



Fasting Training Wheels

FASTING FLUIDS



WATER (FLAT, MINERAL, OR CARBONATED)



COFFEE AND TEA (HOT OR COLD)



HOMEMADE BROTH



PICKLE JUICE (SUGAR-FREE)

TRAINING WHEELS

Lemon and/or lime juice
(1-4 tbsp/day)

Vinegars
(1-6 tbsp/day)

Himalayan, Celtic, or
Maldon salts

Chia Seeds
(1-2 tbsp/day)

TRAINING WHEELS

Cinnamon

Lemon
(1-6 tbsp/day)

Healthy, natural fats
(1-2 tbsp/day):

- Coconut milk
- MCT oil
- Butter
- Ghee
- Heavy whipping cream
- Coconut Cream
- Unsweetened almond milk

TRAINING WHEELS

Bone Broth (poultry,
meat, game, fish)

Low-carb vegetable
broth (avoid root
vegetables, grains,
legumes, and lentils)

Try not to exceed three
cups per day

TRAINING WHEELS

Use the brine from your
pickles or make your
own

