

OUR PERSONAL PLAN	Water Fasting	Intermittent Fasting
Plain/distilled/mineral Water	Yes	Yes
Water with squeezed lemon, sparkling, alkaline, etc <i>(non caloric, no sweeteners, no flavorings)</i>	Yes	Yes
Coffee (plain)	Yes	Yes
Fatty Coffee <i>(with full fat cream, butter, and/or MCT or coconut oil)</i>	if needed	Yes
Herbal Tea <i>(decaf, non caloric)</i>	Yes	Yes
Tea <i>(caffeinated, non caloric)</i>	if needed	Yes
Green Juice <i>(homemade low fructose or cold-pressed)</i>	No	Yes
Bone Broth	if needed <3 cups/day	Yes
Kombucha	if needed <2 servings	Yes
Coconut Oil	if needed	Yes
Multivitamin	No	Yes
BCAAs	No	Yes
Mag07 (magnesium oxide)	Yes	Yes
7+ Hours Sleep	Yes	Yes
Therapies: acupuncture, sauna, massage	Yes	Yes
Light Exercise / Walking	Yes	Yes
Hard core training / running / weights	No	Yes

