

THE FASTING BOOST

100 WAYS TO BREAK YOUR FAST

# 100 ways to Break Your FAST





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# The Break-Fast Protocol

Despite all the benefits of intermittent fasting, we still have to understand that our gut is very delicate after the end of a fast. Breaking a fast is not about gorging yourself in a big meal, you have the potential to build a lot of muscle or store a lot of fat at the end of an intermittent fasting day - Be very strategic with your one first small meal.





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# Cortisol

It is super important for women that you have a cortisol mitigation strategy prior to breaking your fast. It's important for men too but really important for women because women tend to have higher levels of cortisol when fasting. Cortisol is your best friend when it comes to fat burning but it could also be your worst enemy when it comes to fat storage.



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# Cortisol

Cortisol should be elevated while you're fasting because it causes you to burn fat but cortisol should not be elevated in combination with food because it causes storage glucocorticoid receptors and our belly fat, it causes us to store fat right in our belly when we eat. When cortisol is high (because your cortisol is high when you're fasting) you don't want to break your fast with your cortisol levels being high because the food you eat is going to go storage.

We have protocols: First and foremost lifestyle, this is separate and aside you probably should get in the practice of doing some deep reading, meditation, yoga or something to bring your cortisol levels down.

Nutrition orientation: Have salt! Start adding salt to your water a couple hours before you break a fast, some people like to have bone broth right before they break the fast and that's great too because it solves the same purpose but it does technically break a fast so you want to have your bone broth closer to the end of your fast but otherwise just salt.



no



stress





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# Salt

Add some salt to your water, a couple teaspoons and get a good amount. Salt is going to back off the production of what's called aldosterone, which is something that regulates fluid retention and salt retention in the body. If we add some salt, aldosterone can decrease which believe it or not aldosterone and cortisol synergistically work together so if we have salt, aldosterone can drop and therefore cortisol drops, not significantly but enough to help you out.







## Add a Little Bit Of Cinnamon

Add some cinnamon to a glass of warm water, or any other way you prefer such as cinnamon tea. This will moderate your cortisol levels but it's also going to make it so that your blood sugar is a little bit lower.

Cinnamon does something known as insulin mimic, so it makes it so that the cells open up as if you had insulin in the system but you don't, so you get the benefits of consuming carbs as far as the cell opening up but without actually consuming carbs, so it makes life really easy for you! It does this through something known as methyl hydroxy Chalcone and polymer, in simple terms: Basically, the way that cinnamon acts upon the cells - it's really good.



## Iodine

We need to do what we can to get some iodine in and the way is if you are gonna cook up some meat or something else you can use seasoning that has some kelp or seaweed in it. Believe it or not they're out there all the time, just make sure they don't have onion or garlic. Also you can get some seaweed flakes, some nori or some seaweed snacks, crumple them up and put them on your fish, put them on your oysters or just eat a couple seaweed snacks that don't have a bunch of oil in them.



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# Breaking Your Fast: Foods to **Avoid**





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# Do Not Mix Carbs & Fats

**It's simple. Never combine fats and carbs when breaking your fast.**

When you eat carbohydrates, you spike your insulin, putting your body into absorptive mode. This insulin spike causes the cells to be very receptive to retrieve whatever you just consumed.

The body will absorb and store the carbohydrates & the fat. If you eat fats with carbs, you get a double insulin spike, plus anything you eat after your fast will have a bigger impact. If you consume carbs that triggers insulin, the cell opens, and if you've consumed fat at the same time the carbs go into the cell but so does the fat.

If you consume carbs by themselves just the carbs go in, **if you consume fat by itself fat doesn't even trigger an insulin response so you're not getting the cell to open.**

**It's singularly the best tip to optimise all those hours of your fasting window.**

If you're combining fats and carbohydrates, the other thing we have to look at is something known as Acylation Stimulating Protein, which is indirectly increased by consuming fat, so when we consume fat in an insulin sensitive state we increase ASP, this ASP causes an insulin spike so we get a double insulin spike between double fat storage, case in point you should be keeping it just lean protein when breaking your fast.

**Just don't combine fats with carbs,** either have carbs and protein or fats and protein but not a mix of the two.



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# Alcohol

We have to look at how the body processes alcohol: When you consume a drink, it converts alcohol and what is called acetaldehyde which is a very toxic thing to your body and it jumps ahead of all the other food inside your body, so what that means is your body still has to have a metabolic effect and it's gonna prioritize alcohol over anything else.

One thing that's very important to know is that fat burning occurs from your liver. **If you're not having a functioning liver, you're not gonna burn fat very well.** Consequently if you're asking a lot of your liver to prioritize acetaldehyde from alcohol and ethanol then you're slowing down the process of burning fat.

Alcohol will obviously break a fast and we highly recommend that if you're going to consume alcohol, that you do it after you've already absorbed some of your food. Break your fast and then a couple hours later have a little bit of a drink, that's a much safer bet.





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# Gluten

based on proper food reintroduction, It is actually the last thing you should reintroduce to your body when breaking a fast.

Gluten-containing grains in particular are especially damaging to the brain. Gluten and pesticides (often sprayed on grains) are highly inflammatory to the gut lining. Over time these things can damage the protective barrier of the gut and begin poorly regulating what gets through.



**Dough**



**Bread**



**Pastries**



# How to **BREAK**

a fast for woman.



Intermittent Fasting Beginners

The most important part of an intermittent fasting regimen, we believe it's not the actual fasting part but it's how you break a fast. When you break your fast your body is sensitive and it's ready to absorb whatever you give it good bad or ugly.

There's a huge void out there when it comes down to information for women and intermittent fasting and truth be told there's not a whole lot of things that we have to change in terms of breaking a fast for women versus men, but there are some very important little things that we would recommend which we think are gonna truly help women especially when it comes down to hormones and thyroid.

The main things that we want to avoid are called fruit tannins and galacto oligosaccharides. All those mean are that those are types of things that don't break down easily, such as garlic, onions and specific kind of fruit such as bananas.

Because they don't digest in the small intestine, they go straight down into the colon and they ferment which is normally not a huge deal since that's a prebiotic fiber, but at the end of a fast that causes sort of a redirect, so your body is not working on absorbing the nutrients, it's working more on drawing water, attention and fermentation down to the colon.

Keep it clean and simple as you want to assimilate whatever you take in right out the gate.





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# Electrolytes & Fasting

When people lower their carbohydrate intake they do not retain as much water, for every gram of carbohydrates you consume, your body stores 3 grams of water.

Not only do you store less water, but when your insulin levels lower (which is a good thing), it has a diuretic effect. A lot of people find that they are very thirsty and/or urinate a lot when lowering carbs. Some even get muscle cramps. These are signs of dehydration.



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# Electrolytes & Minerals

- **Magnesium:** almonds, cashews, brazil nuts, kelp, molasses, dark leafy greens
- **Calcium:** kelp, collard greens, kale, sardines, parsley, cheese
- **Sodium:** Redmon Real Salt, pickled foods
- **Iodine:** kelp, sea vegetables
- **Phosphorus:** salmon, beef, halibut, chicken
- **Potassium:** avocado, asparagus, tomato, carrots, sweet potatoes
- **Zinc:** oysters, pumpkin seeds, pecans
- **Selenium:** brazil nuts, eggs, sunflower seeds, shrimp, mushrooms
- **Chromium:** broccoli, green beans, beef, chicken, cheese
- **Manganese:** almonds, pecans, spinach, acai, pineapple
- **Iron:** beef, fish, poultry, eggs, oysters, molasses, spinach





FASTING BOOST

# 100 Ways To Break Your Fast

It is vital to have awareness of the most healthful foods to ensure a wide range of nutrients in the diet. Here we share incredibly healthy and delicious foods.

We will share some ingredients you can incorporate in your meals.



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100 WAYS TO BREAK YOUR FAST

# Psyllium Husk

Psyllium is known for its volume of fiber, but it also lifts the mood. Because psyllium has the capacity of swelling up to 10 times its original size, this plant helps to regulate digestion.

Sprinkle 1-2 teaspoons daily. When taking psyllium, always ensure adequate hydration (at least 1 cup of water per teaspoon of psyllium)





# Bone Broth

When you break your fast with bone broth it allows the collagen to help restore the gut. A lot of times when you're fasting you end up weakening temporarily the gut mucosal layer, this gut mucosal layer is what protects you from any kind of acid or any kind of just damage in the gut, so if you consume some bone broth it can make it so that the gut can actually absorb things better.

You don't need much, four, six ounces but we highly recommend it no matter the length of your fast - break your fast with some bone broth it helps you out a lot.

Beware of canned broths or bouillon cubes, as these have tons of artificial flavors and preservatives that will counteract the effects of your fast.





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# Apple Cider Vinegar

It make actually enhance the effects of your intermittent fasting plan.

This ancient tonic has significant health benefits that can be applied to any lifestyle. It will get you into a fasted state a little bit faster so it's a great way to start the day and to kick start some of the metabolic processes in your body.

Apple cider vinegar has actually been shown to help balance blood sugar response and research has suggested that apple cider vinegar actually have a modest boosting effect on fat oxidation in the body, improving fat burning.

One of the main reasons many people get sugar cravings is due to blood sugar imbalance. Because of its blood sugar stabilizing effects, apple cider vinegar may be helpful if you are experiencing sugar cravings.





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# Lemon

Because lemon juice's atomic structure is similar to the digestive juices found in the stomach, it tricks the liver into producing bile, which helps keep food moving through your body and it helps relieve indigestion.

Lemons contain pectin, a type of fiber that helps you feel full longer. It can also boost your energy levels when the negative-charged ions enter your digestive track.

The antioxidants in lemon water fight damage cause by free radicals, so it can help rejuvating your skin. It also helps the body produce collagen.





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# Spiciness

Although it is often used in cooking and not too enjoyable for some by itself, Capsaicin, which is found in paprika, capsaicin-spiced products like chili pepper, and hot sauces such as Tabasco sauce and salsa. — can bolster your metabolic rate and promotes fat burning.

Capsaicin works by increasing oxygen consumption and body temperature, which leads to a slight increase in calories burned.





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# Cayenne Pepper

Cayenne can reduce your appetite and help lower blood pressure, among many other benefits which are:

- Improves brain health
- Immune booster
- Improves metabolism
- Supports liver health
- Improves digestion
- Reduces oxidative stress
- Supports health cholesterol levels





# Ginger

Drinking ginger tea can actually reduce hunger pangs and cravings. ginger has a ton of amazing properties (antioxidants ) and phytonutrients which have a variety anti-inflammatory properties.

Ginger is also very high in potassium which aids in detoxification. It is a great source of manganese which protects the lining of key blood vessels that oxygenate and bring fuel to the brain.





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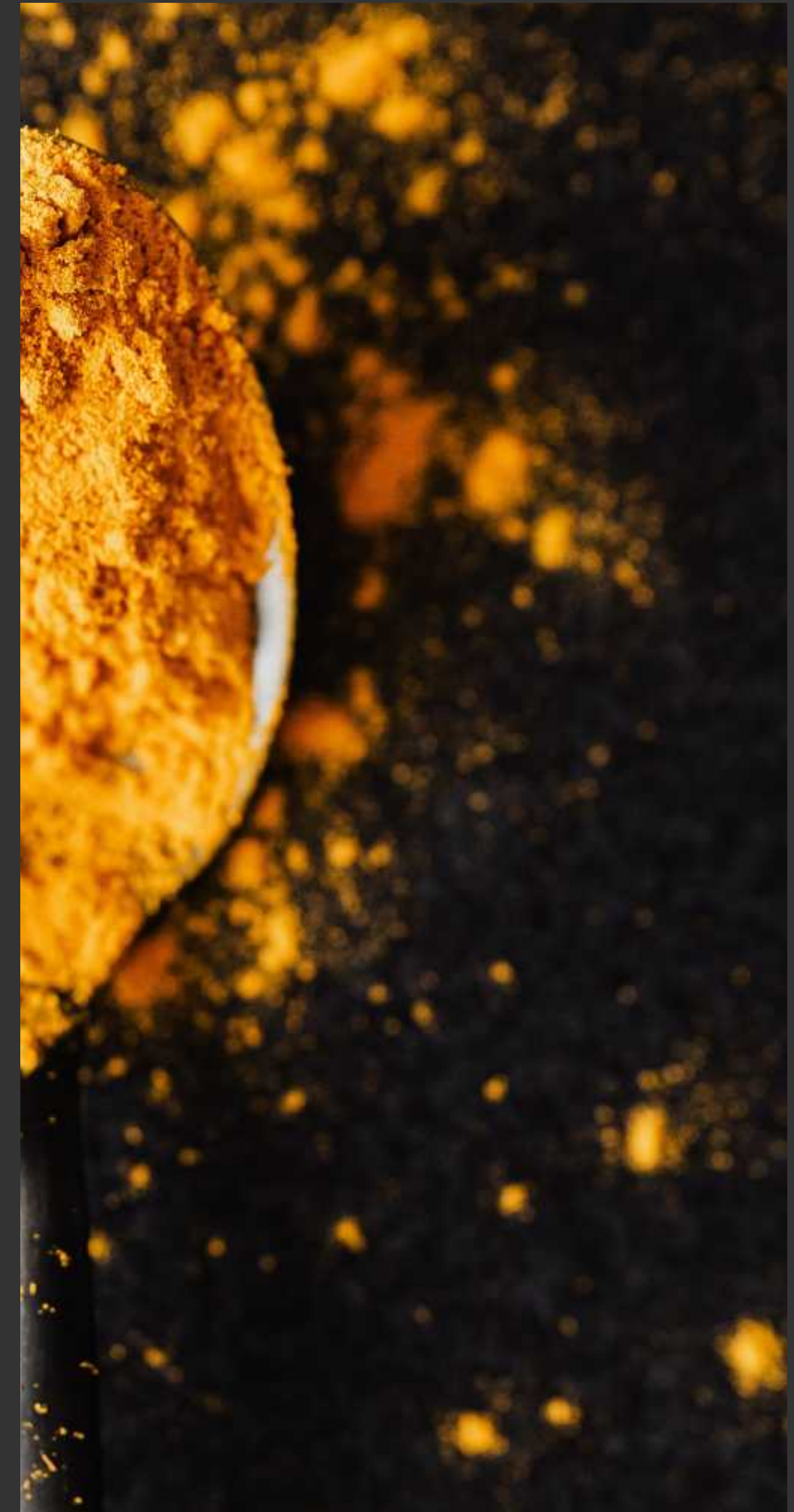
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# Turmeric

A natural antioxidant that has anti-inflammatory benefits, as well as benefits related to slowing the aging process and preventing Alzheimer's disease and potentially depression. It may be a more effective anti-inflammatory treatment than common inflammation-fighting medications such as Advil (ibuprofen) and aspirin.

