



QUICK-START GUIDE TO INTERMITTENT FASTING

WHEN to eat

WATER	8-12 glasses per day																
COFFEE / TEA	1-2 servings																
PROTEIN							3-4 servings										
VEGETABLES							7-11 servings										
OILS and FATS							3-5 servings										
FRUITS													1-2 servings				
STARCHES													1 serving				
	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM

WHAT to eat

	PROTEIN	ORGANIC VEGGIES	OILS and FATS	ORGANIC FRUITS	STARCHES
EAT OFTEN	Grass-fed beef and lamb, pastured eggs, colostrum, low-mercury wild fish (anchovies, haddock, sole, sardines, sockeye salmon, flounder, trout)	Asparagus, bok choy, brussels sprouts, cauliflower, celery, cucumber, fennel, olives, cabbage, collards, kale, lettuce, radishes, spinach, squash, zucchini, tomatoes, peppers, mushrooms	MCT oil, pastured egg yolks, krill oil, avocado oil, coconut oil, sunflower lecithin, fish oil, grass-fed butter, ghee, coconut, unheated olive oil	Avocado, blackberries, coconut, cranberries, lemon, lime, raspberries, blueberries, pineapple, strawberries, tangerine, orange	Pumpkin, butternut squash, sweet potato, yam, carrot, white rice, cassava, taro, plantain
EAT RARELY	Pastured pork, clean whey isolate, pastured duck and goose, factory farmed eggs, pastured chicken and turkey, heated whey, hemp protein, factory-farmed meat	Artichokes, carrots, green beans, green onion, leeks, parsley, eggplant onion, peas, shallots, beets, pumpkin	Palm oil, palm kernel, macadamias, almonds, cashews, walnuts, hazelnuts, non-GMO soy lecithin, duck and goose fat, grain-fed butter and ghee	Apple, apricot, cherries, figs, honeydew, kiwi, lychee, nectarine, peach, pears, plums, bananas, dates, grapes, guava, mango, melons, papaya, passion fruit, persimmon, plantain, watermelon	Resistant starch powder, black rice, wild rice, brown rice, banana, organic corn on the cob, potatoes
AVOID	High-mercury or farmed seafood, rice and pea protein, soy protein, wheat protein, beans, cheese and other pasturized or cooked dairy (except butter)	Corn (actually a grain), canned veggies, soy	Factory chicken fat, safflower, sunflower, canola, peanut, soy cottonseed, corn and vegetable oils, heated nuts and oils, flaxseed oil, margarine, artificial trans-fats, oils made from GMO grains, lard	Cantaloupe, raisins, dried fruit, fruit leather, jam, jelly, canned fruit	buckwheat, oats, quinoa, wheat, corn, millet, potato starch, corn starch, gluten-free powders and other grains