercise on app to give yourself space for missing workouts and still lose weight)