Other benefits of turmeric include:

- Improves brain health
- Immune booster
- Improves metabolism
- Supports liver health
- Improves digestion
- Reduces oxidative stress
- Supports health cholesterol levels





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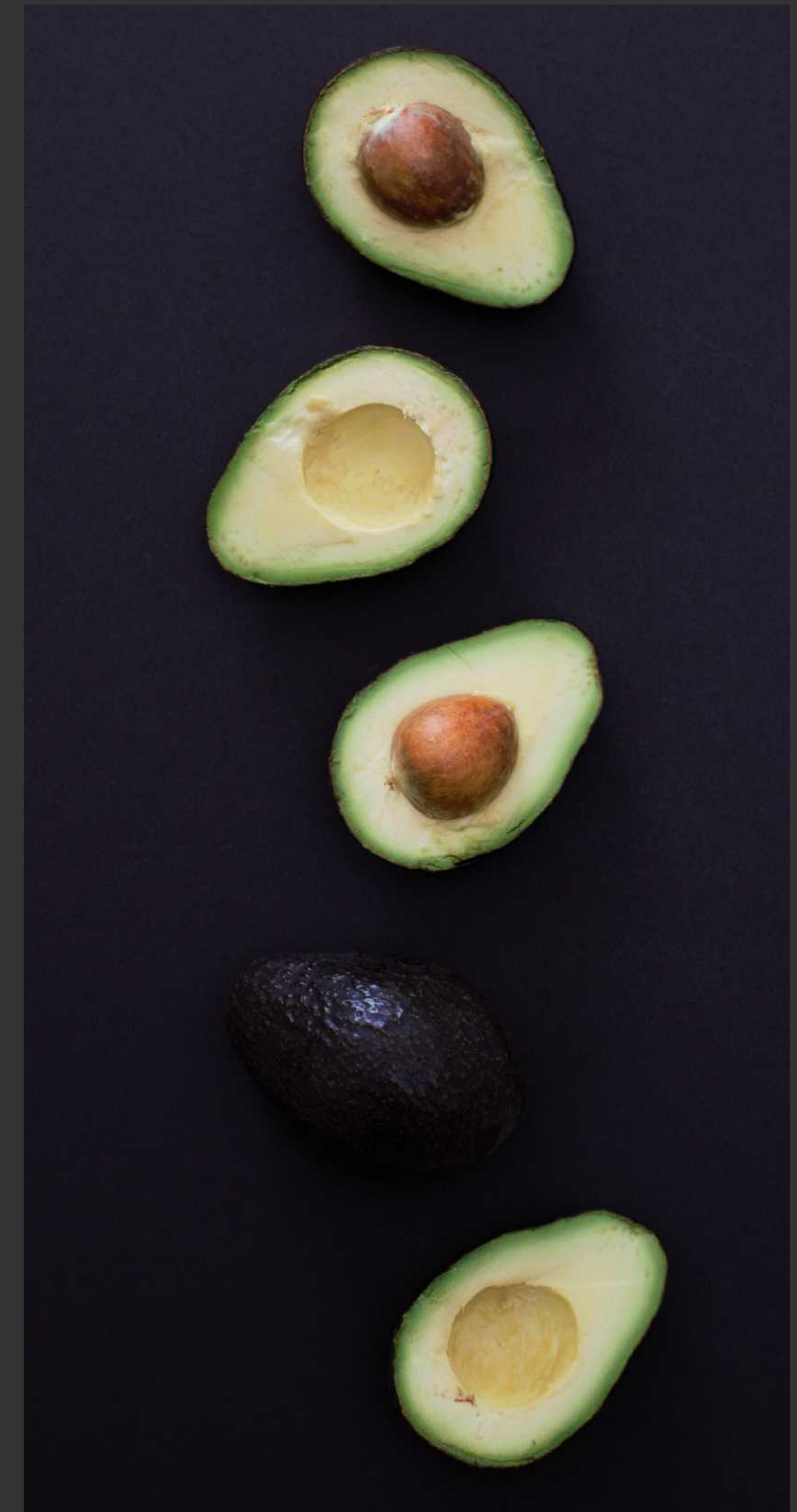
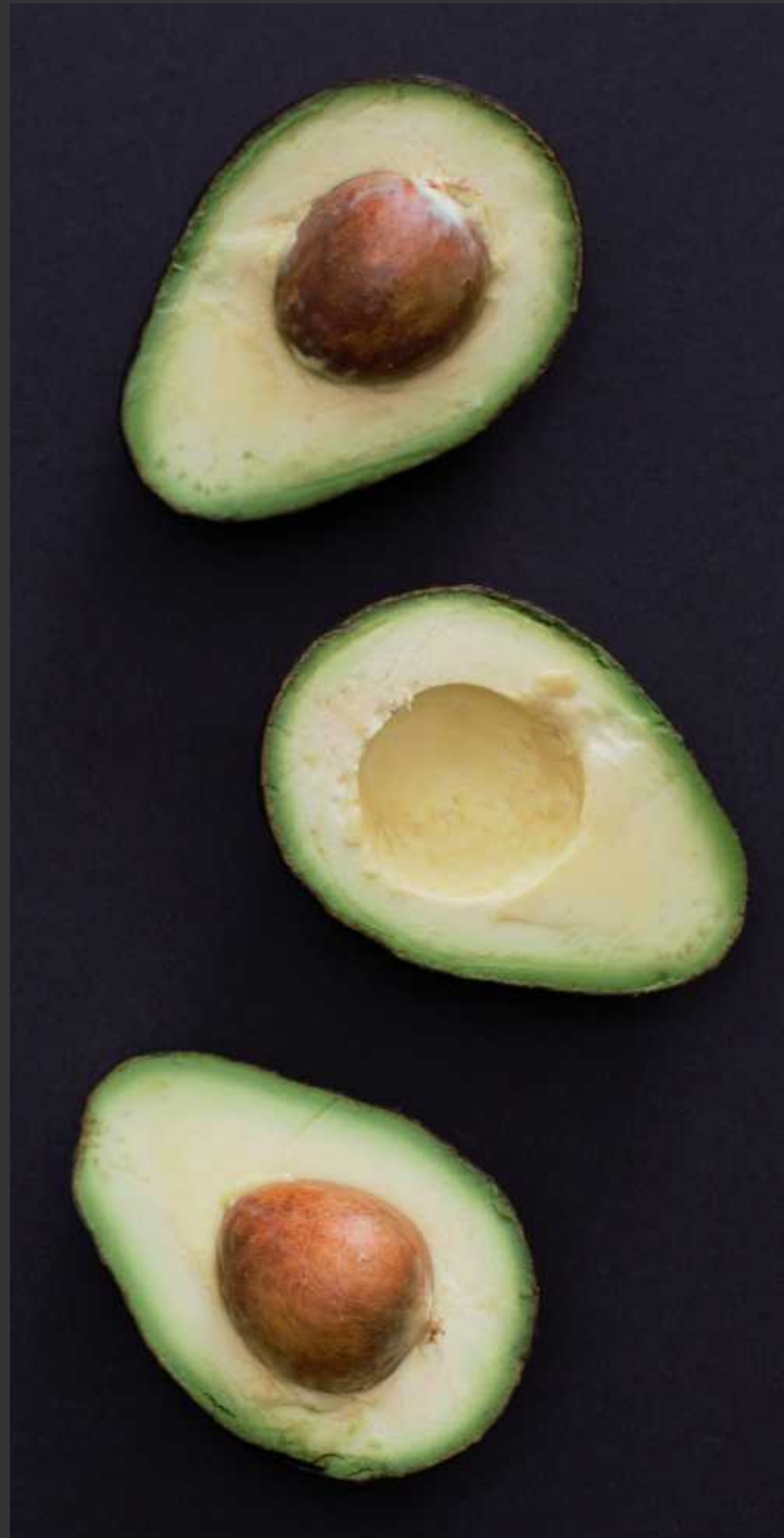
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# Avocado

Avocados are packed with biotin which helps protect our cells from damage. Vitamins A & E help skin and nail tissues rebuild and keep our hair shiny.

They are high in healthy fats and great sources of antioxidants and minerals. One of the most versatile and complete brain foods. One nutrient of significance is lutein. Lutein is an antioxidant that has been shown in studies to slow cognitive decline. They are perfect for improving lutein levels in the brain because fats improve its absorption.

Avocados help in muscle development because it contains 9 essential amino acids which are required for proper protein synthesis & promote health, strong muscles.



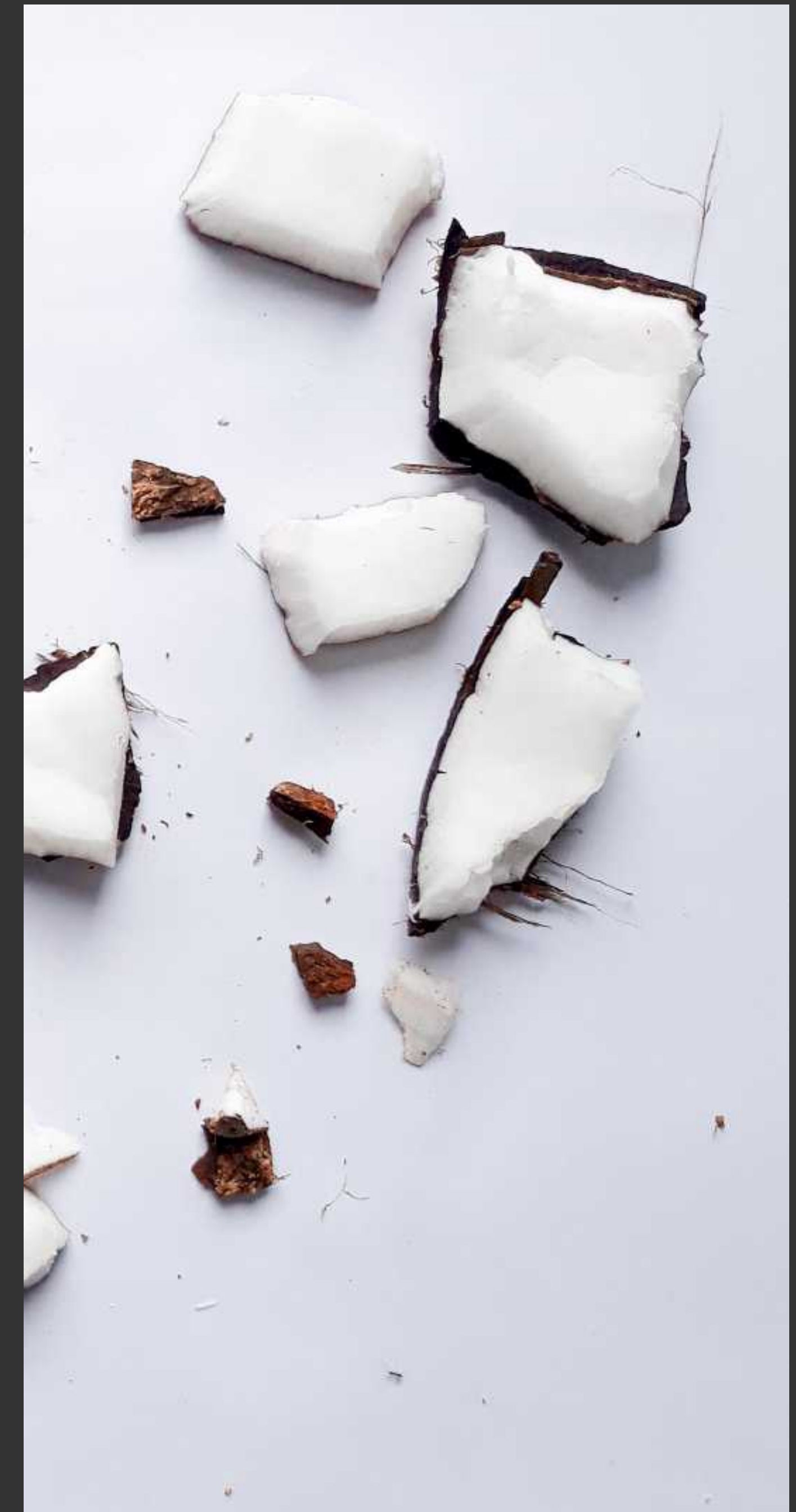


# MCT & Coconut Oil

Healthy fats are key for brain health, as the brain is practically made of fats. Saturated fats in particular are important for the brain. Coconut oil is an excellent source of saturated fats.

In addition to saturated fats, coconut oil contains valuable medium chain triglycerides (MCT) which promote the formation of ketones in the body.

Periodically shifting your body into a state of ketosis is extremely powerful for keeping your brain young and functioning at a high level.



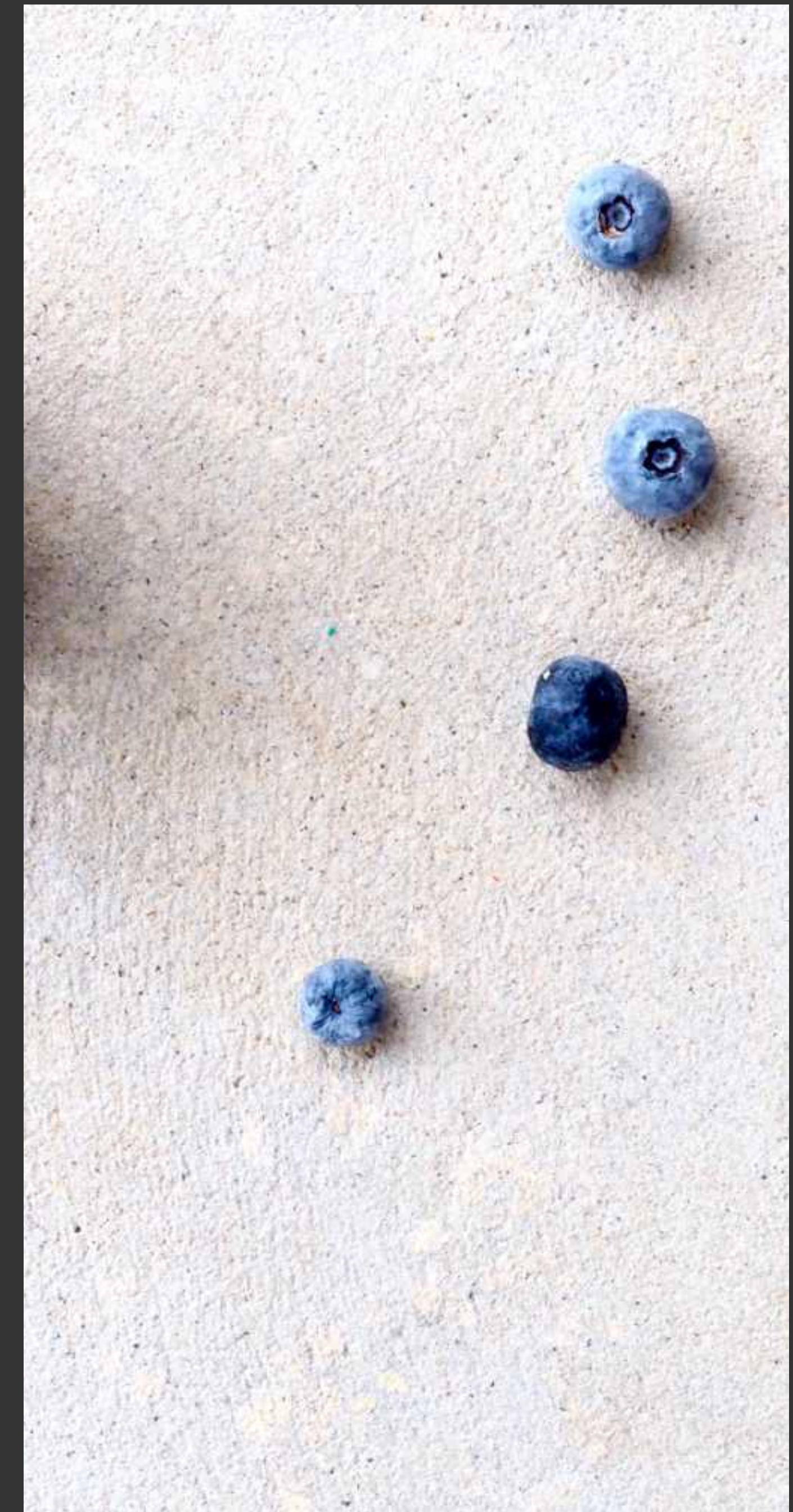


# Blueberries

Blueberries are a superfood. They are one of the highest sources of a powerful class of antioxidants called anthocyanins, which can promote the health of blood vessels and enhance the effects of vitamin C.

