

# 2026 Fasting Calendar

LEGEND:	
Abstain from meat, dairy, eggs, fish, olive oil, wine	
Abstain from meat, dairy, eggs, fish, olive oil	
Abstain from meat, dairy, eggs, fish	
Abstain from meat, dairy, eggs	
Abstain from meat	

*Note: On the day of a parish's patronal feast, fish, wine and oil are allowed if it falls on a fasting day.*

January	
	1 2 3
4	5 6 7 8 9 10
11	12 13 14 15 16 17
18	19 20 21 22 23 24
25	26 27 28 29 30 31

February	
1	2 3 4 5 6 7
8	9 10 11 12 13 14
15	16 17 18 19 20 21
22	23 24 25 26 27 28

March	
1	2 3 4 5 6 7
8	9 10 11 12 13 14
15	16 17 18 19 20 21
22	23 24 25 26 27 28
29	30 31

April	
	1 2 3 4
5	6 7 8 9 10 11
12	13 14 15 16 17 18
19	20 21 22 23 24 25
26	27 28 29 30

May	
	1 2
3	4 5 6 7 8 9
10	11 12 13 14 15 16
17	18 19 20 21 22 23
24	25 26 27 28 29 30
31	

June	
	1 2 3 4 5 6
7	8 9 10 11 12 13
14	15 16 17 18 19 20
21	22 23 24 25 26 27
28	29 30

July	
	1 2 3 4
5	6 7 8 9 10 11
12	13 14 15 16 17 18
19	20 21 22 23 24 25
26	27 28 29 30 31

August	
	1
2	3 4 5 6 7 8
9	10 11 12 13 14 15
16	17 18 19 20 21 22
23	24 25 26 27 28 29
30	31

September	
	1 2 3 4 5
6	7 8 9 10 11 12
13	14 15 16 17 18 19
20	21 22 23 24 25 26
27	28 29 30

October	
	1 2 3
4	5 6 7 8 9 10
11	12 13 14 15 16 17
18	19 20 21 22 23 24
25	26 27 28 29 30 31

November	
1	2 3 4 5 6 7
8	9 10 11 12 13 14
15	16 17 18 19 20 21
22	23 24 25 26 27 28
29	30

December	
	1 2 3 4 5
6	7 8 9 10 11 12
13	14 15 16 17 18 19
20	21 22 23 24 25 26
27	28 29 30 31

***When fasting, please consult your spiritual father for guidance.***