

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 Eat between 11am-7pm Eat between noon-8pm	Fits easily into most lifestyles.	It can be difficult to go 16 hours 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 8am-8pm Eat between 9am-9pm Eat between 10am-10pm	Requires minimal effort; unlikely to experience any hunger pangs.	Smaller fasting window means it's 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 Eat between 3pm-7pm Eat between 8pm-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 17 or 20 hours without food.	Someone with experience with fasting looking for quicker results.

24HR FAST

Description	Samples	Pro	Con	Who it's for
Don't eat anything for a full 24 hours.	Monday: stop eating by 7pm Tuesday: wait until 7pm to start eating.	Great way to reset your digestive system.	Not recommended to do more than TWO 24-hr 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 calories Tues: normal caloric intake Wed: normal caloric intake Thurs: 500-600 calories Fri: normal caloric intake Sat: normal caloric intake Sun: normal caloric intake	You never have to face any period of time where you don't eat.	Need to be meticulous about measure portion sizes and counting calories.	Great for anyone who doesn't want to ever have to go without at least some food.

24HR FAST

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

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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 calories Tues: normal caloric intake Wed: normal caloric intake Thurs: 500-600 calories Fri: normal caloric intake Sat: normal caloric intake Sun: normal caloric intake	You never have to face any period of time where you don't eat.	Need to be meticulous about measure portion sizes and counting calories.	Great for anyone who doesn't want to ever have to go without at least some food.

3-DAY FAST

Description	Samples	Pro	Con	Who it's for
Fast for 3 full days, eating nothing but MCT oil or other ketone sources.	Thurs: stop eating by 7pm. Fri: take a 3-4 hour walk and eat nothing except ketones. Sat: eat nothing except ketones. Sun: break your fast at 6pm.	Proven to get you into ketosis quickly.	Fasting for this long can be very difficult 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
Follow 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.

36HR FAST

Description	Samples	Pro	Con	Who it's for
Fasting for 36 hrs straight without any consumption of calories.	Fri: don't eat after 7pm. Sat: fast Sun: have breakfast after 7am.	An excellent, proven medical solution for improving Type 2 Diabetes.	Quite difficult to implement.	Anyone trying to manage insulin sensitivity; doctor supervision recommended.

Zelle Intermittent Fasting Guide

Peipei Pang



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