

# Intermittent Fasting Protocols



## Introductory Fast

The introductory fast is for you to try in order to get your body accustomed to fasting. It consists of an 18-hour fast followed by eating – your sleep time is included in the 18-hour fast. This consists of drinking only water or green tea during the 18 hours. You will do this one once a week for 2 weeks.

During any of the fast protocols, you will notice that hunger grows stronger and then passes in waves; the first few times you do the fast you might find yourself feeling irritable and in an overall bad mood. This is okay – it is normal and natural and to be expected, and in a few weeks you will get used to it. I personally do a 36-hour fast every week, either a water fast or I might have a 240-calorie shake depending on how I feel. I normally fast on Monday and Tuesday of each week.

Use the following steps:

- choose one day to be your fast day;
- your meal the last day before the fast day should be no later than 10:00pm;
- wake up at 6:00am after getting 8 hours sleep and immediately have a large glass of water;
- keep drinking water or green tea until 6:00pm; and,
- eat what ever you want for dinner.

You have completed your first 18-hour fast.

## Alternate-Day Fasting

Alternate-day fasting consists of a Fast Day followed by a Feed Day. On the Fast Day you will eat a 400-600 calorie meal.

Use the following steps:

- eat a 400-600 healthy meal for breakfast or lunch and drink water or green tea for the rest of the day;
- the next day eat whatever you want, but still make healthy food choices;
- the day after, do another fast day with a 400-600 calorie healthy meal; and,
- keep alternating this for as long as you wish.

## The Five And Two Fast

This fasting protocol consists of eating normal healthy meals for five days in a week and fasting for 2 days back to back. The fast days also consist of a 400-600 calorie healthy meal. I suggest you choose the same 2 days every week as your fast day so you can work your schedule around it.

Use the following steps:

- on your fast day, eat a healthy 400-600 calorie healthy meal and drink lots of water or green tea during the rest of the day;
- the next day eat another healthy 400-600 calorie healthy meal, and drink lots of water or green tea during the rest of the day; and,
- eat normally for the rest of the week, still making healthy food choices.

## **The Six And One Day Water Fast**

This protocol consists of eating normally 6 days a week and then doing a water and green tea fast on one day.

Use the following steps:

- eat normally during the week;
- have your last meal at about 10:00pm the night before the fast day;
- on the fast day, drink a combination of water and green tea, drinking a glass of water if you feel hungry; and,
- the next day when you wake up, have a nice healthy breakfast