



REAL FOOD PERQUISITES TO STRATEGIC FASTING

work your way from left to right for 1 or 2 weeks per phase before experimenting with Strategic Fasting.



approved real food	100% fresh real food	lower-carb fresh real food compressed eating window	low-carb fresh real food compressed eating window
real food with approved ingredients	100% fresh real food	100% fresh real food	100% fres real food
3 meals per day max	2 meals per day	2 meals per day with compressed eating window	2 meals per day with compressed eating window
no carbs first part of day	no carbs first part of day	no carbs first part of day	no carbs first part of day
food and carbs from things made with the right ingredients	carbs from real food sources	carbs from real food sources	move towards higher fat, moderate protein
carbs towards the end of the day	carbs towards the end of the day	carbs towards the end of the day	no dominant carbohydrates
	measured carbs to max of 3/4 cup per safe starches and fruits	measured carbs to max of 1/2 cup per safe starches and fruits	no dominant carbohydrates



STRATEGIC FASTING DURATION PROGRESSION

work your way from left to right to experiment with durations. work your way down for less insulin and better results.



compressed eating window	24-hour - 1 meal per day	36-hour - no food for 1 day	extended - 2 days +
no food outside of eating window	SHT fast	fat fast	fat fast
	water fast	SHT fast	SHT fast
		water fast	water fast

* food symbols don't mean anything. they are there to look cool :)

recommended Strategic Fasting progression

so that you can ease into an SHT fast and water fast, with minimal symptoms, and having a great experience.

we're looking for short-term improvements in these markers:

- fat loss and body composition.
- energy levels.
- mental clarity and focus.
- digestion.
- skin issues.

over time, the more we bounce in and out of Strategic Fasting, we'll realize the long-term benefits.

1st week - fat fast week.

- starting on Noneday Monday, go as long as you feel comfortable, following the fat fast guidelines, eating as often and as much as necessary to sustain.
- when you end up eating a “normal” real food meal including veggies and/or safe starches and/or fruits, your attempt at this fast is over.
- if you make it to the 3rd evening or 3 days or more, you're ready for the next step.
- if you only make it one day, consider doing another Noneday Monday fat fast, trying to go further before moving on.

2nd week - SHT fast

- starting with Noneday Monday, go as long as you feel comfortable, following the SHT fast guidelines.
- when you end up eating any solid food, your attempt at this fast is over.
- if you make it to the 3rd evening or 3 days or more, you're ready for the next step.
- if you only make it 1 or 2 days, consider doing another Noneday Monday SHT fast, trying to go further, before moving on.

3rd week - water fast.

- starting with Noneday Monday, go as long as you feel comfortable, following the water fast guidelines.
- when you end up having anything outside of the guidelines, including food or fat, your attempt at this fast is over.
- if you make it to the 3rd evening or 3 days or more, you're ready for the next step.
- if you only make it 1 or 2 days, consider doing another Noneday Monday SHT fast, trying to go further, before moving on.



Strategic Fasting progression