Health Benefits of Blueberries:

- Improves fat burning
- Preserves bone health
- Improves blood sugar stability
- Supports eye health
- Relieves constipation
- Improves memory





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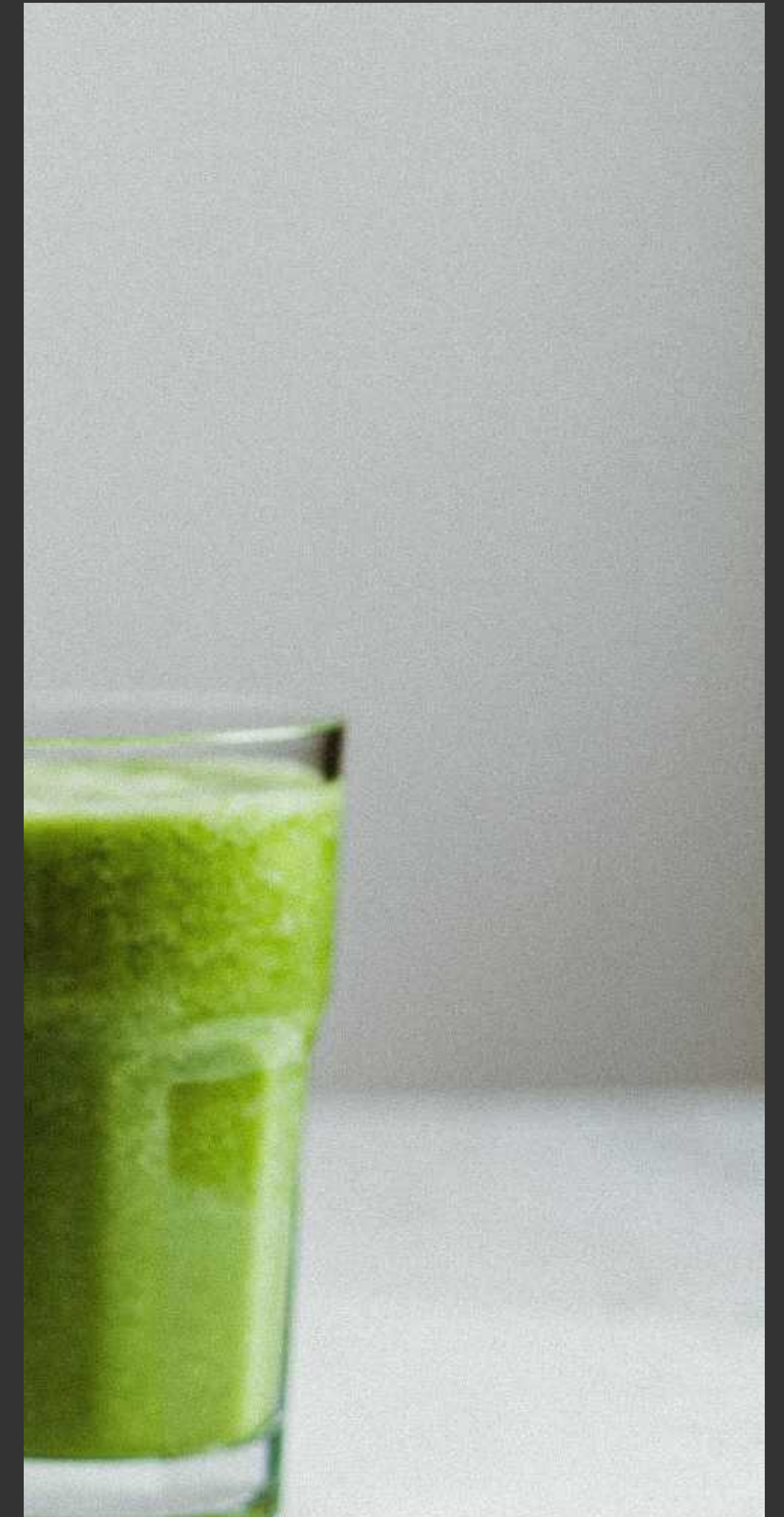
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# Celery Juice

Celery juice is a highly hydrating drink that is rich in vitamins and minerals that are essential to help you feel vibrant and energetic so drinking celery juice to break your fast can help to optimize your energy levels.

It can also help to replenish your body after a busy long day or workout due to its anti-inflammatory, antiviral, and antimicrobial properties, it can help to fight inflammation.

Celery is rich in antioxidants and polysaccharides that may support your overall health, fight free radical damage and lower the risk of disease.





# Cacao Nibs

Cacao nibs are essentially the same as eating the cacao bean itself, as they have been roasted and it is one of the highest sources of antioxidants.

A one ounce serving of cacao nibs has 64 milligrams of magnesium ( key element for the body ) making it one of the best dietary sources of it.

Cacao nibs are the least processed and most natural form of chocolate. The lack of processing and sugars do give them a nutty flavor, you can add them into smoothies, as a topping on desserts, use in baking or even just snack on right out of the bag.

Dark chocolate of at least 70% cocoa is a true superfood but cacao nibs take it to the next level with flavonoids, 9 grams of fiber and 183 mg of potassium per serving.





# Brazil Nuts

## (Castanha-do-Para)

These nuts are energy dense, highly nutritious, and one of the most concentrated dietary sources of the mineral selenium, which supports thyroid function.

Brazil nuts are energy dense and rich in healthy fats, selenium, magnesium, copper, phosphorus, manganese, thiamine, and vitamin E. Plus they are quite tasty!

**Calories:** 187

**Protein:** 4.1 grams

**Fat:** 19 grams

**Carbs:** 3.3 grams

**Fiber:** 2.1 grams

**Selenium:** 988% of the

Reference Daily Intake (RDI)

**Copper:** 55% of the RDI

**Magnesium:** 33% of the

**Phosphorus:** 30% of the RDI

**Manganese:** 17% of the RDI

**Zinc:** 10.5% of the RDI





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100 WAYS TO BREAK YOUR FAST

# Almonds

Not only are almonds packed with healthy fats and protein, but they're also rich in antioxidants. These plant compounds can protect your cells from oxidation and premature aging.

Almonds contain vitamins, minerals, protein, and fiber. They lower LDL (bad) cholesterol and are packed with vitamin E, magnesium and potassium, which helps oxygen and nutrients flow more freely through the blood.

They can also reduce hunger and promote weight loss.





# Macadamia

Macadamia nuts contain just over 1 g of natural sugar, and they are a low glycemic index food.

Macadamia nuts and their oil are some of the richest sources of palmitoleic acid, a monounsaturated fat also called omega-7. They contain protein, high amounts of beneficial fats, and fiber so they can stave off hunger.

Macadamia nuts are high in healthy fats so it can help those trying to lose weight. One serving of macadamia nuts also contains dietary fiber, protein, manganese, thiamin, and a good amount of copper.





# Pecans

Pecan nuts rank among the top 15 foods with the highest levels of antioxidants according to the USDA. They are also a powerhouse of vitamins and minerals such as manganese, potassium, calcium, iron, magnesium, zinc, and selenium, offering some wonderful health benefits.

Pecans are rich in magnesium which is known for its anti-inflammatory benefits, also, pecan nuts contain monounsaturated fats such as oleic acid along with phenolic antioxidants which help reduce the risk of heart disease.

Consuming nuts enhances satiety and increases metabolism, research has indicated that a diet comprising pecan nuts helps in losing weight. The nuts are also very rich sources of several important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates.



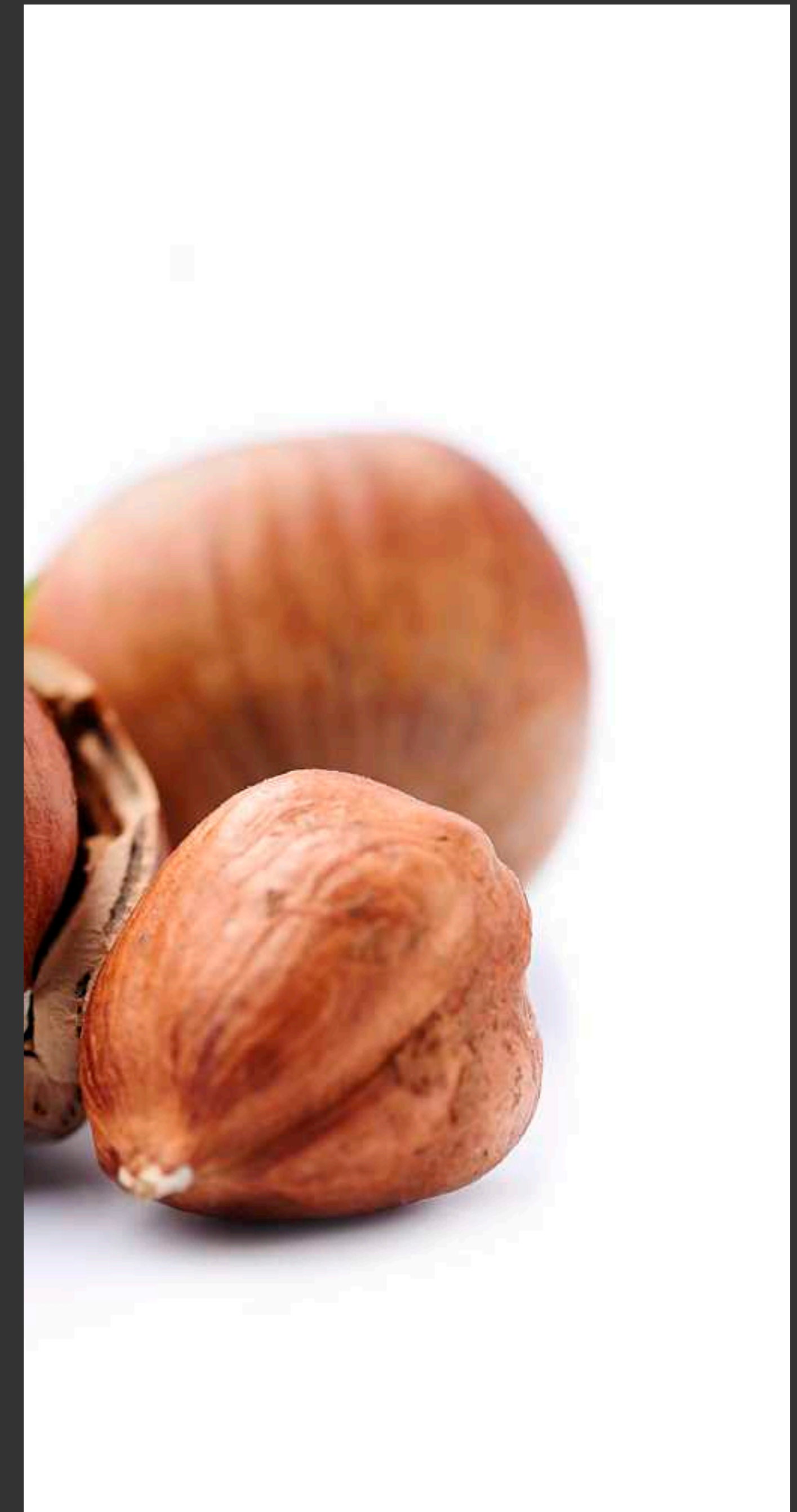


# Hazelnuts

Hazelnuts are a good source of dietary fiber, protein, healthy fat and vitamin E. Eating plenty of fiber encourages regular bowel movements and helps prevent constipation.

Health Benefits of Hazelnuts:

- support bowel movements
- reduce weight gain
- protect against cell damage
- lower levels of harmful cholesterol
- improve insulin sensitivity
- support heart health
- reduce inflammation
- improve sperm count

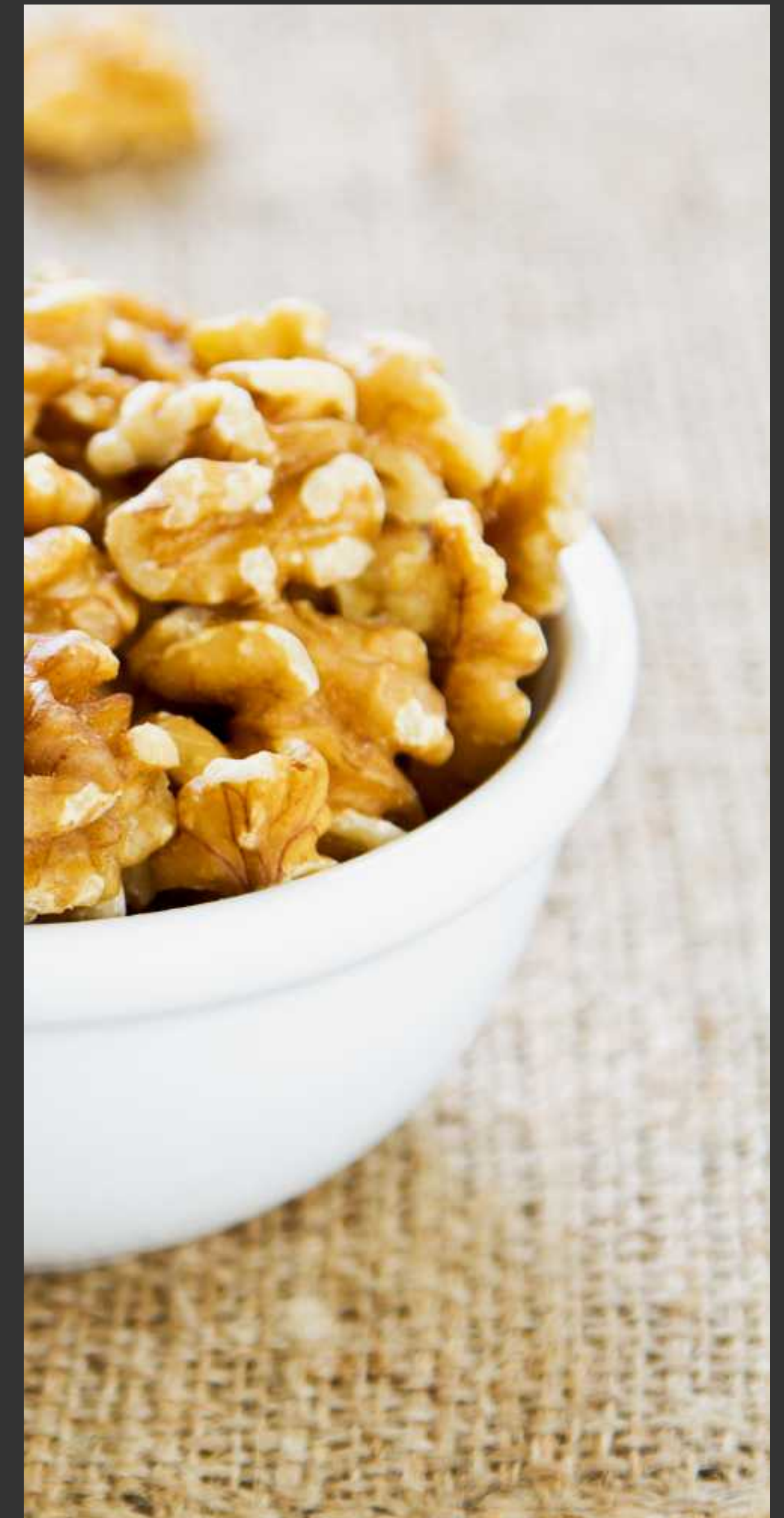




# Walnuts

Walnuts contain Omega 3 and Omega 6 fatty acids. Both of these fatty acids have been proven to help improve memory and cognitive function. In addition to omega 3 and 6 fatty acids, walnuts also contain selenium and iodine. Both of these help to ensure optimum function of the brain.

