



### **Before the fast:**

- Eat regularly throughout the day
- Drink lots of extra water throughout the day
- Avoid salty foods such as sauerkraut, pickles, soy sauce, eggplant, cheese and meat
- Avoid spicing your food

### **Extras:**

*You may have:*

- ONE extra serving of protein at dinner
- ONE extra serving of starch, such as an additional bread or one portion of rice or noodles, etc.
- ONE extra fruit above your daily fruit total
- If you are having two official pre-fast meals, the extras don't apply to both; but rather to spread out between both meals or use at the second meal which is closer to the fast.

**Good fruits to eat before a fast include:** watermelon, grapes and pineapple.

Coconut water has been found to be helpful before a fast but there is no need to overdo. One cup is fine.

**Regarding washing for the meals:** since it's not Shabbos, it's better to have whole wheat bread or matzah versus challah.

### **After the fast:**

Ideally start with drinking 2 cups of water (room temperature versus iced cold)

*This is your budget, preferably in this order but you may also switch the order if you wish:*

- One complete approved meal from your weekday plan
- Up to 3 fruits
- 1 snack
- 1 treat if needed

Remember, you can NOT make up a whole day in a short time span.

If you wash and have a seuda, remember that it's not Shabbos so no need for challah. Stick to whole wheat bread or matzah.

Have an easy fast!