



Common Intermittent Fasting Protocols

For best results, choose a fasting regimen that fits in your schedule.

Once you've successfully eliminated snacking, the next step is to select an intermittent fasting regimen.

24-HOUR FASTING REGIMENS

Best suited for people who:

- Have chronic illnesses
- Have to take medications with food
- Are slender type 2 diabetics
- Are just looking to lose the last few pounds

During a 24-hour fasting regimen, two consecutive meals are skipped. For example, if you skip breakfast and lunch on Day 2, you have fasted from dinner (Day 1) to dinner (Day 2) or roughly 24 hours. When breaking the fast, try to eat a normal portion and avoid the temptation to overeat.

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

Table 3. Example of a 24-hour fasting regimen fasting from dinner-to-dinner three times a week.

If the two consecutive meals skipped are dinner (Day 1) and breakfast (Day 2), then you will have fasted from lunch to lunch, or roughly 24 hours. Fasting from breakfast to breakfast is also possible.

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
FAST	DINNER	FAST	DINNER	FAST	DINNER	DINNER

Table 4. Example of a 24-hour fasting regimen fasting from lunch-to-lunch three times a week.

WHAT IS THE IDEAL FASTING REGIMEN?

The most important consideration is to fit the fasting schedule into your life schedule. If the fasting is too onerous, you will not be able to continue it long term. Many people eat dinner with their families at night, so regularly skipping dinner may not work from a social standpoint. This makes the dinner-to-dinner fast the easiest to fit into a normal working schedule. Still try to avoid eating within 3 hours of bedtime.

Otherwise, a lunch to lunch or breakfast to breakfast schedule is optimal for 24-hour fasting. Hunger tends to increase later in the day leading to a higher risk of over-eating. Overall, most people find the lunch to lunch fast the easiest. Hunger is lowest in the morning so a breakfast to breakfast fast may be slightly more effective, but a little more difficult.

30-HOUR FASTING REGIMEN

A 30-hour fast means missing three consecutive meals, for example skipping dinner (Day 1) and breakfast and lunch (Day 2). This is a slightly more intensified fast but still permits at least one meal per day.

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

Table 5. Example of a 30-hour fasting regimen fasting from lunch on Day 1 until dinner on Day 2, etc.

36-HOUR FASTING REGIMEN

A 36-hour fasting regimen is best suited for people who are:

- Interested in losing more than 20 pounds
- Heavier-set type 2 diabetics
- Faster weight loss

The 36-hour fasting regimen is a more aggressive regimen, skipping meals for one entire day (Table 6). This takes advantage of the natural fasting period when we sleep. By skipping one extra meal compared to the 24 hour regimen, we gain an extra 12 hours of fasting, during which our bodies are forced to rely on body fat for energy. This is the reason people often report a much more dramatic reduction in their appetite and improvement in their weight.

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

Table 6. Example of a 36-hour fasting regimen fasting from dinner on Day 1 until breakfast on Day 3, etc.

42-HOUR FASTING REGIMENS

A 42-hour fasting regimen is best suited for people who:

- Are interested in losing more than 20 pounds
- Are heavier-set type 2 diabetics
- Tend to have much higher blood sugar levels in the morning (the Dawn Effect)
- Faster weight loss

The 42-hour fasting regimen is recommended for metabolic syndrome. It's a more aggressive regimen, similar to the 36-hour regimen, but you do not consume breakfast the next day (Table 7). This allows high morning blood sugar levels to stabilize before their first meal of the day. Like the 36-hour fasting regimen, people often report a much more dramatic reduction in their appetite and improvement in their weight control over carbohydrate cravings.

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	FAST	DINNER	FAST	DINNER	FAST	DINNER

Table 7. Example of a 42-hour fasting regimen fasting from lunch on Day 1 until lunch on Day 2, etc.

HOW OFTEN SHOULD I FAST?

Generally, the longer the fasting period, the less frequently it will be done. We recommend to do these fasts three times per week, but it will depend upon your own goals and your own results. You can always start off doing just one a week and gradually increasing. You can also mix and match these fasts according to your schedule. For example, you could do two 24-hour fasts and one 36-hour fast on one week and then three 36-hour fasts the next.

Many people prefer to fast during weekdays when they're busy at work, doing a 42-hour fast on Mondays and Wednesdays - but eating socially on Friday evening with their friends and families still allows a 24-hour fast on Friday. Fasting is completely customizable and the number-one rule is to fit it into your lifestyle to make it sustainable as a way of life.