

BEEF AND BUTTER FAST SUBSTITUTION LIST

Drink Options:

- Butter Coffee with added MCT oil powder
- Fatty Tea (Tea with no sugar and added butter or mct oil)
- Bone Broth with butter and salt
- Homemade electrolyte drink: Himalayan salt, lemon, 1 drop stevia in water
- Plain Water

Proteins:

Beef 80/20
Chicken
Pork
Sausage
Fish
Eggs

Healthy Fats:

MCT Oil
Butter/Ghee
Coconut Oil
Olive Oil
Avocados

www.LowCarbInspirations.com

Notes:

I usually do Intermittent fasting at a 16:8 window. I drink butter coffee in the morning (which doesn't count) and eat between an eight-hour window.

Example: Coffee at 7 am and I usually eat between 11 am and no later than 7 pm.