One ounce (about a quarter cup, or 14 walnut halves) provides 18 grams of good fat, 4 grams of protein, 2 grams of fiber, nearly 50% of the daily target for manganese, and smaller amounts of magnesium, iron, calcium, and B vitamins. Walnuts are also packed with antioxidants known to possess anti-inflammatory effects, which help protect against the initiation and progression of cancer, heart disease, and neurodegenerative diseases.





# Chia Seeds

Chia is made up of healthy fats, antioxidants, clean proteins, and fiber. Chia contains no sugar and very minimal amounts of non-fibrous carbohydrates. Chia also contains high levels of calcium, magnesium, and potassium.

This combination is perfect for healthy blood sugar levels and sustained energy. **When Chia seeds absorb** in the water you drink, they can absorb around 8 to 26 times their weight in water which allows them to naturally hold and expel the nutrients they have in them.

When you drink water that's been allowed time for Chia seeds to soak into, you'll give your body a punch full of fiber and other nutrients that can be helpful if you're trying to fast but still improve your diet.





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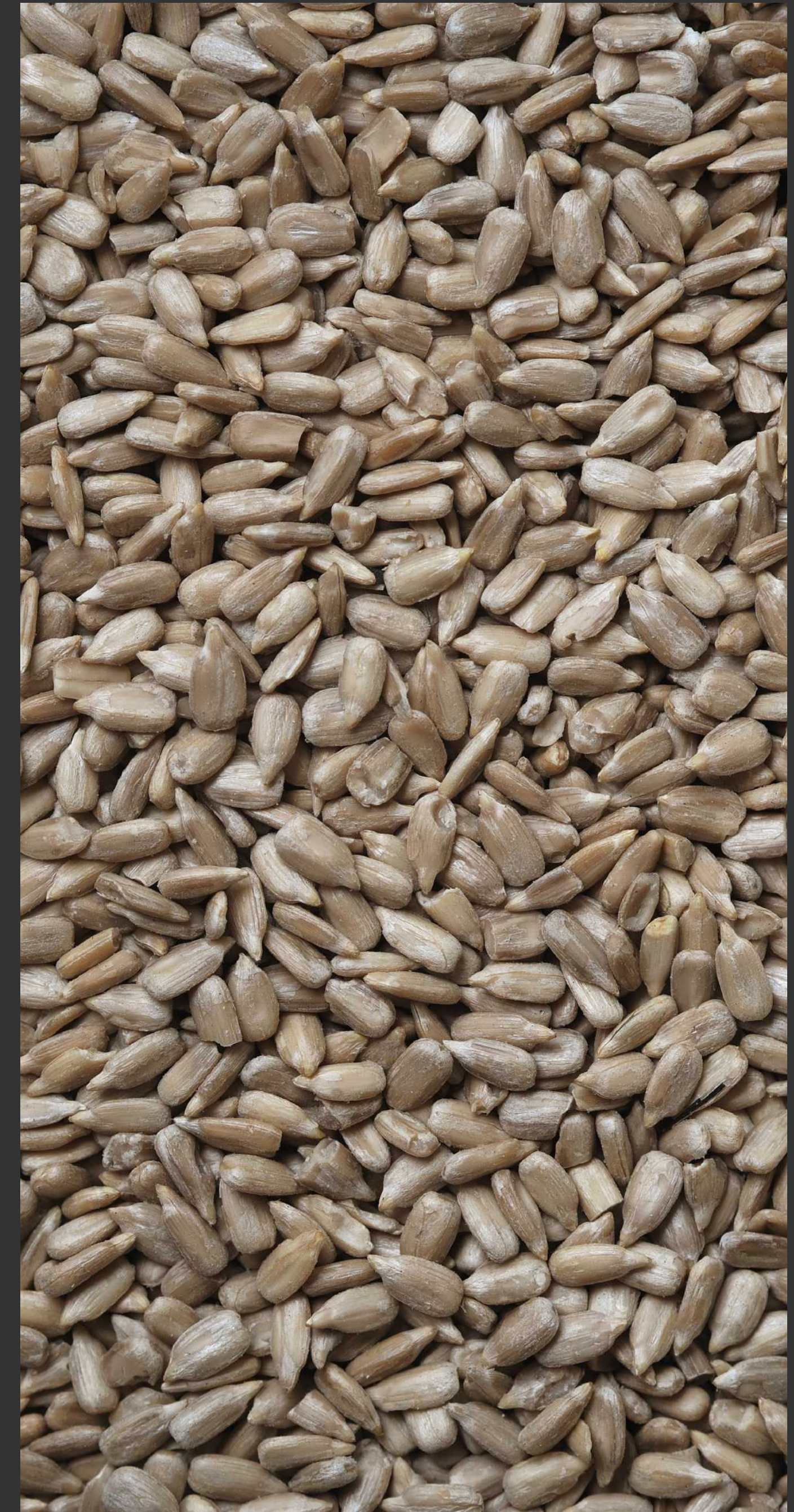
# Sunflower Seeds

Sunflower seeds pack a great deal of nutrition. This makes them an excellent choice to add to your eating plan.

High in protein and rich in healthy fats, as well as antioxidants that can lower your risk of developing serious conditions. It's also an excellent source of vitamin E.

They also serve a purpose more relevant to intermittent fasting: fats help to keep you full, sated, for longer periods of time.

This means that if you incorporate sunflower seeds into your diet during the eating or feeding window, you will stay full longer and will not be so hungry during the fasting period.



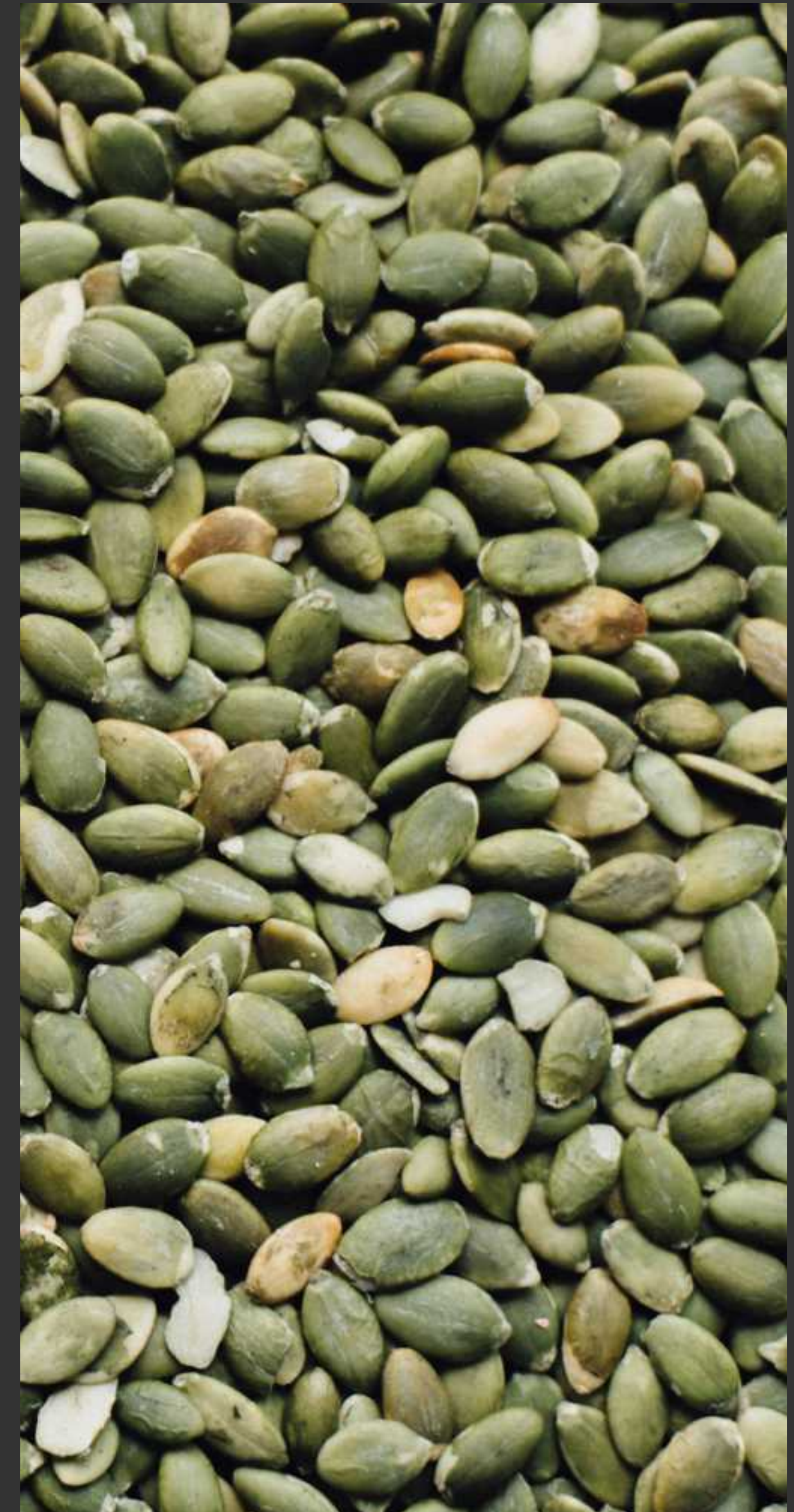


# Pumpkin Seeds

Pumpkin seeds are a great source of protein and unsaturated fats, including omega-6 fatty acids. They also contain a good range of nutrients, including iron, calcium, B2, folate and beta-carotene, which the body converts into vitamin A.

Raw pumpkin seeds, also known as pepitas, are a good source of magnesium, manganese, iron, zinc, and copper. Magnesium helps improve mood and sleep, while manganese plays a role in collagen production and promotes skin and bone health. Iron and copper are involved with energy production, and iron also helps transport oxygen to our cells. Zinc supports immunity, skin health, and vision. Eating just one serving of pumpkin seeds can supply 14 to 42% of the daily target for these essential nutrients.

Pumpkin seeds contain antioxidants that remove toxins from the body and reduce inflammation, as well as alleviate inflammation when it occurs.





# Raspberries

With a low glycemic index and high fiber content, raspberries are a useful dietary inclusion. They provide potassium, essential to heart function, and proven to lower blood pressure. The omega-3 fatty acids in raspberries can help prevent stroke and heart disease. They also contain a mineral called manganese, which is necessary for healthy bones and skin and helps regulate blood sugar.

Raspberry antioxidants also help reduce inflammation, a known trigger of premature aging.

The natural protective substances in raspberries are also linked to better DNA repair and blocking enzymes that trigger arthritis pain.





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100 WAYS TO BREAK YOUR FAST

# Blackberries

Blackberries contain a wide array of important nutrients including potassium, magnesium and calcium, as well as vitamins A, C, E and most of our B vitamins. They are also a rich source of anthocyanins, powerful antioxidants that give blackberries their deep purple colour.





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100 WAYS TO BREAK YOUR FAST

# Acai Berry

They're loaded with powerful plant compounds that act as antioxidants and bring benefits for your brain, heart and overall health. They also deliver healthy fats and fiber, making them a good healthy food to break your fast. As usual, opt for unsweetened frozen acai and don't pile on extra sugar with juice, honey, syrup, and cane sugar.





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100 WAYS TO BREAK YOUR FAST

# Green Apple

Green apples have less sugar and carbs, and more fiber, protein, potassium, iron, and vitamin K, taking the lead as a healthier variety.

Green apples contain a compound called pectin, a fiber source that works as a prebiotic to promote the growth of healthy bacteria in your gut. The pectin found in green apples can help you break down foods more efficiently.

The high fiber content in green apples can have other impacts on your digestive health as well. Fiber is shown to stimulate the digestive system, helping with both constipation and diarrhea.





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100 WAYS TO BREAK YOUR FAST

# Unripe Bananas

Green bananas will provide some additional nutrients and benefits that yellow bananas do not. They're rich in resistant starch and pectin, which are filling, improve digestive health and help lower blood sugar levels.





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100 WAYS TO BREAK YOUR FAST

# Omega-3 Salmon

Salmon contains saturated fats and cholesterol, which are extremely important components of brain tissues. In fact, higher levels of cholesterol are associated with better mental health in old age.

One of nature's most powerful antioxidants. Because the brain is made up of 60% fat (of which 10–15% is DHA, an omega-3), getting adequate amounts of DHA in the diet is critical for brain health.





# Trout

Trout is a cousin of salmon, and the two fish have a similar appearance. The taste is also somewhat similar, but trout has a milder flavor than salmon, which could be a positive or a negative depending on personal preference.

Both of these fish share some positive traits too; specifically, they are high in omega-3, low in mercury, and offer an excellent source of vitamins and minerals.

Per 100 g, trout offers:

- Calories: 148 kcal
- Carbohydrate: 0 g
- Fat: 6.6 g
- Omega-3: 1068 mg
- Omega-6: 175 mg
- Protein: 20.8 g
- Key Nutrients
- Vitamin B12: 130% DV
- Manganese: 43% DV
- Phosphorus: 24% DV





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# Tuna

Tuna is rich in manganese, zinc, vitamin C and selenium, which help in strengthening the immune system. These antioxidants protect us from diseases like cancer by fighting the free radicals in our system.

This fish comprises omega-3 fatty acids, which help in bringing balance in the blood vessels thereby reducing cholesterol in the arteries. As such, the heart is able to efficiently carry out its function of pumping blood throughout the body, maintaining good health.

Tuna is rich in potassium, which is known for lowering blood pressure.





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100 WAYS TO BREAK YOUR FAST

# Shrimp

Because they're low in carbs and calories and packed with nutrients, shrimp are an ideal choice if you're trying to shed some pounds. Shrimp is high in several vitamins and minerals, and is a rich source of protein.

Eating shrimp can also promote heart and brain health due to its content of omega-3 fatty acids and the antioxidant astaxanthin (Studies suggest that this helps prevent wrinkles and lessens sun damage)





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100 WAYS TO BREAK YOUR FAST

# Sardines

Sardines provide 2 grams of heart-healthy omega-3s per 3 ounce serving, which is one of the highest levels of omega-3 and the lowest levels of mercury of any fish. They contain a great source of calcium and Vitamin D, so they support bone health, too.





100 WAYS TO BREAK YOUR FAST

# Beef Liver & Organ Meats

Only 100 grams of beef liver can lead to numerous health benefits (in % of the recommended daily dose\*):

- Vitamin A: 522%
- Vitamin B6: 51%
- Vitamin B12: 1386%
- Niacin: 87%
- Riboflavin: 201%
- Selenium: 47%
- Iron: 34%
- Copper: 730%
- Zinc: 35%

Highly Nutritious! They are particularly rich in B-vitamins, such as vitamin B12 and folate. They are also rich in minerals, including iron, magnesium, selenium and zinc, and important fat-soluble vitamins like vitamins A, D, E and K. Furthermore, organ meats are an excellent protein source.





