

## Fat Fasting – A useful fasting ‘training wheel’

Fat fasting is a great tool to help you get started with regular fasting, regain control of your appetite, or when you’re struggling with cravings. The idea is to eat lots of fatty foods until you are full for a few days before you start regular fasting.

This allows your body to reach fat burning mode faster with fewer side effects. It may be especially useful in the following situations:

- Coming off a period of eating a diet high in carbohydrates
- Extreme hunger or carbohydrate cravings
- Periods of stress when fasting seems impossible

### HOW TO FAT FAST

1. When hungry, eat the foods listed below until you are full, as often as necessary
2. No dairy or nuts
3. Use up to three tablespoons of heavy cream for your tea or coffee

### FOODS:

- Eggs
- Bacon
- Salmon
- Sardines
- Olive oil, coconut oil, MCT oil, avocado oil, macadamia nut oil
- Butter
- Ghee
- Mayo (healthy oil base)
- Avocado
- Olives
- Spices are allowed
- Leafy greens cooked in or covered in fat

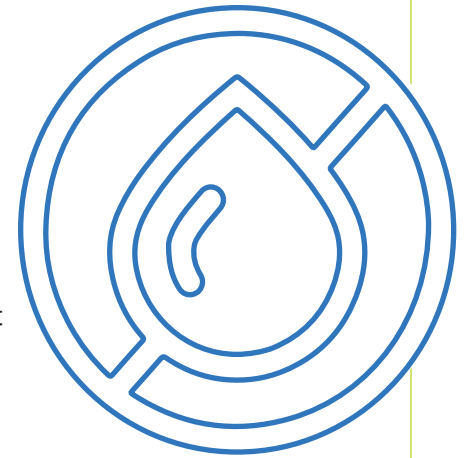
### YOU CAN ALSO CONSUME THESE FLUIDS AT ANY POINT DURING A FAT FAST:

- Bone broth
- Tea/coffee

### WHY IT WORKS?

The fat fast is an extreme version of a ketogenic diet. Eating high fat foods is extremely satiating and the monotony of the limited foods suppresses your appetite. It’s just like that song that you used to love but got so overplayed that you are sick of it. This also happens when you eat the same foods over and over again. Now you start to eat because you are truly hungry, rather than simply eating because foods are delicious.

Some people will eat non-stop during the first few days, which is okay. Listen to your body and use the fat to fight your desire to eat and your carbohydrate cravings. Over time, you will find that it takes less to satiate you, and you will start fasting naturally.



## WHAT IS A FAT FAST?

If you're not familiar with the term, 'fat fast' can sound like a contradiction. Aren't we supposed to avoid fats in our diet?

Turns out, natural fats have plenty of health benefits – one is giving us a big kick in the dietary butt when we've not been eating healthy.

A fat fast is something that's normally taken on by patients who are new to low-carbohydrate eating or who have never fasted before. Or, it can be perfect for someone coming back from vacation or coming off a period of particularly bad eating.

Fat is the most satiating macronutrient on a neurological level. What that means is, when you eat fat, your belly doesn't need to expand in order for it send a message to your brain saying that you're full. As you start to eat fat, your body automatically starts letting your brain know you're getting full.

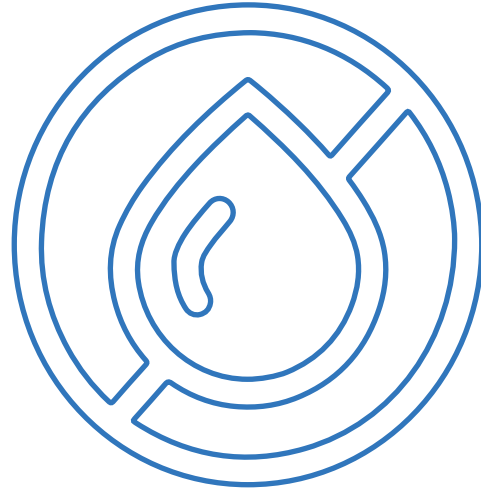
Eating protein or carbohydrates on the other hand takes a while before feeling satiated begins because your belly has to expand. It happens faster with protein, but your belly really needs to expand in order for carbs send the message of feeling full.

It's amazing how much fat you can eat and never feel bloated – but, if you eat too many carbs, you feel bloated and very uncomfortable.

Fat fasting is a period where we just focus on eating a select number of very, very fatty foods, so that 80% to 90% of the calories we're consuming are coming from fat. We fill up our bodies, make our brains think we are super full and, as a result, we allow our insulin levels to come down.

Most people find by day three of a fat fast, they're already doing 24 hours of fasting – even if they are coming from eating eight to 12 times a day when they started. Usually, by the end of the week, they're into a good solid fast. A fat fast is a really quick and effective way to get your appetite under control.

What can you consume during a fat fast? We like to keep it pretty boring. Eat bacon, eggs, olives, and avocados. You can substitute salmon or sardines if you needed to.



You can also have as many good fats that don't have a protein attached to them as you like – think of things like butter, ghee, coconut oil or MCT oil, olive oil, avocado oil, or macadamia nut oil. You can have a good quality mayo with a good oil base (like an avocado oil-based mayo). You could have homemade Béarnaise sauce. Those good fatty foods that don't have a lot of protein in them.

Consider putting these good fats on non-starchy vegetables. You can have all leafy greens and non-starchy vegetables as long as you cook them in fat – or you're eating them raw, adding fat. This opens up a huge array of options: You could have a salad. You could have a big omelet. You could have a frittata.

Of course, you can have as much coffee or tea, water and bone broth as you'd like, too. (We encourage you to scale back on the bone broth over time, but if it helps in the short term, that's great.)

Nuts aren't allowed during a fat fast, since, most of us just don't eat nuts or nut butter sensibly. It's best to just eliminate them entirely for a couple of weeks. Also, say no to dairy. (If you did need a little bit of very fatty cream for your tea or coffee, like 35 or 45% fat whipping cream, that's okay, but try to keep it to no more than three tablespoons a day during this time.) That also means cutting all cheese from your diet. You can, of course, always consume butter.

Fat fasting is a great way to jump into fasting or get a handle on your appetite so you can start making healthier choices. It's also a great tool to use too if you're coming back from vacation.