

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 8am-5pm Eat between 11am-7pm Eat between noon-8pm	Fits easily into most lifestyles	It can be tough 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 8am-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 Eat 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 for 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 24hr fasts per week	Anyone with a busy schedule, no need to worry about eating 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 Tue: 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 force any period of time where you can'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.

Tim Ferriss 3-DAY FAST				
Description	Samples	Pro	Con	Who it's for
Fast for 3 full days, eating MCT oil or other ketone sources	Thurs: stop eating by 6pm 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 difficult if you're not used to it	Anyone highly motivated to jumpstart 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 Wednesdays and Fridays	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 Sat: fast Sun: have breakfast after 7am	An excellent, medical solution for improving Type 2 Diabetes	Quite difficult to implement	Anyone trying to manage insulin sensitivity; doctor recommended

Mlb Playoffs Intermittent Fasting Guide

Sabine Zange



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