

Extended Fasting Protocols

Extended fasting is sometimes difficult due to social engagements. Family dinners are often taken together, which makes longer fasting trickier at times. Always choose a fasting regimen that fits in your schedule. Experienced fasters may want to experiment with longer fasts, which are ideal for a mid-week social break with their friends and family.

TWO DAY (48-HOUR) FASTING REGIMEN TWICE A WEEK

A 48-hour fasting regimen done twice a week is a great regimen for the primary cooks in their household. You can make extra food during your last dinner for your family while you are fasting.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST	FAST	FAST	FAST	FAST	FAST	FAST
LUNCH	FAST	FAST	LUNCH	FAST	FAST	LUNCH
DINNER	FAST	DINNER	DINNER	FAST	DINNER	DINNER

Example of a 48-hour fasting regimen fasting

66-HOUR FAST PLUS A 48-HOUR FAST

The combination of a 66-hour and a 48-hour fast in a week is the next level up in fasting . Fasting is often easier during the first half of the week because we tend to eat more on weekends. Appetite often increases mid-week when people are rushing around in the evening, so it's handy to take break then.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST	FAST	FAST	FAST	FAST	FAST	FAST
LUNCH	FAST	FAST	LUNCH	FAST	FAST	LUNCH
DINNER	FAST	FAST	DINNER	FAST	DINNER	DINNER

Example of a combining a 66-hour fast with a 48-hour fast.

THREE-DAY (72-HOUR) FASTING REGIMENS

The 72-hour fasting regimen is great for people who have a hard time mentally getting into a fast but find the it manageable once begun.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST	FAST	FAST	FAST	FAST	FAST	FAST
LUNCH	LUNCH	FAST	FAST	FAST	LUNCH	LUNCH
DINNER	DINNER	FAST	FAST	DINNER	DINNER	DINNER

Example of a three-day (72-hour) fasting regimen

Appetite is typically suppressed after fasting for 72 hours. The example below demonstrates a 72-hour fast combined with a 24-hour fast later on in the week.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST	FAST	FAST	FAST	FAST	FAST	FAST
LUNCH	FAST	FAST	FAST	LUNCH	FAST	LUNCH
DINNER	FAST	FAST	DINNER	DINNER	DINNER	DINNER

Example of a three-day (72-hour) fasting regimen fasting combined with a 24-hour fast.

84-HOUR FASTING REGIMEN

The 84-hour fasting regimen is equal to three and a half days of fasting. This is great for someone who is really busy during evenings on weekdays, but allows for more eating during the weekends.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST	FAST	FAST	FAST	FAST	FAST	FAST
LUNCH	FAST	FAST	FAST	LUNCH	LUNCH	LUNCH
DINNER	FAST	FAST	FAST	DINNER	DINNER	DINNER

Example of a three- and a half-day (84-hour) fasting regimen.

PROLONGED PERIODS OF FASTING

Prolonged fasting is advised for the very experienced faster. Fasting is like a muscle, getting easier the more you do it. Prolonged fasting is both a mental and physical challenge.

120-HOUR FASTING REGIMEN

The 120-hour fasting regimen is very advanced. It's great for people who are just too busy to eat well during the weekdays, for example, those who work very late into the evenings or those with small children who have many extracurricular activities throughout the week. This way you can fast from Sunday night until Friday night without worrying about having to cook, and they can enjoy their weekends.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST	FAST	FAST	FAST	FAST	FAST	FAST
LUNCH	FAST	FAST	FAST	FAST	FAST	LUNCH
DINNER	FAST	FAST	FAST	FAST	DINNER	DINNER

Example of a five-day fast (120-hour) fasting regimen

SEVEN-DAY FASTING REGIMEN OR 14-DAY FASTING REGIMEN

Occasionally, it's beneficial for some people to do a prolonged period of fasting of seven or more days, consuming only those fasting permitted liquids. This may be done for religious or spiritual purposes.

This may also be done for urgent medical cases, in which you should speak with your physician.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST	FAST	FAST	FAST	FAST	FAST	FAST
FAST	FAST	FAST	FAST	FAST	FAST	FAST
FAST	FAST	FAST	FAST	FAST	FAST	FAST

Example of a seven-day fast (168-hour) fasting regimen