



*Bunda* **21**

21 Days of Prayer and Fasting

# MEAL PLAN

## **CONTRAINDICATIONS**

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People with the following conditions should not fast:  
Heart disease, Liver cirrhosis, Kidney disease, High blood pressure/Hypertension, Diabetes, Pregnant women, Breastfeeding women, Children

## **FOODS TO AVOID DURING THE FAST**

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- Tea, coffee, bulukutu, honey with lemon, orange, grapefruit, tomato, pineapple, cassava leaves, beans
- Soda, cola, XXL, Malta energy drinks, milk, yogurt, and others

## **FOR PEOPLE WITH GASTRITIS / SENSITIVE STOMACHS**

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- Avoid tea, coffee, bulukutu, honey with lemon, orange, grapefruit, tomato, pineapple, cassava leaves, beans
- Avoid soda, cola, XXL, Malta energy drinks, milk, and other similar drinks
- Avoid eating meals without getting full
- Avoid eating apples with the skin
- Avoid liquids that are too hot or too cold when breaking the fast
- Avoid liquids that are too spicy.
- Avoid foods that are fried, fatty, too sweet, too salty, or too acidic.

**Patricia MAMBINA MANKUENA**  
Nutritionist – Dietitian

# WEEK 1

Monday, Nov 3, 2025

## Morning

Sinda tea (lemongrass), mint, chamomile, or linden tea,  
2 tsp of sugar or honey,  
1 medium piece of bread, water

## Noon

1 seasonal fruit of your choice or fresh fruit juice, water

## Evening

Leafy green vegetables + bread (1 medium piece of bread or 4 slices of bread), water

Tuesday, Nov 4, 2025

## Morning

Warm water / lemongrass (sinda), mint, chamomile,  
2 tsp of sugar or honey, 1 medium piece of bread, water

## Noon

1 seasonal fruit, 1 handful of peanuts or fruit juice, water

## Evening

Boiled potatoes / bread / 2 boiled plantains, 1 plate of vegetables, water

Wednesday, Nov 5, 2025

## Morning

Warm water / lemongrass (sinda), mint, chamomile,  
2 tsp of sugar or honey, 1 medium piece of bread, water

## Noon

1 seasonal fruit or fresh fruit juice, water

## Evening

Oatmeal + 2 tsp of sugar or honey,  
1 piece of bread or 4 slices of bread or fruits



Drink plenty of water during fasting.

Avoid carbonated drinks and acidic fruits (lemon, pineapple, grapefruit, etc.).

If you have any health conditions, are under medical treatment, or are pregnant, please consult your doctor.

Thursday, Nov 6, 2025

### ⌘ Morning

Sinda tea (lemongrass), mint, chamomile, or linden tea, 2 tsp of sugar or honey, 1 medium piece of bread, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### ⌚ Evening

Leafy green vegetables, boiled cassava, or boiled potatoes, 1 medium piece of bread, water

Friday, Nov 7, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice or a handful of peanuts, water

### ⌚ Evening

250 ml of commercial or semolina porridge, 2 tsp of sugar or honey, 1 medium piece of bread, water

Saturday, Nov 8, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### ⌚ Evening

1 plate of leafy green vegetables, 2 boiled plantain, water

Sunday, Nov 9, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### ⌚ Evening

Oatmeal, 1 medium piece of bread, 2 tsp of sugar or honey, or 1 plate of leafy vegetables

# WEEK 2

Monday, Nov 10, 2025

## Morning

Sinda tea (lemongrass), mint, chamomile, or linden tea, 2 tsp of sugar or honey, 1 medium piece of bread, water

## Noon

1 seasonal fruit of your choice or fresh fruit juice, water

## Evening

½ packet of spaghetti, fruit juice or water, or boiled potatoes

Tuesday, Nov 11, 2025

## Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

## Noon

1 seasonal fruit, 1 handful of peanuts or fruit juice, water

## Evening

1 Plate of leafy green vegetables, 1 piece of bread or 4 slices of bread, or boiled potatoes, water

Wednesday, Nov 12, 2025

## Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

## Noon

1 seasonal fruit, 1 handful of peanuts or fruit juice, water

## Evening

Plate of leafy green vegetables, 1 piece of bread or 4 slices of bread, or boiled potatoes, water



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Avoid carbonated drinks and acidic fruits (lemon, pineapple, grapefruit, etc.).

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Thursday, Nov 13, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### 🌙 Evening

Oatmeal or commercial porridge, 2 tsp of sugar or honey, 1 medium piece of bread, or a

Friday, Nov 14, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice or 1 handful of peanuts, water

### 🌙 Evening

Sinda (lemongrass)/mint/ chamomile tea, 2 tsp of sugar or honey, 1 medium piece of bread, water

Saturday, Nov 15, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### 🌙 Evening

1 Plate of leafy green vegetables, 1 medium piece of bread, water

Sunday, Nov 16, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### 🌙 Evening

1 cup of sinda (lemongrass)/ chamomile tea, 1 medium piece of bread, 2 tsp of sugar or honey, or 250 ml of oatmeal, water

# WEEK 3

Monday, Nov 17, 2025

## Morning

Sinda tea (lemongrass), mint, chamomile, or linden tea,  
2 tsp of sugar or honey, 1 medium piece of bread or 4 slices, water

## Noon

1 seasonal fruit of your choice or fresh fruit juice, water

## Evening

Commeal porridge, 1 medium piece of white bread, 2 tsp of sugar or honey, water

Tuesday, Nov 18, 2025

## Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread or 4 slices, water

## Noon

1 seasonal fruit, 1 handful of peanuts or fruit juice, water

## Evening

Boiled potatoes / bread / 2 boiled plantains, plate of vegetables, water

Wednesday, Nov 19, 2025

## Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread or 4 slices, water

## Noon

Bananas + handful of peanuts or fresh fruit juice, water

## Evening

Oatmeal + 2 tsp of sugar, 1 piece of bread or 4 slices of bread or fruit salad, water



Drink plenty of water during fasting.

Avoid carbonated drinks and acidic fruits (lemon, pineapple, grapefruit, etc.).

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Thursday, Nov 20, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread or 4 slices, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### ⌚ Evening

Leafy green vegetables, boiled cassava or boiled potatoes, 1 medium piece of bread, water

Friday, Nov 21, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey; peanuts, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice or 1 handful of peanuts, water

### ⌚ Evening

Plate of leafy green vegetables, 1 medium piece of bread, water

Saturday, Nov 22, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread or 4 slices, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### ⌚ Evening

Oatmeal or commercial porridge, 2 tsp of sugar or honey, 1 medium piece of bread or donuts (if you don't have gastritis), water

Sunday, Nov 23, 2025

### ⌘ Morning

Warm water / lemongrass (sinda), mint, chamomile, 2 tsp of sugar or honey, 1 medium piece of bread or 4 slices, water

### ☀ Noon

1 seasonal fruit or fresh fruit juice, water

### ⌚ Evening

Vegetable broth, boiled potatoes or another kind of boiled potatoes, water

## CENTRE MISSIONNAIRE PHILADELPHIE

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