

## Simple Tips to Get Back on Track

**Too many carbs? Not enough time spent fasting?  
These simple tips can help you get back on track.**

It is hard to follow the perfect diet all of the time. We're human and temptations happen once in a while. And, that's perfectly OK! Don't beat yourself up. Success depends on what you do after. Get back to basics with these simple protocols.

### START FASTING

We may not always follow the perfect diet, especially during holidays or celebrations. But there is always something you can do about it afterwards. Start fasting and let your body use the excess sugars for energy.

- Drink plenty of water before bed – hot, cold, room temperature, flat, or sparkling. It doesn't really matter, just drink water.
- Drink more water again in the morning.
- Have a large cup of home-made broth (chicken bone broth is good) or drink pickle juice first thing in the morning, and then every three to four hours throughout the day.
- Drink two cups of water for every cup of tea and coffee you drink throughout the day, but try to keep the tea and coffee consumption to a minimum.
- If you're struggling to fast, add some fat to your tea or coffee. Heavy cream, butter, ghee, coconut oil, and MCT oil are great fats to include.



## MEAL TIMING

When we get a little carried away with food, fasting can be difficult afterwards as people struggle with food cravings and headaches. You don't need to jump into a fast right away. Instead, here's another suggestion:

- **DO NOT SNACK!** Get back to basics and focus on meal timing. Eat a low-carb, healthy-fat breakfast, lunch, and dinner.
- Eat your largest meal at lunchtime.
- Eat dinner earlier in the evening.
- Between meals stick to water, tea, coffee, broth, and pickle juice.

## GETTING BACK ON TRACK AFTER A LOT OF CARBS:

### FAT FASTING

After overeating refined carbs, some people decide to undertake a long fast to make up for it.

#### Don't.

You're likely going to get too dehydrated and feel miserable. Fat fasting is the best tool in this situation. It usually takes between three and seven days to get back on track. (See handout on Fat Fasting)

