

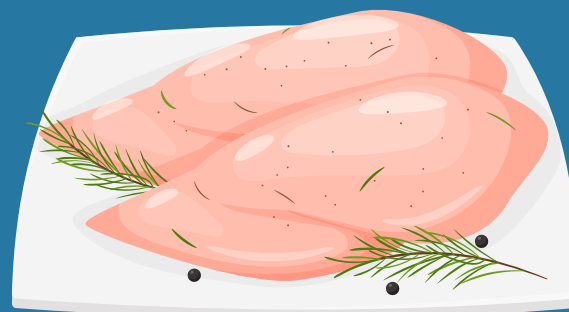
HOW TO BREAK A FAST



Drink tea with cinnamon powder



Break your fast with lean protein



Measure ketones before and after fast



Why - Lowers cortisol levels

Why - Protein is best utilized right after fasting

Why - To track your reaction to foods

TIP FOR WOMEN

FOR YOUR FIRST MEAL:

eat zinc rich foods



Why - Supports your thyroid

TIP FOR MEN

FOR YOUR FIRST MEAL:

eat polyunsaturated and monounsaturated fats



Why - Stimulates ketone production