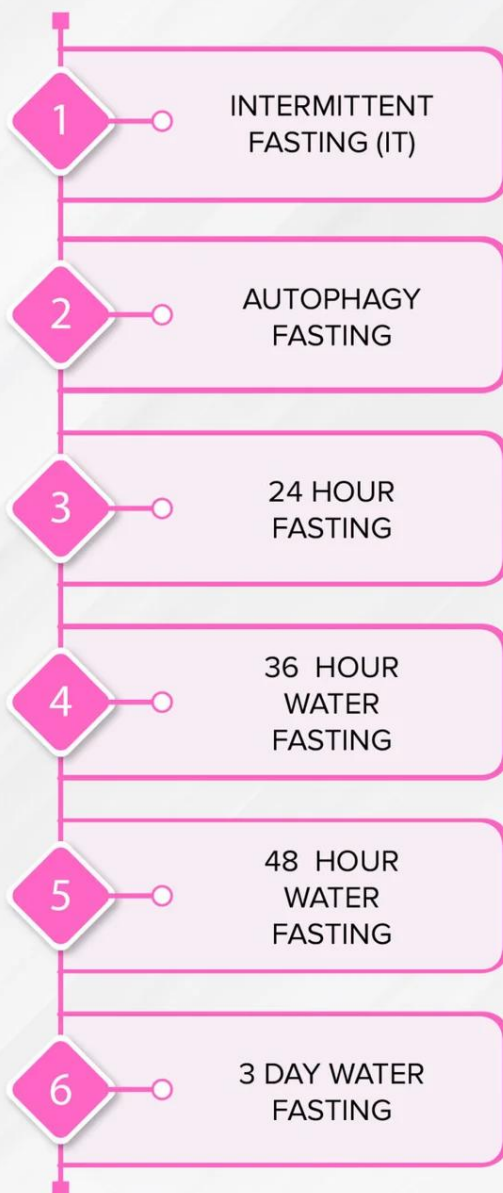


FASTING CHEAT SHEET

Welcome to fasting! This is intended to be a quick reference to help you on your fasting journey.

STEP 1: PICK YOUR FAST

6 TYPES OF FASTING



FOOD TO BREAK AN INTERMITTENT FAST



Avocado

Olives

Nut butter



ghee

Bone broth



STEP 2: GET YOUR TOOLS

CHECKLIST

LIFE APP:
fasting tracker

KETO MOJO:
blood sugar and ketone device

CARB MANAGER APP:
macro tracker

STEP 3: LEARN TO TRACK

WHEN TO MEASURE BLOOD SUGAR:

You'll be taking two sets of readings. The first set of blood sugar and ketone readings will be taken as soon as you wake up and before consuming any food. The second test will be taken right before consuming your first meal of the day. Write down and keep track of your readings. Your blood sugar should be somewhere between **70-90 mg/dL (3.9-5 mmol/L)**, and you want your ketones to be above **0.5 mmol/L**. Also, in the second reading you should find that your blood sugar has gone down and your ketones have gone up.

WARNING! WHEN TO BREAK A FAST

If your blood sugar drops below **50 mg/dL (2.2 mmol/L)** and your ketones rise above **7 or 8 mmol/L** this is a warning sign that you should break your fast.