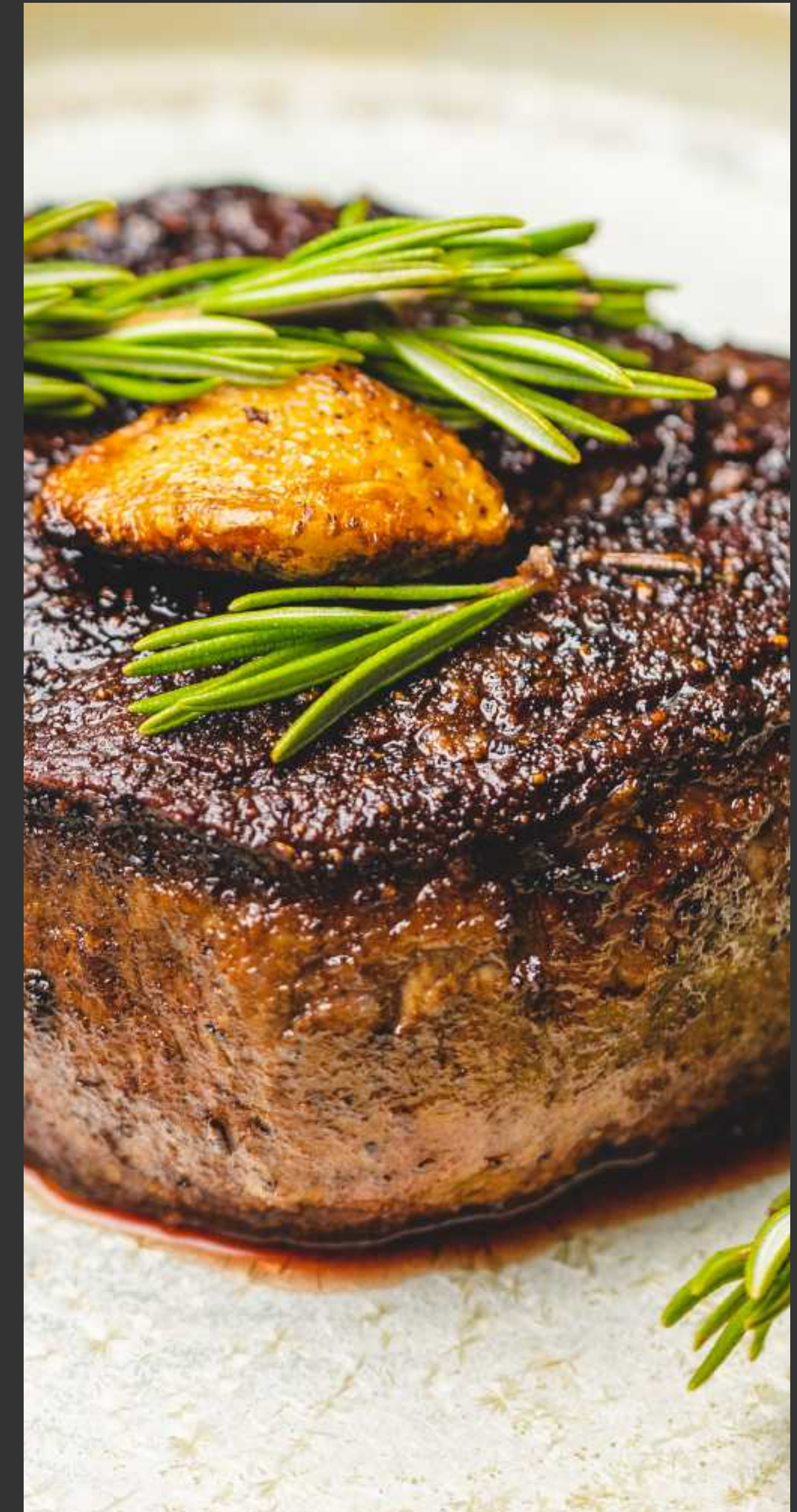
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# Grass-fed Steak

Red meat is one of the most nutritious meats you'll eat; especially when it comes from naturally fed and raised animals. We all know how important protein is, and red meat is an excellent source of protein, as well as iron, B12, zinc, dietary creatine, and quite a few other good-for-you nutrients.

Steak, as in most red meats in general, is packed with many beneficial nutrients, including an array of healthy fats.





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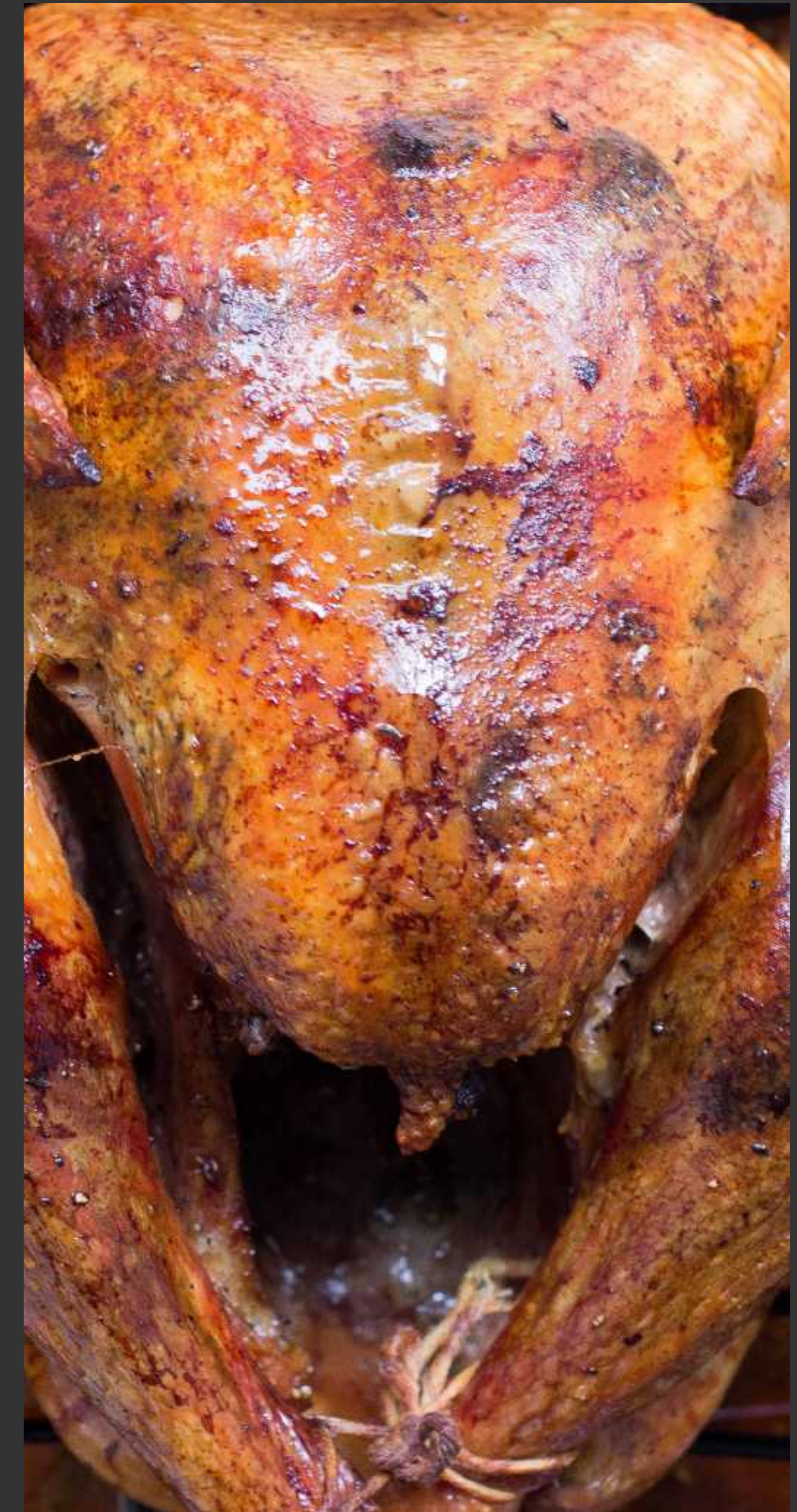
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# Free-range Chicken

Chicken can help with weight management and reduce the risk of heart disease. Chicken contains the amino acid tryptophan, which has been linked to higher levels of serotonin (the “feel good” hormone) in our brains.

Chicken is a great source of many key nutrients, including protein, niacin, selenium, and phosphorus.

Given that chicken is low in calories but high in protein, it may be especially beneficial for weight loss.





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100 WAYS TO BREAK YOUR FAST

# Organic Eggs

Eggs are among the most nutritious foods on the planet! Only 77 calories, with 5 grams of fat and 6 grams of protein with all 9 essential amino acids.

Rich in iron, phosphorus, selenium and vitamins A, B12, B2 and B5 (among others). About 113 mg of choline, a very important nutrient for the brain.

The protein in eggs will leave you fuller longer. They score high up on the satiety Index list, which is a system to measure the fullness left by certain foods.





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100 WAYS TO BREAK YOUR FAST

# Grass-fed Butter

Butter is rich in nutrients and beneficial compounds like butyrate (shown to reduce inflammation in the digestive system) and conjugated linoleic acid (CLA). High-fat dairy like butter have been linked to a reduced risk of obesity, diabetes, and heart problems.

Unlike trans fats in processed foods, dairy trans fats are considered healthy. Butter is the richest dietary source of dairy trans fats, the most common of which are vaccenic acid and conjugated linoleic acid (CLA) which is associated with various health benefits such as increased fat loss and better blood sugar control.





# Cheese

Cheese is a great source of fat, protein and calcium which is an essential nutrient for stronger bones. It also contains high amounts of vitamins A and B-12, along with zinc, phosphorus, and riboflavin. Cheese made from the milk of 100 percent grass-fed animals is the highest in nutrients and also contains omega-3 fatty acids and vitamin K-2.

Cheese is a good source of natural fats which allow you to control weight and hunger. Fats, calcium, proteins, vitamins, and minerals present in cheese build muscles and bones stronger along with a stabilized metabolism.

For healthy brain activity, your body utilizes the fats it derives from the food you eat. Rich in omega 3 and fatty acids, cheese is a delicious way to keep your brain in a good state of health.





# Kefir

The typical kefir contains between 300 and 400 mg of calcium per cup making the drink an excellent source of calcium.

Kefir contains about 9 grams of protein per serving, which is more than an egg and what you'd find in traditional yogurts.

Although kefir contains some lactose, there are bacteria in there eating that sugar, so kefir has a lower lactose than other milk-based products. Just be sure to buy the plain varieties—not the flavored kinds.





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100 WAYS TO BREAK YOUR FAST

# Full Fat Yogurt

Eating a small amount of full fat yogurt or dairy, is still better than eating a larger amount of low fat yogurt which could contain stabilisers and hidden sugars that mount up the calories. Eating a full fat yogurt as a snack is far healthier than filling up on starchy carbohydrates or other sugary treats.

Full fat dairy contains many elements that are good for the body – such as magnesium, vitamin K, amino acids and calcium for strong teeth and bones. Many full fat yogurts also contain probiotics, which are good for a healthy gut balance.





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100 WAYS TO BREAK YOUR FAST

# Extra Virgin Olive Oil

The main fat it contains is monounsaturated fatty acids, which is considered a healthful fat.

It lowers blood pressure, protects “bad” LDL cholesterol particles from oxidation and improves the function of blood vessels.

Olive Oil is rich in antioxidants and it has strong anti-Inflammatory properties because contains nutrients that fight inflammation. These include oleic acid as well as the antioxidant oleocanthal.





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100 WAYS TO BREAK YOUR FAST

# Mushrooms

Mushrooms produce vitamin D naturally and in abundance. 100 gram serving (that's 3.5 ounces) would give you 50 to 100% of your daily dose.

Mushrooms contain a super-high concentration of two antioxidants, ergothioneine and glutathione, according to a 2017 Penn State study. When these antioxidants are present together, they work extra-hard to protect the body from the physiological stress that causes visible signs of aging (wrinkles).





# Kale

Kale contains good fat and fiber. Kale actually contains about 120 mg of Omega-3 fatty acid per cup, far better than most plants.

Kale is jam-packed with vitamins. Eating one cup of chopped kale gets you over 200% of your daily value of vitamin A, 134% of your daily value for vitamin C, and almost 700% of your daily value for vitamin K. In addition, kale contains important minerals like manganese, potassium and copper.

Kale contains a broad range of antioxidants, the kale antioxidant quercetin has anti-viral properties, and may treat the common cold. The kale carotenoids Lutein and Zeaxanthin concentrate in the eye, and may play a role in preventing optic conditions like macular degeneration and cataract.





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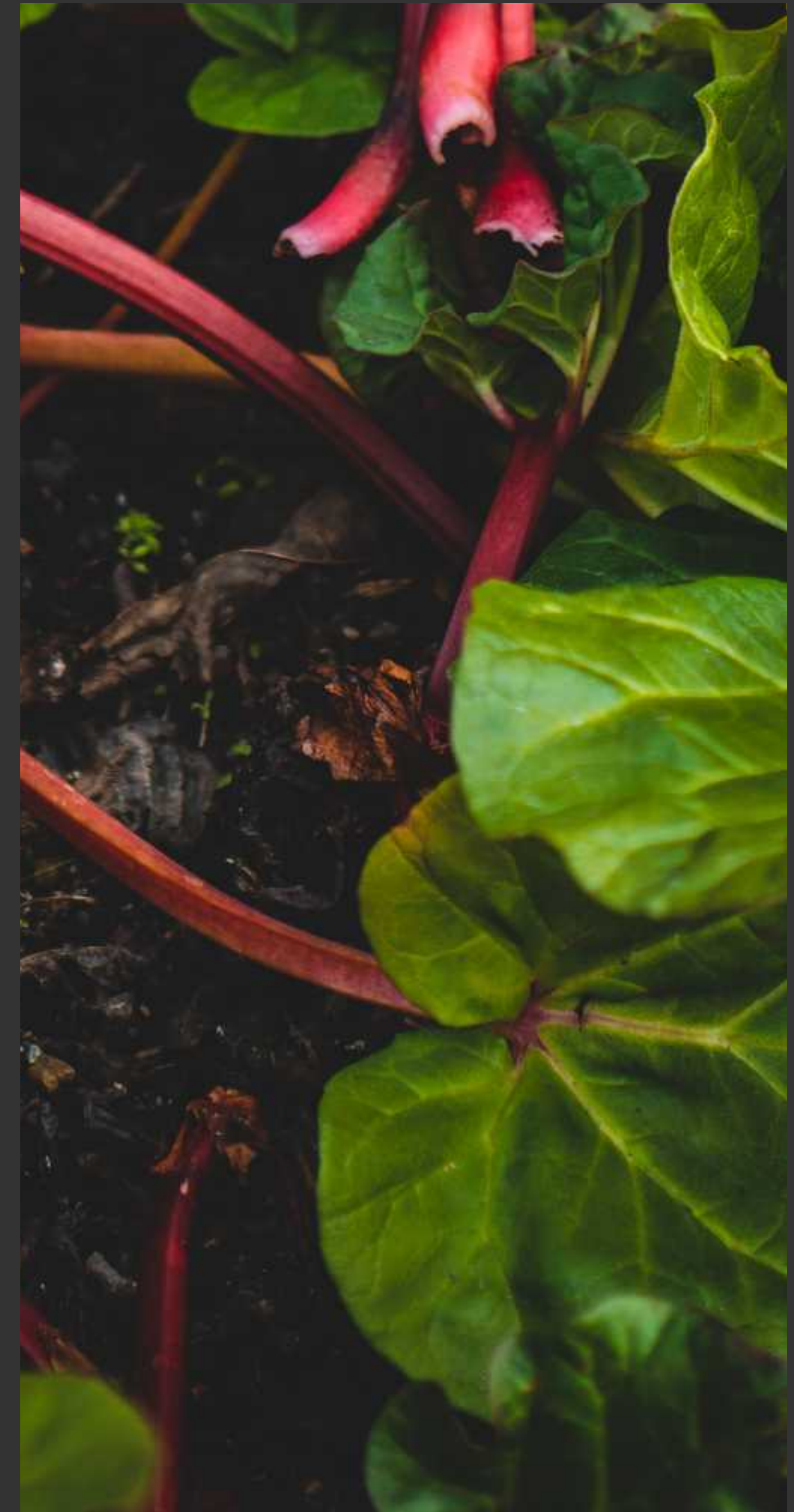
100 WAYS TO BREAK YOUR FAST

# Swiss Chard

The health benefits of Swiss chard are amazing and may include the ability to regulate blood sugar levels, prevent various types of cancer, improve digestion, boost the immune system, reduce fever, and combat inflammation.

