

Liquid Fast

30 days | 10 days | 7 days



Recommended forms of Liquid to Consume during Fast:

- Green Juice
- Protein Shakes
- Protein Smoothies
- Bone Broth Soups

Items Needed for Smoothie:

- PurePath Bone Broth Protein – Chocolate and/or Vanilla
- PurePath Greens – Chocolate and/or Berry
- Frozen Organic Berries
- Coconut Water / Unsweetened Coconut Milk / Unsweetened Almond Milk

Optional Items and or Add-ins:

- Max Collagen Powder
- MCT Oil
- Berries
- Avocado
- Max Fiber*
- Gut Renew Powder*
- 1 tsp Stevia
- Frozen Banana (not AP, but good source of potassium)

*Taken 15min prior to Shake/Smoothie

How to Make Basic Protein Shake (using shaker bottle, best for on the go) | 1 serving

- 1 Scoop Protein
- 1 Scoop Greens
- MCT Oil, Collagen [optional]
- COLD Liquid of Choice

*Combine all ingredients into a shaker bottle & shake until dissolved
-If shake is extra foamy, let sit for a few minutes and then shake again!

How to Make Berry Smoothie | 1 serving

- 1 Scoop Vanilla Protein
- 1 Scoop Berry Greens
- 1 Cup frozen berries
- 1 tsp Stevia
- Liquid of choice

*Add in any of the other Optional Add-ins from above
*Combine all ingredients into a high-powered blender until smooth!

How to Make Chocolate Smoothie | 1 Serving

- 1 Scoop Chocolate Protein
- 1 Scoop Chocolate Greens
- 1 Handful of Spinach
- 1T Peanut or Almond Butter

*Add in any of the other Optional Add-ins from above
*Combine all ingredients into a high-powered blender until smooth!

How to Make Green Juice → Go to ErbFamilyFoods.com for recipe

**If you don't have a juicer, you can also SUB an additional PurePath Greens or Greens First drink instead*

Common Questions:

1. **Can I still Intermittent Fast?** Yes, continue your normal feeding/fasting window.
2. **What happens if I feel lightheaded?** You're depleted of electrolytes! Adding banana to smoothies for potassium; adding magnesium supplement; adding E- Lyte Electrolytes should do the trick! Also adding a healthy fat source like avocado, MCT oil, Nut Butters are a great idea!
3. **Can I still take my normal supplements?** Yes! The purpose of this fast is still to be able to maintain your current supplement protocol!
4. **How many drinks/shakes/green juices do I drink daily?** Follow your normal routine – if you eat 3 meals a day, do 3 shakes/smoothies a day.