

Quickstart Guide to Fasting

STEP 1: NO SNACKING

Go back to the basics and eat three meals per day, but avoid snacking in between meals or after dinner.

Set aside three, one-hour time slots each day for your meals. An example of this would be to eat breakfast from 7:00 am to 8:00 am. Have lunch from 12:00 pm to 1:00 pm. Finish off with dinner from 6:00 pm to 7:00 pm.

Eat only at a table without other distractions. No eating at your desk. No eating in the car. No eating while watching TV.

STEP 2: ELIMINATE EITHER BREAKFAST OR DINNER

Start skipping one meal a day. It is usually easier to skip breakfast, because we are least hungry when we just awaken, and we are rushing off to work or school as it is. Do, however, drink a glass of water or make yourself a nice hot cup of green tea or coffee.

If you must eat breakfast, that's okay. Try skipping dinner instead.

The goal is to fast for 16 hours daily, which is two consecutive meals in a day. If it is late in the day, a hot cup of caffeine free herbal tea may be nice.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FAST	FAST	FAST	FAST	FAST	FAST	FAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER

STEP 3: SKIP LUNCH TWO TO THREE TIMES A WEEK

It may take some time to adjust to the 16 hour fast, but after a few weeks it should start to feel easy! This is when you know it's time to move to start skipping lunch two or three times per week.

It may seem challenging to you at first, but after a few weeks it will become easy just like the 16-hour fast!

Most people choose to fast from dinner to dinner, which means they skip breakfast and lunch. Some choose to do this from lunch to lunch, or breakfast to breakfast. Do what makes the most sense for your lifestyle!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FAST	FAST	FAST	FAST	FAST	FAST	FAST
LUNCH	FAST	LUNCH	FAST	LUNCH	FAST	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER

OPTIONAL STEP 4: DROP DINNER, TOO.

To really power up your fasting results, don't eat for an entire day. This is a 36-hour fast, and is far more powerful than the 24 hour fast because it takes advantage of the two sleeping periods where the fasting is 'free'. It is also long enough that it forces your body into the fat burning zone.

Fasting Training Wheels

Classic fasts are water-only, but drinking other fluids may help make fasting easier. We are great advocates of green teas and herbals teas, including a special line of fasting teas Dr. Fung created with Pique Tea.

FASTING FLUID FASTING TRAINING WHEEL



WATER (FLAT, MINERAL OR CARBONATED)

TRAINING WHEELS

Lemon and/or lime juice
(1 to 4 tablespoons/day)

Vinegars (one to 6
tablespoons/day)

**Himalayan, Celtic or
Maldon salts**

Chia seeds (one or two
tablespoons/day)



TEA AND COFFEE (HOT OR COLD)

TRAINING WHEELS

Cinnamon

Lemon

Healthy, natural fats
(one or two tablespoons/
day):

- Coconut oil
- MCT oil
- Butter
- Ghee
- Heavy whipping cream
- Coconut cream
- Unsweetened almond milk



HOMEMADE BROTH

TRAINING WHEELS

Bone broth (poultry,
meat, game, fish)

**Low-carb vegetable
broth** (avoid root
vegetables, grains,
legumes and lentils)

**Try not to exceed three
cups per day**



PICKLE JUICE (SUGAR-FREE)

TRAINING WHEELS

**Use the brine from
your pickles or make
your own**

HOW LONG SHOULD YOU USE THEM?

Once a fasting period starts to feel easy, then it's time to kick the training wheels to the curb, a process that may take about four to six weeks.