Swiss chard is a nutritional powerhouse because it's an excellent source of vitamins K, C, and A, as well as a good source of potassium, magnesium, iron, and dietary fiber.

It may also help lower blood pressure, increase bone strength, detoxify the body, prevent heart diseases, and strengthen the functioning of the brain.





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100 WAYS TO BREAK YOUR FAST

# Spinach

Though it has so few calories, spinach is packed with nutrients. A three cup portion provides over 300% of the daily need for bone-supporting vitamin K. Spinach also provides over 160% of the daily goal for vitamin A, and about 40% for vitamin C, which both support immune function and promote healthy skin.

Spinach also contains 45% of the daily need of folate, a B vitamin that helps form red blood cells and DNA. And spinach supplies 15% of the daily goal for both iron and magnesium, 10% for potassium, and 6% for calcium, along with smaller amounts of other B vitamins.





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100 WAYS TO BREAK YOUR FAST

# Turnip Greens

One 55-gram cup of raw turnip greens provides 138 mcg of vitamin K, well above the daily need.

Turnip greens also provide one of the highest calcium contents per gram of any fruit or vegetable. Vitamin A, phosphorus, and magnesium also promote bone health, and these too are present in turnip greens.





# Parsley

This herb is rich in many vitamins, particularly vitamin K, which is needed for blood clotting and bone health. A 1/2 cup (30 grams) of fresh, chopped parsley provides:

- Calories: 11 calories
- Carbs: 2 grams
- Protein: 1 gram
- Fat: less than 1 gram
- Fiber: 1 gram
- Vitamin K: 547% of the RDI
- Folate: 11% of the RDI
- Potassium: 4% of the RDI

Parsley is also a great source of vitamins A and C

- Vitamin A: 108%
- Vitamin C: 53% of the RDI





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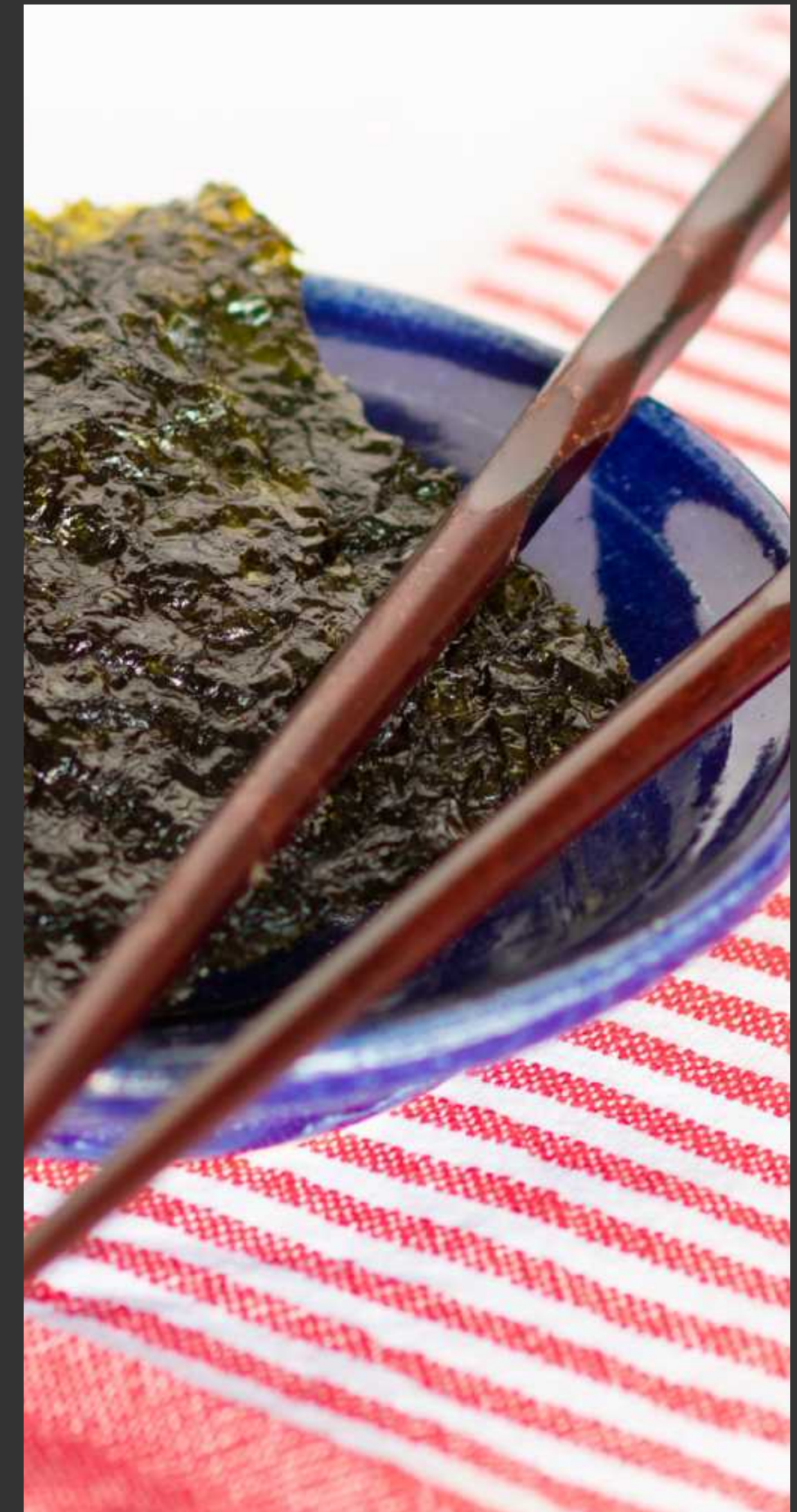
100 WAYS TO BREAK YOUR FAST

# Seaweed

It is highly nutritious and a simple way to boost a person's intake of vitamins and minerals without adding many calories.

Types of seaweed include: Kelp, Nori, wakame, kombu, dulse, blue-green algae, such as spirulina and chlorella.

It may help with thyroid function, support gut health and weight loss.





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100 WAYS TO BREAK YOUR FAST

# Matcha Green Tea

We hope you enjoy drinking green tea because Matcha is a super metabolism booster. Studies have shown that Matcha helps burn calories up to four times faster and does not put extra stress on the body. It will not raise the heart rate or blood pressure, which makes it a great drink for you to break your fast with.

It is also abundant in Chlorophyll which means that it is rich in antioxidants, more than high fiber beans, veggies and war fruits, so will rid the body of heavy metals, nasty toxins and harmful chemicals. This is great because it also has the ability to improve the appearance of your skin and slow down the aging process.





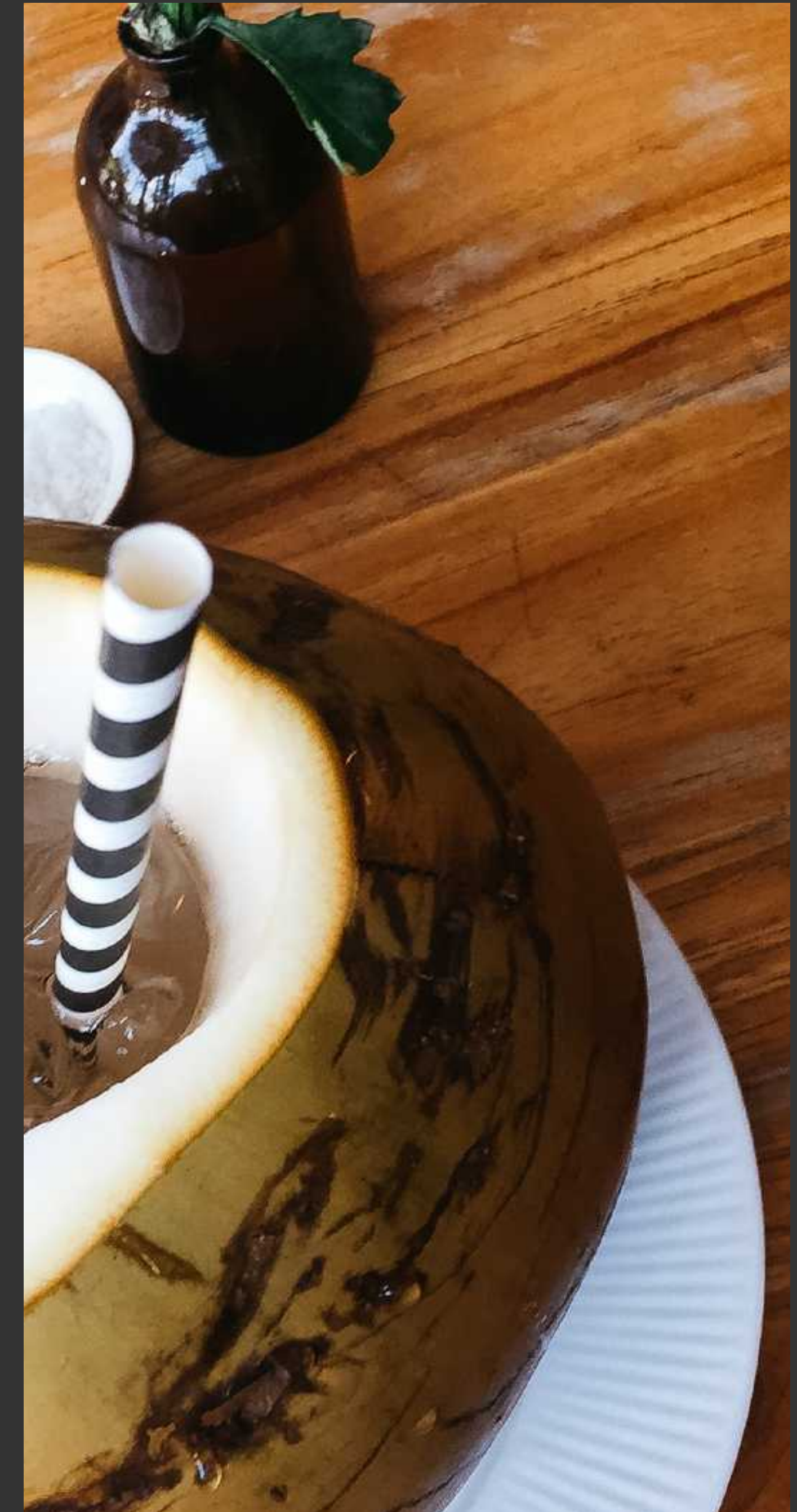
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100 WAYS TO BREAK YOUR FAST

# Coconut Water

It has electrolytes such as potassium, sodium and magnesium. Comparable to sports drinks, which can be loaded with added sugars and flavorings, coconut water is low in calories and carbs.

Read the label. Go for options that are 100% coconut water and contain no added sugars or preservatives, drink to break your fast or after exercise to boost hydration.





# Red Wine

Red wines are known to lower the bad cholesterol in your system. Not only does it regulate the cholesterol levels, but also keeps the heart healthy. Polyphenols, a certain type of antioxidants present in red wines prevent unwanted clotting by keeping the blood vessels flexible. However, it should be remembered that heavy drinking damages the heart.

Darker grapes are higher in antioxidants like resveratrol, epicatechin, catechin, and proanthocyanidins. Of these, resveratrol and proanthocyanidins are mainly responsible for keeping you healthy.

Resveratrol, the natural compound found in grape skin, controls blood sugar levels in diabetic persons and inhibit the formation of beta-amyloid protein, a key ingredient in the plaque of the brains of people with Alzheimer's, so it keeps your memory sharp.

The chemical compound piceatannol converted from resveratrol reduces the fat cells in our body. According to the researchers, piceatannol fastens the insulin receptors of fat cells which blocks the pathways required for immature fat cells to grow.







# Sensory Eating

The practice of mindfulness includes taking the time to appreciate our surroundings. Incorporating simple steps into our day-to-day routine, such as adopting sensory eating habits help to promote good health. When it comes to food, too often, we simply feed ourselves without taking the time to appreciate each ingredient, and observe each bite. For many, eating has devolved into a routine detour from our intended activity -- rather than an activity in and of itself. Rarely, do we take the time to cook and eat using all of our senses. By seeing, smelling, tasting, and handling the ingredients, we stimulate our bodies for the ritual of food.



# What About Supplements?

If the supplement that you are taking is a soft gel, an oil such as fish oil pill or coenzyme q-10 — anything that's in a soft gel is usually suspended in vitamin E or some kind of oil that will break a fast, that has a caloric effect that's no different than having olive oil or coconut oil, it's just a different kind of oil suspending a fat soluble vitamin. Consume those like your vitamin D and your fish oil after you've already eaten, that way it won't break your fast.

Water soluble vitamins (multi vitamins such as vitamin C) are okay to take during your fasting period. Still, we recommend that you still try to consolidate them during your eating window simply because it can be a little bit hard on your stomach.





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# Important Nutrients To Focus On

In this section you will learn about the different supplements you can take to ensure your body is getting all the nutrients it needs to function optmically. Before you decide to take any supplements, you must consult a doctor and only then add the necessary supplements to your diet.



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100 WAYS TO BREAK YOUR FAST

# Omega-3 Fish Oil & DHA

You should get some form of long chain omega-3 fat, better known as fish oil and vegans have no excuse anymore as there is algae-based dha and epa.

Here's the deal: Your brain is about 70 percent fat so half of the fat in your brain is actually an omega-3 fat called dha, so basically half of your brain is fish oil and people with the highest omega-3 index have the largest brains and the largest areas of memory (the hippocampus). People with the lowest levels of dha have the most shrunken brains and the smallest memory areas.

DHA is really what makes your brain and fish oil is incredibly important! You want to get about a thousand milligrams of dha per day.





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100 WAYS TO BREAK YOUR FAST

# Collagen

It's important to take because when fasting you are limiting your calorie intake. Collagen is present in your skin, connective tissues, in the muscles, tendons and ligaments too. It is one of the most abundant sources of protein in your body. Your body does synthesize collagen on its own, but as you age, the production of collagen tends to slow down. It is quintessential that you include collagen supplements if you want your skin to retain its elasticity, supply the necessary structure to tendons and joints, and maintain optimal supply of protein to the organs.



