

# Intermittent Fasting

## Basic IF (16/8 Method)

The 16/8 Method involves fasting for 14-16 hours, and restricting your daily "eating window" to 8-10 hours.

This method of fasting can actually be as simple as not eating anything after dinner and then skipping breakfast.



For example, if you finish your last meal at 8 pm and then don't eat until 12 noon the next day, you have fasted for 16 hours.

You can drink water, coffee, bone-broth and other non-caloric beverages during the fast, and this can help reduce hunger levels. I also keep taking the few supplements I normally take like vitamin D3, magnesium and fish oil.

Don't eat crappy food during your eating window. This won't work if you eat junk food or binge eat excessive calories.

This is a simple way to do intermittent fasting, especially if you're already fat-adapted from eating paleo, primal, low carb or keto.

## Fat-Assisted 16/8 IF

A slight variation on the pure 16/8 protocol is to allow some fat into your fasting window. I drink a lot of coffee and normally use heavy cream in my coffee. This is an example of fat-assisted fasting. I might get a few hundred calories of fat from the heavy cream during the day. This makes IF super easy to do.

Don't add solid fat foods like avocados, for example. No solid food allowed.

[FICK's Method](#)

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Other easy to try methods are:

## 5/2

**The 5/2 Method** involves eating normally 5 days of the week, while restricting calories to 500-600 grams on two days of the week. On the fasting days, it is recommended that women eat 500 calories, and men 600 calories. For example, you might eat normally on all days except Mondays and Thursdays, where you eat two small meals (250 calories per meal for women, and 300 for men).

## Eat-Stop-Eat

**The Eat-Stop-Eat Method** involves a 24-hour fast, either once or twice per week. By fasting from dinner one day, to dinner the next, this amounts to a 24-hour fast. For example, if you finish dinner on Monday at 7 pm, and don't eat until dinner the next day at 7 pm, then you've just done a full 24-hour fast. You can also fast from breakfast to breakfast, or lunch to lunch. The end result is the same. Water, coffee, bone broth and other non-caloric beverages are allowed during the fast, but no solid food.

## Combo

Another strategy is to combine 16/8 and a full day fast. I use 16/8 IF as my normal eating program. I eat this way every day. It's become second nature and very easy for me. Occasionally I'll do a 24 hour fast and then revert right back to 16/8 fasting.