

Francisca Ramirez Fasting GUIDE

DAILY FASTING MENU | Mon, Tues, Wed

CCF-F TEA.....	500 ml
THE GREEN MACHINE.....	500 ml
VEGAN BONE BROTH.....	500 ml
HOT TONICS.....	250 ml
CACAO ALMOND.....	250 ml

Optional Tea Additions | As Desired

- YARROW + NETTLE
- DANDELION
- GREEN TEAS/MATCHA TEA

CCF-F Gut Repair Tea | Daily Recipe > 500 ml aprox.

DURING THE FASTING DAYS, REDUCE TO 500 ML

2 DAYS OF CCF-F TEA

1 tablespoon cumin seeds - C

1 tablespoon coriander seeds - C

1 tablespoon fennel seeds - F

2 tablespoons flax seeds - F

1 litre (4 cups) water

Bring 1 litre of water to a boil.

Toast the cumin, coriander, and fennel seeds then add them with the flax seeds to the boiling water. Reduce to a low simmer, cover, and cook for 10–15 minutes.

Strain and sip warm.

THE GREEN DREAM | Daily Recipe > 500 ml aprox.

FRESH PRESS EACH DAY | AMEND TO YOUR TASTE

8-9 celery stalks/sticks (1 bunch of organic celery) BASE OF THE DRINK

1 bunch watercress (skip if you can't find)

½ fennel bulb

½ lemon, peeled no seeds

½ inch fresh ginger

1 bunch coriander or parsley

1 green apple to taste (½ if too sweet)

HAPPY HEART CACAO | Daily Recipe > 500 ml aprox.

NICE FOR LATE AFTERNOON

500 ml HOMEMADE ALMOND MILK

¾ cup (about 110–120 g) raw almonds soaked overnight with ½ tsp of salt

Drain and rinse almonds

OPTIONAL - 1 whole date, pinch of cinnamon powder, dash of vanilla, pinch of salt

Blend and strain, Will keep in the fridge 2-3 days or can be frozen.

Blend and heat with 2 tablespoons of raw cacao powder.

VEGAN BONE BROTH | 3-Day recipe > 1500 ml aprox.

USE WHAT YOU HAVE, AMEND TO TASTE

INGREDIENTS

1 ½ cups dried adzuki beans or black beans
3 large carrots, cut into large chunks
3 stalks celery, cut into large chunks
1 piece fresh ginger, about 1 inch
1 piece kombu, about 4 inches (10 cm)
1 ½ large onions, quartered
3 cloves garlic, smashed
1 tablespoon whole cumin seeds
or 2 teaspoons ground cumin
2 bay leaves
1 teaspoon whole black peppercorns
2–3 sprigs fresh thyme and/or rosemary (optional)
2–3 tablespoons tamari (or Liquid Aminos)
1 ounce dried shiitake mushrooms (about 7–8)
2–3 teaspoons Celtic sea salt, to taste
8 cups water (about 2 quarts)

METHOD

Rinse the beans under cold water.
No need to soak them since you won't be eating them.
Place all ingredients in a large pot except the salt.
Bring to a boil over high heat.
Once boiling, reduce to low and simmer uncovered for 2–3 hours.
Taste the broth and add salt gradually to desired level.
Strain completely and discard the solids.
Return the broth to the pot and reheat as needed.

This broth can be prepared in advance and stored in the refrigerator for several days or frozen for longer storage.

HOT TONICS | 250 ml Recipes | Make one, two, or all!

HAPPY SPICE TONIC

250 ml water

1 Tbsp apple cider vinegar

2 Cloves

2 Slices of organic orange zest/peel

2 Cardamom pods, smashed

Pinch of honey if desired - add after heated

Add ingredients except the ACV and the honey to a small saucepan and cover with boiling water.

let it simmer for 2-3 minutes. Strain into a mug, add the ACV and honey to taste.

Drink hot.

ORANGE GOLD TONIC

250 ml water

1 tsp grated fresh turmeric or ¼ tsp turmeric powder

1 tsp grated fresh ginger

¼ tsp of ground black pepper

Juice of 1/2 orange

Squeeze of lemon juice

½ teaspoon raw honey

Add ingredients except the honey to a small saucepan and cover with boiling water.

let it simmer for 2-3 minutes. Strain into a mug, add the honey to taste.

Drink hot.

GARLIC BROTH

1 clove of garlic, smashed then put into a mug

½ teaspoon of salt, muddled into the garlic

Pinch of cracked black pepper

Cover with boiling water, add lemon juice or any fresh herb or spice to taste.

Drink hot.

Fasting Menu Ingredient Check List

GREEN MACHINE

Celery x 3 bunches
Watercress x 3 bunches
Fennel bulb x 2
Lemon x 3
Fresh ginger x 1 large piece (3-4 inches)
Coriander or parsley x 3 bunches
Green apple x 2

THE 3 HOT TONICS

Apple cider vinegar
Cloves
Organic orange x 2
Cardamom pods
Fresh turmeric root or turmeric powder
Fresh ginger
Black pepper
Lemon x 1
Garlic x 1
Raw honey