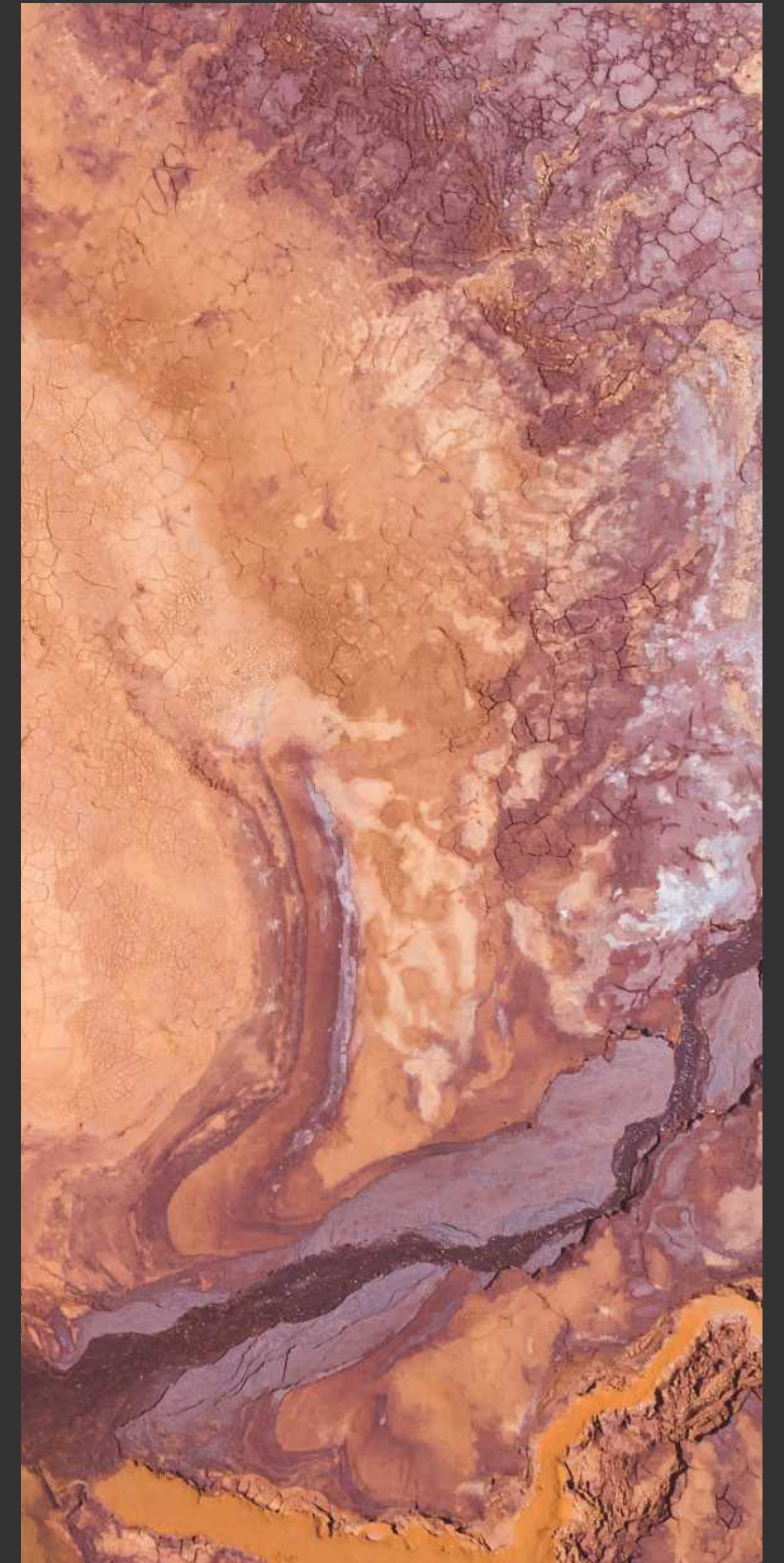
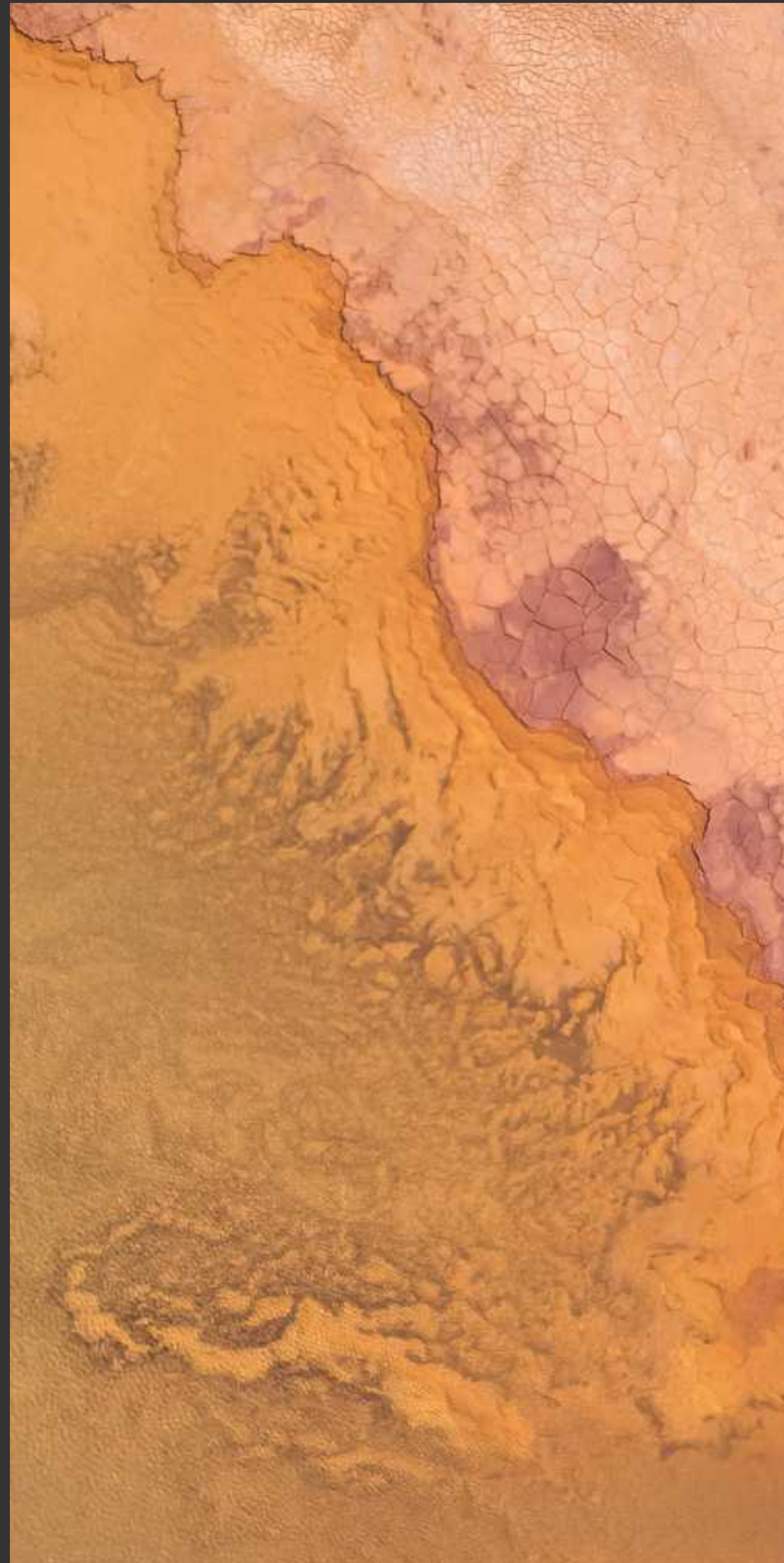


# Zinc

Zinc supplements don't usually have any added calories, and you can take them while in a fasted state.

This nutrient isn't synthesized in your body. A zinc supplement is suitable for everyone, regardless of their dietary habits and lifestyle. Zinc helps with the synthesis of proteins; it is essential for growth and development of the body, the production of DNA, maintenance of the immune system and for healing wounds.

If your diet is usually rich in shellfish then you don't need zinc supplements. You must not consume over 30mg of zinc per day.





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100 WAYS TO BREAK YOUR FAST

# Creatine

Creatine is a natural monohydrate present within the cells in a muscle. Whenever you take creatine supplements, your body tends to expand its phosphocreatine stores- a type of stored energy present within the cells, which helps your body get the necessary energy it needs for optimal performance during exercising.

The best time to take creatine supplement is when breaking your fast since your body absorbs it better.





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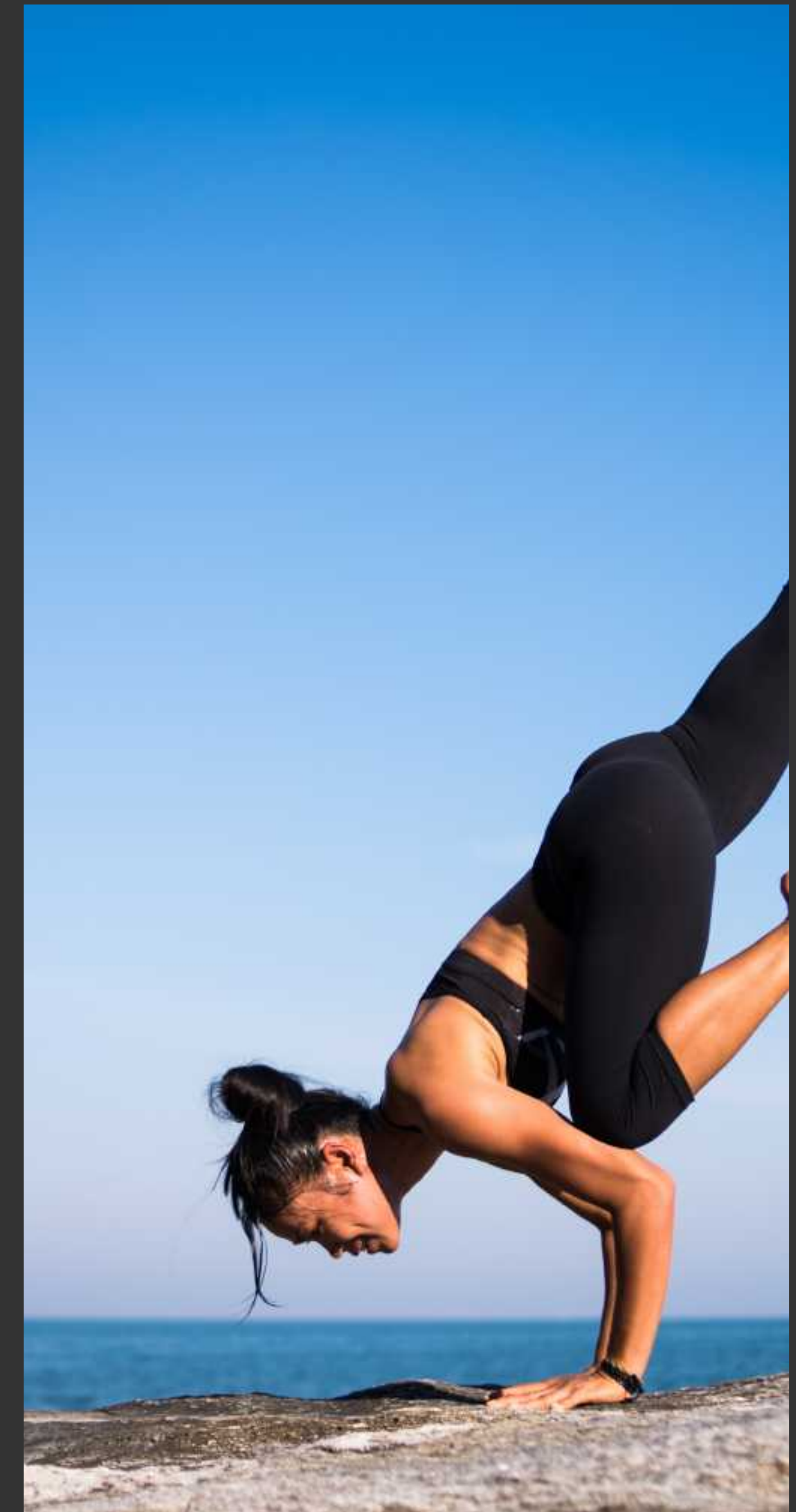
100 WAYS TO BREAK YOUR FAST

# Amino Acids or BCAA's

They help stimulate the synthesis of proteins in the body for building muscle and preventing the breakdown of muscle while in a caloric deficit. Consuming BCAA while fasting can break the fast since you will be consuming a form of protein.

The best time to consume BCAA's is before you start exercising since it helps increase the flow of energy in your muscles and increases the efficiency of exercising.

They are not counted towards your fasting period so if you are unable to consume a meal after a workout (if you are doing a morning fasted training for example) then you can take BCAA's after to keep stimulating muscle and protein synthesis and avoiding muscle wasting.





# Isolated Whey Protein

There are nine essential amino acids that our bodies can't make but which we need to be healthy. Whey protein isolate contains all of those, making it a complete form of protein. Whey protein contains lots of glutamine, leucine and cysteine – amino acids which are great for repairing muscle tissue, reducing tissue damage, gaining and maintaining muscle mass, and even improving endurance.

Whey protein can also:

- Boost your immune system
- Help prevent bone loss
- Help control blood glucose levels
- May help treat type 2 diabetes, inflammation and other conditions.





FASTING BOOST

**+ Options To Break  
Your Fast**



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## 100 WAYS TO BREAK YOUR FAST

- Ginger, apple cider vinegar & lime shot
- Hard boiled eggs
- Berries with whipped cream
- Deli meat (turkey, chicken, ham, etc.)
- Pork rinds - plain, with dip, or with cheese melted on top
- Celery with cream cheese & herbs
- Smoked salmon with cream cheese & dill
- Cheese sticks, slices or cubes
- Nuts (almonds, macadamias, pecans, walnuts, hazelnuts, etc.)
- Seeds (pumpkin, sunflower, etc.)
- Blueberries & full-fat cottage cheese
- Homemade keto granola
- Chicken wings
- Keto pancakes or muffins (make ahead)
- Sugar-free chocolate
- Avocado with salt & spices
- Olives, plain or stuffed with soft cheese
- Swiss cheese & turkey roll ups
- Keto bagel
- Unsweetened toasted coconut chips
- Chocolate fat bombs
- Portioned-out nut butter (peanut, almond, hazelnut, macadamia, etc.)
- Cucumber sticks wrapped in cheese
- Mini meatballs or mini burgers
- Sliced baby bella mushrooms
- Chicken or beef bone broth
- Baked cheese crisps
- Almond flour crackers
- Egg/omelet muffins (add cooked meat/veggies or cheese before baking)
- Cucumber sub sandwich (cut cucumber in half lengthwise and use as a bun)
- Zucchini chips
- Pickles - plain or wrapped in deli meat
- Deviled eggs
- Raw veggies with ranch dip
- Bulletproof coffee or tea
- Bell pepper sticks wrapped in roast beef
- BLT (or BLTA) lettuce wraps
- Keto chocolate peanut butter smoothie
- Low carb mug cake
- Pepperoni chips (bake slices until crisp)



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## 100 WAYS TO BREAK YOUR FAST

- Celery with peanut butter & blueberries
- Tomato slices topped with tuna salad
- Cucumber slices with any low carb dip (spinach, onion, queso, guac, etc.)
- Beef sticks or jerky (without sugar)
- Bacon with guacamole spread on
- Cream cheese jalapeno poppers ‘
- Bacon wrapped asparagus
- Spinach, cream cheese & ham roll ups
- Caprese salad (tomato, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper)
- Chicken salad lettuce wraps
- Instant cheesecake: whipped cream cheese, sweetener, vanilla, strawberries on top
- Nacho toppings on mini pepper halves
- Mashed cauliflower with butter & cream
- Pizza toppings on roasted eggplant, zucchini or mushroom caps
- Fried or scrambled eggs
- Steamed broccoli with butter, salt & pepper
- Parmesan zucchini fries
- Sandwich on 90-second bread
- Coleslaw made with sugar-free sweetener
- Rotisserie chicken pieces with mustard or sugar-free bbq sauce
- Jerky ( make your own jerky, using only meat and some seasonings.)
- Tuna-Stuffed Tomato
- Turkey roll ups (placing four turkey breast slices on a plate and then spreading each with a teaspoon of cream cheese.)
- Veggies and yogurt dip
- Celery sticks spread with 1–2 tablespoons of peanut butter
- Cottage cheese on its own or combine it with fruits and nuts for a delicious snack
- Seaweed
- Edamame - add spices and seasonings of your choice.
- Prawn cocktail
- Dark 95% cacao chocolate
- Grain-free granola, berries and unsweetened yoghurt
- Sugar-free jello, chocolate whipped cream and raspberries
- Plain Greek yogurt as a creamy dip for 1 cup of cucumber spears.
- Pair a cup of cottage cheese with half a cup of blueberries and a little of your favorite no-calorie sweetener.
- Spread hummus onto wedges cut from one red bell pepper
- For an antioxidant-rich snack, enjoy a bowl of almonds and berries.



