

**Fast Fuel:
Sips, Spices & Broths to
Feed the Fire
Without Breaking the Fast**



🔥 Chai Spice Mix for Fasting Coffee

Aromatic | Warming | Appetite Support

Ingredients (makes small jar, ~10 servings):

- 2 tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp ground cardamom
- ½ tsp ground clove
- ½ tsp ground nutmeg
- ½ tsp ground black pepper
- Optional: 1 tsp ground fennel (for digestion + sweetness)

💡 How to Use:

- Add ½ tsp to 1 tsp of this mix to **black coffee** or **herbal tea** while fasting.
- Stir well, or use a handheld frother if you're fancy.
- For a richer flavor, steep with a cinnamon stick or clove before drinking.

✳️ Benefits for Fasting:

- **Cinnamon:** Balances blood sugar and curbs cravings
- **Ginger:** Soothes digestion and fights nausea
- **Cardamom & Fennel:** Natural appetite suppressants
- **Black Pepper:** Boosts absorption + metabolism
- **Clove & Nutmeg:** Anti-parasitic and calming to the gut

Bone Broth for Autophagy

Fasting-Safe | Mineral-Rich | Gut-Soothing

Purpose: This gentle bone broth is designed to support gut health, mineral balance, and mental clarity—without pulling you out of autophagy.

□ Ingredients:

- 1 lb organic chicken bones (or grass-fed beef bones)
- 2 tbsp apple cider vinegar (helps extract minerals)
- 1 tsp Himalayan pink salt
- 1 stalk celery (optional, for minerals)
- 1 inch fresh ginger or ½ tsp dried
- 6–8 cups filtered water

🔥 Optional Add-Ins (all autophagy-friendly):

- 1 tsp turmeric (anti-inflammatory)
- 1–2 cloves garlic (antiviral, gut-healing)
- A few whole peppercorns (helps absorb turmeric)
- Small piece kelp or kombu (iodine + minerals)

□ Instructions:

1. Place bones in a large pot or slow cooker.
2. Add vinegar, salt, and optional aromatics.
3. Cover with water and let sit 30 min to allow minerals to start releasing.
4. Simmer on **low** for:
 - 12–24 hrs (chicken)
 - 24–48 hrs (beef)
5. Strain and store in glass jars in the fridge up to 5 days, or freeze.

💡 Fasting Tips:

- Sip 1/2 to 1 cup when you feel weak or need support.

📖 3-Ingredient Keto Cups

MCT-Powered | Crave-Crushing | Fasting-Safe (Fat Fast Style)

◆ Ingredients (makes 6–8 small cups):

- 2 tbsp MCT oil
- ¼ cup natural nut butter (e.g., almond, macadamia, or pili nut)
- 2 tbsp raw cacao powder

Optional Add-Ins :

- Pinch sea salt (balances minerals + flavor)
- ¼ tsp cinnamon

🔪☐ Instructions:

1. Combine ingredients and mix until smooth.
2. Pour mixture into silicone molds or normal small container.
3. Freeze for 30–45 minutes until solid.
4. Store in fridge or freezer. Use 1 teaspoon as a fat fast snack or pre-fasting energy tool. 1 teaspoon should be safe to keep you in autophagy.

💡 Fasting Tip:

It helps crush cravings, keep energy high, and reduce mental fog—without spiking insulin.

☕ ☐ Fasting Bullet Coffee

Energizing | Appetite-Control | Brain-Boosting

Ingredients:

- 1 cup freshly brewed black coffee
- 1 tsp MCT oil (or start with ½ tsp)
- 1 tsp grass-fed ghee or coconut oil
- Dash cinnamon or chai spice mix (optional)
- Pinch pink salt (mineral boost)

Instructions:

1. Add all ingredients to a blender or frother.
2. Blend for 10–15 seconds until creamy and frothy.
3. Sip mindfully as a morning ritual or during energy dips.

☐ *Why it works:* Pure fats like MCT oil can help your body stay in ketosis while giving your brain fuel, reducing hunger, and keeping autophagy rolling.

☕ Fasting Bullet Tea

Calming | Gut-Friendly | Hormone-Safe

Ingredients:

- 1 cup steeped black tea or herbal tea (e.g., ginger, green, rooibos, or peppermint)
- 1 tsp coconut oil
- 1 tsp ghee (optional for richness)
- Dash cinnamon or chai spice mix (optional)
- Pinch sea salt or Himalayan salt.

Instructions:

1. Steep tea, then add fat, salt, and optional spices.
2. Blend or froth until smooth.
3. Use as a soothing fasting sip, especially in the evening or when cravings hit.

◆ Autophagy-Safe Water Additions

□ Electrolyte Boosters

Support hydration + prevent headaches, cramps, and fatigue.

- Pink Himalayan salt or sea salt – 1 pinch per glass
- Potassium chloride (like *Lite Salt* or *NoSalt*) – 1/8 tsp
- Magnesium flakes – 1/8 tsp or pinch.
- Baking soda – ¼ tsp (alkalizes + supports kidneys)

★ Try: “Fasting Mineral Mix” = salt + potassium + magnesium in a 1L bottle

✿ Flavor Infusions (Zero-Cal)

Help with cravings, mood, and digestion—without breaking fast:

- Fresh herbs: mint, rosemary, thyme, basil
- Citrus peel (lemon/lime zest ONLY – avoid juice)
- Cucumber slices
- Cinnamon stick
- Clove or star anise
- Ginger root slices (use sparingly – too much may add carbs)
- Apple cider vinegar – 1 tsp max per glass (watch tolerance)

💡 *Pro Tip:* ACV and cinnamon help regulate insulin and appetite.

● Handy Additions

These support detox, mental clarity, and autophagy:

- Activated charcoal (½ capsule opened in water – great for toxin binding)
- Fulvic/humic minerals (trace drops in water – boosts cellular health)
- Chlorophyll drops (some use it for detox, taste, and skin glow)
- Food-grade bentonite clay (tiny pinch for gut cleansing – short term)

Congratulations on taking the first step toward mastering your water fast!

This guide is meant to provide you with helpful tools—simple yet powerful ingredients and rituals—to support your body during your fasting journey.

Remember, the items and recipes included here are meant to complement your fast, nourish your body with minimal disruption to autophagy, and enhance your overall fasting experience.

However, please keep in mind that fasting is a highly individualized practice. What works for one person may not work for another. It's always important to listen to your body and proceed at your own pace. If you have any medical conditions or concerns, it's best to consult with a healthcare professional before starting any new fasting or dietary routine.

Disclaimer: I am not a doctor, but I am an experienced water faster who has explored these practices extensively. The information in this book comes from personal experience and research, but it is not intended as medical advice. Always seek professional guidance when making significant changes to your diet or health regimen.

Wishing you clarity, strength, and transformation on your journey to a healthier, more empowered you.

Santa Roux

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