CCF-F TEA

Cumin seeds
Coriander seeds
Fennel seeds - F
Flax seeds

BEAN BROTH CHECK LIST

Adzuki beans or black beans x 1 ½ cups
Carrots x 3 large
Celery x 3 stalks
Fresh ginger x 1 piece (about 1 inch)
Kombu x 1 piece (about 4 inches / 10 cm)
Onions x 1 ½ large
Garlic x 3 cloves
Whole cumin seeds or ground cumin
Bay leaves x 2
Whole black peppercorns
Fresh thyme or rosemary x 2–3 sprigs - optional
Tamari (or Liquid Aminos)
Dried shiitake mushrooms x 1 ounce (about 7–8)

HAPPY HEART CACAO

Raw almonds x 2 ¼ cups (about 330–340 g)
Raw cacao powder x 6 tablespoons (about 36–40 g)
Dates x 3 (optional)
Cinnamon powder x small amount (optional)
Vanilla x dash (optional)

SHOPPING LIST

PRODUCE

Celery x 4 bunches
Watercress x 3 bunches
Fennel bulb x 2
Lemon x 4
Fresh ginger x 2 large pieces
Coriander or parsley x 3 bunches
Green apple x 3
Organic orange x 2
Fresh turmeric root (or turmeric powder)
Carrots x 3 large
Onions x 2 large
Garlic x 2 bulbs
Fresh thyme or rosemary (optional)

INGREDIENTS

ACV - Apple cider vinegar
Raw honey
Kombu x 1 piece (about 4 inches / 10 cm)
Tamari (or Liquid Aminos)
Dried shiitake mushrooms, or fresh- x 1 ounce (about 7–8)
Raw almonds 340 g
Raw cacao powder
Vanilla (optional)
Dates (optional)
Something fermented to chew as a little cheat if needed

SPICES

Cloves
Cardamom pods
Black pepper
Cumin seeds (whole or ground)
Coriander seeds
Fennel seeds
Flax seeds
Bay leaves
Cinnamon powder

FASTING TIPS -

IT'S FUN FASTING

Remember your nervous system is truly leading the way. Try not to get stressed about timings, quantities, or recipes. Your primary goal is to stay in the mental posture of curiosity, fun, and experimentation.

DRINK IN ANY ORDER

The order in which you consume the different types of liquids is of little relevance. It is best to follow your desire for each specific taste. IN GENERAL, it is good to start the day with the green juice.

SIP, DON'T CHUG

Don't drink huge amounts at one time. It's best to keep sipping and slurping away all day. Ideally, you should drink something every 30-40 minutes and urinate frequently—at least 10-15 times a day. If you have no hunger or thirst, you will need to remind yourself with a timer to keep drinking throughout the day.

HOT, WARM OR ROOM TEMPERATURE LIQUIDS ONLY

Do not drink ice-cold liquids unless you are extremely hot and need to cool you down. Drinks should be brought to room temperature or heated before drinking.

THE WELCOMED ENERGY SURGE

During a fast, you may feel sudden surges of energy. Welcome them, and channel that spark into exercise, focused work, or creativity — not into scrolling or idle chatter.

FASTING | TROUBLESHOOTING

THE HERXHEIMER REACTION

Sometimes during a fast or detox you may feel worse before you feel better. This is called the Herxheimer reaction, or “healing crisis.” As your body releases toxins or microbial waste, you may experience temporary symptoms such as fatigue, headache, skin eruptions, or irritability. These are signs that your system is working hard to clear out what no longer serves you. If you notice this happening, don’t panic because it will pass within a day or two. Support yourself with extra rest, water, gentle movement, and kindness toward your body. Remember, your nervous system leads the way: staying calm and trusting the process will help the reaction resolve more smoothly.

MOVE + REST

Remember, one of the big goals of your fast is to kick your body into fat metabolism, so little bursts of movement will really help. If you feel a dip in your energy, you can shake it off with a brisk walk, your 4-minute workout, or even a few jumping jacks. It is amazing how quickly a bit of cardio can melt hunger surprisingly! But do not forget, rest is medicine too and the most important one for you. This is the dance of the fast, tuning in, knowing when to push a little and when to rest and nap.

SLEEP DISRUPTION

Some people experience lighter or more restless sleep during a fast. As your body shifts into fat metabolism and detox pathways open, your system can feel more alert at night. This does not mean the fast is harming you, in fact, it often indicates the heightened energy and repair work happening inside. If sleep is disrupted, keep your evenings calm, stay off screens, and sip a soothing herbal tea. is still restorative. Trust that your sleep rhythm will rebalance once the fasting phase is complete. And keep up your napping practice if you have a poor nights sleep.

REMAIN NON-REACTIVE

Fasting can stir up emotions like anger, loneliness, or sadness. This is natural, since food often acts as comfort. The key is not to react. Simply notice what arises, allow the feelings to move through, and trust that they will pass.

CHEATS

When starting to fast, it's normal for your body to crave the chewing motion, which releases digestive enzymes and helps calm hunger signals. If you can't ignore these hunger cues, try chewing on something light like a carrot or some celery and chew thoroughly until it's almost liquefied. You can also chew on fermented vegetables like sauerkraut, pickles, or kimchi.

REMEMBER - Intense Hunger Often passes within 20 minutes. Just keep sipping away.

REDUCED BOWL MOVEMENTS

With less food comes fewer bowel movements. This can feel like constipation, but it is simply your body adjusting and it may take some time for regular stool to form again. With the psyllium in your intestinal formula and the support of water enemas, you may avoid this altogether. It is nothing to worry about, everything will regulate once you return to food. Fewer movements during fasting are normal and not the same as constipation.