100 WAYS TO BREAK YOUR FAST

# Lemon Ginger Shot

Ingredients:

- 3 inch piece of ginger
- 2 cups of water
- 1/4 Fresh Lemon
  
- Peel the ginger and slice thinly
- Pour into a pot and boil the ginger for 10-15 minutes with lid on
- Turn off heat and remove lid and let cool down
- Once it's warm put in a mag and squeeze lemon.





# Dalgona Coffee

Dalgona coffee is actually “Whipped coffee” In this version you swap sugar for a better sweetener like monk fruit, and then replace milk with heavy cream. Heavy cream contains almost no carbs and no sugar. Use an electric milk frother.

## Ingredients:

- 2 Cup Unsweetened Almond Milk.
- 4 Tbsp. Heavy Whipping Cream.
- 2 Tbsp. Lakanto Monkfruit Sweetener.
- 2 Tbsp. Dry Instant Coffee.
- 2 Tbsp. Boiling water.
- Ice if desired.
- 2 Tbsp. sugar free caramel syrup, optional.





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100 WAYS TO BREAK YOUR FAST

# Iced Coffee

- Black coffee— Either filtered coffee, cold brew, or instant coffee.
- Sugar free maple syrup— Adds sweetness without any extra carbs or calories.
- Unsweetned Milk OR heavy cream— Any milk can be used, or, for a richer flavor, heavy cream.
- Ice— Crushed ice or ice cubes.

In a large jug or bottle, add all your ingredients and mix well. Refrigerate it for 20 minutes, before serving in tall glasses, filled with extra ice.





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100 WAYS TO BREAK YOUR FAST

# Iced Chocolate Coffee

## INGREDIENTS

- 1–1/2 cups cold brew coffee
- 1/3 cup coconut milk
- 1 tablespoon raw cashews
- 1 tablespoon cacao powder
- 1 tablespoon monk fruit
- 1 scoop collagen peptides (optional)

## INSTRUCTIONS

In your high speed blender, combine the coffee, coconut milk, cashews, cacao powder, monk fruit and collagen peptides. Blend on high speed for 60-90 seconds until slightly frothy and the cashews are completely pureed. Serve over ice and enjoy!





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100 WAYS TO BREAK YOUR FAST

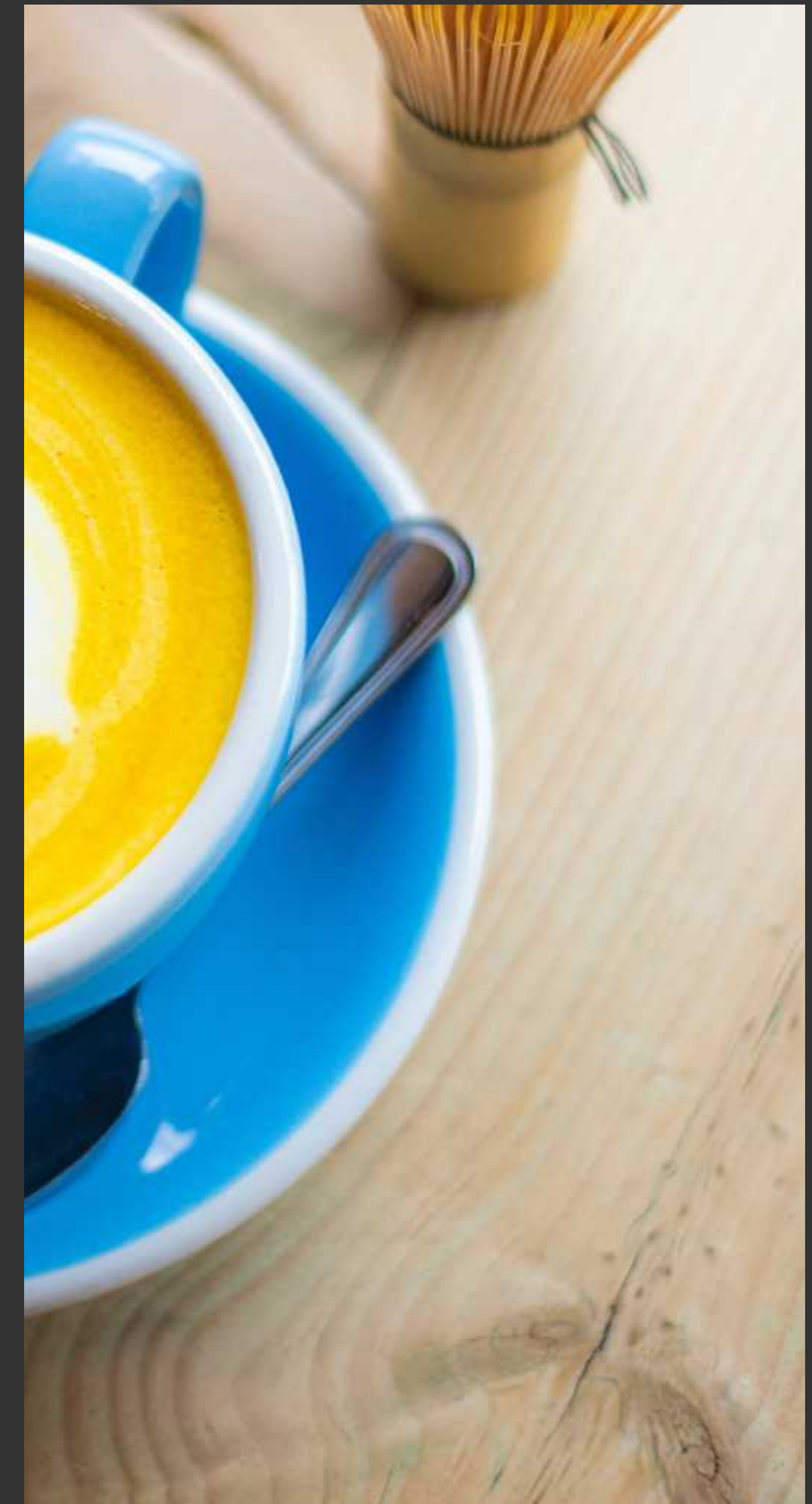
# Turmeric Fat Burning Coffee

## Ingredients:

- 2 cups freshly brewed coffee
- 1 tsp coconut oil
- ¼ tsp cinnamon
- ¼ tsp turmeric powder
- 1 drop vanilla essence

## Directions:

- Add all the dry ingredients into a blender
- Pour in the hot freshly brewed coffee
- Blend for 30 seconds
- Serve into cups and consume immediately





# Matcha Latte

## Ingredients

- 1 teaspoon Matcha powder
- 3 tablespoons Lukewarm water
- 2-3 teaspoons Erythritol or 1-2 drops of liquid stevia
- 1/3 cup Heavy Cream
- 3/4 cup Unsweetened almond milk

## Instructions

- In a small saucepan, whisk Matcha powder and lukewarm water until no more lumps shows.
- Add in heavy cream, sweetener of choice, and 1/2 cup of almond milk - the remaining almond milk is used later in your milk frother. If you don't have a milk frother, add the entire 3/4 cup almond milk in this step.
- Warm until medium heat, about 2-3 minutes until hot.
- Serve in a coffee mug and top with frothed almond milk on top if desired.
- Decorate with a pinch of extra Matcha powder





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100 WAYS TO BREAK YOUR FAST

# Pistachio Protein Smoothie

## INGREDIENTS

- 1/2 ounce raw, shelled pistachios (about 2 tablespoons)
- 2 handfuls raw spinach (about 1 cup packed)
- 1 scoop vanilla protein powder
- 3/4-1 cup crushed ice
- 1 cup unsweetened almond milk
- 1 medium-sized banana (optional)
- 1/8 teaspoon cardamom (optional)

## INSTRUCTIONS

- Combine all the ingredients in a blender and blend until smooth.





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100 WAYS TO BREAK YOUR FAST

# Green Detox Smoothie

## Ingredients

- handful / 15g kale
- handful / 10g fresh mint leaves, picked
- 1/2 avocado
- 1/4 / 50g fennel or 1 celery stick
- 1/4 small cucumber (100g)
- 1 tbsp protein powder unsweetened
- 1 cup / 240 ml almond milk unsweetened
- 1 tbsp almond butter
- 1/2 lemon, juiced

## Instructions

- Scoop the avocado flesh out and place all ingredients into a high speed blender. Blend until smooth.
- Adjust thickness by adding more almond milk if desired.





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100 WAYS TO BREAK YOUR FAST

# Parsley Tea Recipe

## Ingredients

- 30 grams of parsley leaves (fresh or dried)
- 2 cups of water
- 1 tsp sugar free lemon syrup
- 1 tsp of natural sweetener or honey

## Instructions

- To make parsley tea, remove fresh parsley leaves from the stems and pat the leaves dry. Meanwhile, bring two cups of water to a boil in the pot.
- Add the parsley leaves to the water for about 1 minute before taking the pot off the heat.
- Allow the leaves to steep for approximately 10 minutes in the hot water.
- Pour mixture through strainer or coffee filter into a cup.
- Add natural sweetener or honey and sugar free lemon syrup to taste, if desired, and then enjoy this great detox drink.





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100 WAYS TO BREAK YOUR FAST

# Morning Fresh Smoothie

## Ingredients

- 1 cup unsweetned coconut milk or can use unsweetened almond milk
- 1 cup spinach baby or English
- 1 large avocado
- 1/4 cup sugar-free maple syrup
- 1 cup ice

## Instructions

- In a high speed blender, add all your ingredients, except for the ice. Blend until combined. Add the ice and blend once more, until thick and creamy.
  
- Pour the smoothie into glasses and enjoy.





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100 WAYS TO BREAK YOUR FAST

# Green Apple, Kiwi, Spinach Smoothie

## Ingredients

- 6 ounces Spinach
- 1 Green Apple
- 1 Kiwi
- 1 small lemon
- 3 stalks Celery
- 1 Cucumber
- 3 sprigs Fresh Mint

## Instructions

- Wash and dry the spinach, green apple, kiwi, lemon, celery, cucumber, and mint to remove any dirty, surface pesticides, or other contaminants. Cut any large items into smaller pieces so that they easily fit through the chute of your juicer.
- Add all of the ingredients to the juicer and process according to the manufacturer's instructions.





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100 WAYS TO BREAK YOUR FAST

# Mango & Avocado Smoothies

Ingredients: Makes 2 large smoothies

- 1 cup frozen mango
- 1/2 pitted avocado
- 1/2 cup Greek Yogurt
- 1 cup unsweetened almond milk (coconut milk also works great)
- 2 drops of stevia or 1 tbs of honey

**Instructions:**

- Place all ingredients in a blender and blend until smooth.





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100 WAYS TO BREAK YOUR FAST

# Peach Berry Smoothie

## Ingredients

- 3 Medjool dates, pitted and chopped (fresh dates, not the ones in the baking aisle)
- 3 tablespoons **boiling water**
- 1 cup cottage cheese, 6%
- 6 ice cubes
- 1 cup cold water
- 1 cup frozen blueberries
- 1 cup frozen chopped peaches
- ¼ teaspoon lavender

## Intructions:

- Pour the boiling water over the Medjool dates. Let sit for 10 minutes.
- Put the dates and water into a food processor and blend into a smooth date paste. You will need to scrape down the sides of the processor with a spatula several times because the dates will stick to the sides. Set the date paste aside and clean your food processor.
- Place the cottage cheese, cold water, ice, blueberries, peaches, lavender, and date paste into a food processor and blend until completely smooth. Blend a little longer than you typically might for a smoothie to ensure the cottage cheese and ice are thoroughly blended in. Enjoy!





100 WAYS TO BREAK YOUR FAST

# Sparkling Raspberry & Lime

## Ingredients

- 1 cup raspberries / 1 lime
- 1 can sugar free Sparkling water Lime flavor, chilled / 1 can sugar free Sparkling water Berry flavor, chilled
- 3-5 drops liquid stevia depending on your taste preference

## Instructions

- Cut the lime into 4 pieces
- In a small pitcher, squeeze 1/4 lime into the pitcher, then add 1/4 cup raspberries and mash together
- Add the Sparkling Lime and the Sparkling Berry to the pitcher with the lime and raspberries and stir gently to mix. Add liquid stevia to taste and stir again
- Place 1/4 cup raspberries in each glass, then top with about 1/4 to 1/3 cup ice
- Pour the Sparkling mixture over the ice and raspberries in each glass, add a lime slice or 2 to each glass, then garnish with lime slices and serve immediately.





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100 WAYS TO BREAK YOUR FAST

# Pineapple Protein Smoothie

## INGREDIENTS

- 1 cup liquid of your choice (almond milk, water, coconut water)
- 1 serving vanilla protein powder
- 1 cup diced, pineapple
- 1 tablespoon chia seeds (optional)
- 2 cups ice (more if you like it frothy)

## INSTRUCTIONS

Put all ingredients in a blender and pulse until you reach your desired consistency. Add more ice if needed.





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100 WAYS TO BREAK YOUR FAST

# Vanilla Sugar-Free Milkshake

## INGREDIENTS

- 1 13.5-oz can Coconut milk (cold; use only cream and discard coconut water)
- 1 cup Heavy cream (or more coconut milk/cream for dairy-free)
- 1/4 cup Powdered Monk Fruit 2 tsp Vanilla extract
- 2 cups Ice cubes

## INSTRUCTIONS

- In a blender, blend together everything except ice for 20 seconds.
- Add ice cubes. Pulse again until the ice is just crushed, but not longer (it may get watery if you blend too much).





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100 WAYS TO BREAK YOUR FAST

# Strawberry Shortcake Smoothie

## Ingredients:

- 1 cup Almond Milk, unsweetened
- 1oz Cream cheese
- 1/2 cup Strawberries
- 2 tbsp Heavy cream
- 1 tbsp monkfruit, or choice of sweetener
- 1/2 tsp Vanilla
- 1 tbsp Sugar-Free Strawberry Syrup, optional

## Instructions

- Add all the ingredients into a mixer, and blend until smooth. Add in ice-cubes as needed. Enjoy!





100 WAYS TO BREAK YOUR FAST

# Strawberry Lemon Mint Lemonade

## INGREDIENTS

- 8 ounces filtered water
- 1 whole Lemon
- 2 whole Mint Leaves
- 2 tsp Monk Fruit Sweetener
- 2 whole Strawberries

## INSTRUCTIONS

- Add water and mint leaves to an airtight container
- Slice one half of a lemon thinly and juice the other half of the lemon
- Add lemon slices to the water mixture.
- Muddle 1 strawberry, and thinly slice the other strawberry
- Add sweetener to mixture
- Shake the mixture thoroughly and place it in the refrigerator for at least 24 hours for the best flavor.
- Serve and enjoy





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100 WAYS TO BREAK YOUR FAST

# Raspberry Chia Yogurt

## Ingredients

- 100 grams Greek yoghurt
- 100 grams raspberries fresh or frozen
- ½ cup coconut cream, cream or almond milk
- 2 tablespoons coconut flakes/shredded/  
desiccated
- 2 tablespoons slivered almonds
- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 2 tablespoons chia seeds
- 5 drops Stevia Liquid Drops or to taste

## Instructions

- Mix all ingredients together and leave for a minimum of 20 minutes in the fridge before eating.
- You can make it in bulk and leave it in the fridge for up to 3 days if that suits you.





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100 WAYS TO BREAK YOUR FAST

# Wellness Juice Shot

## Ingredients

- 3 stalks CELERY
- 1 Granny Smith APPLE
- 1 LEMON, slice off peel but leave on pith (white part)
- 2-inch piece fresh ginger root
- Cayenne Pepper

## Instructions

- Juice all ingredients using a juicer.
- Pour into shot glasses and top each shot with a few dashes of cayenne pepper.





THANK YOU