



BEEF AND BUTTER FAST SHOPPING LIST

- Proteins:

- Beef (80/20)
- Chicken
- Pork
- Sausage
- Fish
- Eggs
- Steak (ribeye)
- Seasonings of your choice

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- Drinks:

- Coffee
- Tea
- Bone Broth
- Electrolytes such as Powerade Zero or even this homemade electrolyte drink recipe that consists of water, Himalayan salt, Stevia drops and freshly squeezed lemon juice. Another product I always keep on hand is No Salt! It's amazing and really does help. I had the hardest time finding it at my local grocery stores though. I had to order it off of Amazon.

Healthy Fats:

- MCT Oil
- Butter/Ghee
- Coconut Oil
- Olive Oil
- Avocados

I tend to add MCT Oil, Coconut Oil or butter to my drinks to help keep me from being hungry during my fast.