

Fasting Drink Checklist



Select ONE From Each Category Below & Drink When You Feel Hungry

REMEMBER: At the first sign of hunger, wait at least 15 minutes before making a drink. Most of the time the hunger pangs will naturally go away.

Have 1-3 “drinks” daily, do not drink them all day long.

Choose One Drink:

- Coffee
- Tea
- Hot Water

Choose One Hunger Killer:

- 1 tsp. Coconut Oil
- 1 tsp. Butter
- 1 tsp. Heavy Whipping Cream
- 1 tsp. MCT Oil

Note: Start with just 1 tsp. for a few days and pay attention to how you feel. You can always increase it to 2 tsp. or 1 tbsp. if you’re fasting for longer periods of time.