



Intermittent Fasting

Preparation Checklist

- Electrolytes and good quality salt
- Bone broth homemade or store bought
- Dinner prepared for 2 days (for family)
- Choose a day when you are not feeling stressed
- No alcohol the day before (increased cravings)
- Relaxing herbal teas to help aid sleep
- Plan an early night
- Get out for a walk while others are eating
- Half teaspoon of honey if dizzy or nauseous
- Always listen to your body and stop if unwell***