



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 2-3 Times Per 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.