

ULTIMATE GUIDE TO

Intermittent Fasting Schedules

16/8

| Description | Samples | Pro | Con | Who It's for |
|---|---|----------------------------------|--|------------------------------|
| Eat during an 8-hour window, fast for 16 hours. | Eat between 9am-5pm Fast between 11am-7pm Fast between noon-8pm | Fits easily into most lifestyles | It can be difficult to go longer without food if you're new to fasting | Suitable for nearly everyone |

12/12

| Description | Samples | Pro | Con | Who It's for |
|--|--|--|--|--|
| Eat during a 12-hour window, fast for 12 hours | Eat between 9am-6pm Fast between 6pm-6pm Eat between 10am-10pm | Requires minimal effort; unlikely to experience any hunger pangs | Smaller fasting window means it'll take longer to see benefits | Great for easing your way into a fasting plan if you're new to fasting |

20-HR FAST (Warrior Diet)

| Description | Samples | Pro | Con | Who It's for |
|---|--|---|---|--|
| Eat during a 4-hour window, fast for 20 hours | Eat between noon-4pm Fast between 4pm-8pm Eat between 6pm-10pm | Great for a hectic lifestyle, since you only have to worry about eating for 4 hours of your day | It can be tough to go 20 hours without food | Someone with experience with fasting looking for quicker results |

24 HR FAST

| Description | Samples | Pro | Con | Who It's for |
|-------------------------------------|---|--|--|---|
| Don't eat anything for the 24 hours | Monday: stop eating by 7pm Tuesday: fast until 7pm to start eating | Great way to reset your digestive system | Not recommended to do more than TWO 2 day fasts per week | Anyone with a busy schedule, no need to worry about preparing food for a full day |

5:2

| Description | Samples | Pro | Con | Who It's for |
|---|--|---|--|--|
| Choose two non-consecutive days of the week and limit yourself to 500-600 calories on those two days. | Mon: 500-600 Tues: normal caloric intake Wed: 500-600 Thurs: 500-600 Fri: normal caloric intake Sat: normal caloric intake Sun: normal caloric intake | You never have to face any period of time where you can't eat | Need to be careful about measuring portion sizes and counting calories | Great for anyone who doesn't want to even have to go without eating some food. |

Tim Ferriss 3-DAY FAST

| Description | Samples | Pro | Con | Who It's for |
|---|--|--|---|--|
| Fast for 3 full days, eating nothing but water and other ketone sources | Thurs: stop eating by 6pm Fri: take a 3-4 hour walk and eat nothing but ketones Sat: nothing except water Sun: break your fast at 6pm | Proven to get you into ketosis quickly | Fasting for this long can be very hard if you're not used to it | Anyone highly motivated to jumpstart a fasting regimen |

ALTERNATE DAY FASTING

| Description | Samples | Pro | Con | Who It's for |
|---|--|---|--|---|
| Pick any fasting schedule and just implement it on alternating days | Follow the 16/8 plan only on Monday, Wednesday and Friday | Makes any intermittent fasting plan more manageable | Might take longer to see health benefits | Anyone not ready to commit to daily fasting; also recommended for women |

36 HR FAST

| Description | Samples | Pro | Con | Who It's for |
|---|--|--|------------------------------|---|
| Fasting for 36 hours straight without any consumption of calories | Fri: don't eat anything Sat: fast Sun: have breakfast after 7am | An excellent, medical solution for improving Type 2 Diabetes | Quite difficult to implement | Anyone trying to lose weight or sensitive; doctor supervision recommended |

Mlb Playoffs Intermittent Fasting Guide

Old Natural Ways

Mlb Playoffs Intermittent Fasting Guide:

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