

SECRET IF

# BAD ASS

TONICS

**EXERCISE**  
• WITH STYLE •



## **Fasting Mineral Booster (Loose Fasting Approved)**

- 1 Cup Filtered Water
- 2 tbsp Organic Apple Cider Vinegar
- ¼ tsp Cream of Tartar
- ¼ tsp Himalayan Salt
- 1 Squeezed Fresh Lime
- Optional: 1 tsp Liquid Stevia

**During a fast you should be consuming plenty of water. Due to the increase in hydration and fasting the body will deplete minerals. The Fasting Mineral Booster will replace depleted minerals and help maintain blood sugar which will reduce craving & hunger pains. Recommended to drink ONLY during a loose fast as the juice will slightly break a fast.**



## Craving Buster Ginger Tonic

- 1 Cup Filtered Water
- 2 tbsp Organic Apple Cider Vinegar
- Pinch of Himalayan Salt
- $\frac{1}{4}$  Cup Ginger Juice
- $\frac{1}{2}$  tsp Cinnamon
- Optional: Liquid Stevia (to taste)

Craving Buster Ginger Tonic is a perfect drink to have between meals during your IF feeding window. Perfect for craving suppressant, fatty acid mobilization, aids in digestion, hormonal balancing & anti-inflammatory properties.





## **Badass Cold Brew Coffee Energy Surge (Loose Fast Approved)**

**Premade: KonaRed Cold Brew Coffee (Zero Calories)**

**Homemade cold brew coffee - Equipment: French Press**

**Ingredients:**

**4.5 Cups Room Temperature Water**

**5.2oz/150g Light Roast Coarse Ground Coffee**

**Instructions: Tip coffee grounds into French Press. Cover grounds with water. Make sure all the grounds are covered with water. Gently use a tablespoon to submerge all the grounds. Place lid of French press on without pushing plunger down. Let the brew rest for 12 hours at room temperature. After 12 hours simply plunge the brew. Pour into 250ml glass over ice and bam! Pour remaining cold brew coffee into glass jar and store remaining brew in the refrigerator and consume within 5-7 days. Do not store cold brew in French Press.**

**Watch Video Instructions:**

**<https://youtu.be/jRkkOeASNvE>**

**Cold Brew Coffee is the ultimate pre-workout drink. Approximately 30-40% higher caffeine concentration to regular hot coffee. Less acidic due to the slow cold brew process which is better for your teeth and gentler on the stomach. It is my go-to drink after or during a fast as it doesn't break your fast and you can make larger batches to last you a whole week.**



## Disclaimer

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