

IS THIS STILL FASTING, OR DID FRED JUST WATCH YOU EAT?

Use this when you are about to add something to your fast and your brain starts negotiating like a tiny lawyer.



MAKE IT YOURS

MY FAST RULES

Set the rule before cravings start negotiating.

My main focus: Fat loss / appetite Metabolic health Autophagy-focused

My window: _____ to _____ **Yellow-zone rule:** _____

During my fast I allow: Water Black coffee / plain tea Plain electrolytes

GREEN

Low or no meaningful calories, protein, sugar, or appetite chaos.

YELLOW

May be fine for fat loss, less ideal for clean fasting or cravings.

RED

Meaningful calories, protein, sugar, or enough energy to change the fast.

THE SAFE LITTLE CREW

Water

Still undefeated.

Black coffee

Keep it black.

Decaf coffee

Still coffee. Still black.

Plain tea

No sweet stuff.

Matcha

Plain, no latte costume.

Salt / sodium

Often helpful.

Plain electrolytes

Unsweetened only.

Creatine

Check additives.

FRED'S SUSPICIOUS PILE

Lemon water

Tiny amount: usually low risk.

Apple cider vinegar

Small splash, not salad soup.

Stevia

May wake cravings.

Diet soda

Not clean fasting.

Gum

Low calorie, high snack-brain risk.

Tiny cream splash

Practical maybe. Clean no.

Heavy cream

Fat-loss maybe. Clean no.

Half-and-half

More carbs. Fred squints.

Flavored electrolytes

Depends on sweeteners.

Pre-workout

Check sweeteners and aminos.

5-20 calories

A blip is not nothing.

THE FAST-BREAKERS

Sugar / honey

Natural sugar is still sugar.

Milk / oat milk

Calories and carbs.

Sweet creamer

Coffee brought dessert.

Butter / MCT

Keto is not fasting.

Protein powder

Protein is food.

BCAAs / aminos

Amino acids count.

Bone broth

Useful sometimes, not clean.

Smoothie

Good refeed. Not a fast.

Just one bite

The gateway snack.

DID I RESET THE FAST?

Probably not from one tiny mistake. But if a sweet drink keeps cravings alive for three hours, calories were not the only cost.

Fred verdict: your stomach has a memory. And it is dramatic.

WHEN IN DOUBT

1. Calories usually count.
2. Protein breaks a fast.
3. Dessert flavor is suspicious.
4. If it makes you hungrier, it may not be worth it.
5. Medication instructions always win.

STILL NOT SURE? ASK FRED ONLINE.

Search 95+ drinks, sweeteners, supplements, and suspicious little loopholes in the free online Fast-Breaker Tool.

OPEN THE FREE ONLINE TOOL

fastedfred.com/cheat-sheet