



# WALLS MEMORIAL

CHRISTIAN METHODIST EPISCOPAL CHURCH

WALLS MEMORIAL CME CHURCH  
200 S. SACRAMENTO AVE.  
CHICAGO, IL 60612  
***REV. DR. T.C THOMAS, PASTOR***

MEAL PLAN FOR THE  
SOLEMN ASSEMBLY CHURCH-WIDE FAST  
January 24, 2022 – February 28 , 2022

Joel 1:14(KJV)

“Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of The Lord your God, and cry unto the Lord.”

Prayer times daily should be at Noon, 6:00 PM

**BREAKFAST**

BLACK COFFEE  
JUICE  
EGGS  
GRITS OR OATMEAL

**LUNCH**

SALAD AND/OR STEAMED VEGETABLES  
LEAN MEAT (CHICKEN BREAST OR FISH)  
FRUIT  
WATER OR JUICE

**DINNER**

SALAD AND/OR STEAMED VEGETABLES  
The ONLY meat allowed for dinner is FISH  
FRUIT  
WATER OR JUICE

**\*AS ALWAYS, SACRIFICE 1 PERSONAL FOOD ITEM. REMEMBER TO SACRIFICE SOMETHING THAT IS A TRUE SACRIFICE (FOR EXAMPLE: DON'T GIVE UP CHOCOLATE IF YOU DON'T LIKE CHOCOLATE)**

**\*\*ONLY THE ITEMS ON THE LIST CAN BE CONSUMED (EVEN AT FAST FOOD RESTAURANTS)**

**NO FRIED FOODS,  
NO FAST FOODS,  
NO BREAD,  
NO RED MEAT OR  
NO POTATOES  
SHOULD BE CONSUMED DURING THE FAST.**