



16 Hour Fasting Protocol

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Fast	Fast	Fast	Fast	Fast	Fast	Fast
Lunch	Eat	Eat	Eat	Eat	Eat	Eat	Eat
Dinner	Eat	Eat	Eat	Eat	Eat	Eat	Eat

IN REVERSE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Eat	Eat	Eat	Eat	Eat	Eat	Eat
Lunch	Eat	Eat	Eat	Eat	Eat	Eat	Eat
Dinner	Fast	Fast	Fast	Fast	Fast	Fast	Fast

24 Hour Fasting Protocol

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Fast	Fast	Fast	Fast	Fast	Fast	Fast
Lunch	Eat	Fast	Eat	Fast	Eat	Fast	Eat
Dinner	Eat	Eat	Eat	Eat	Eat	Eat	Eat

IN REVERSE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Eat	Eat	Eat	Eat	Eat	Eat	Eat
Lunch	Eat	Fast	Eat	Fast	Eat	Fast	Eat
Dinner	Fast	Fast	Fast	Fast	Fast	Fast	Fast

36 Hour Fasting Protocol

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Eat	Fast	Eat	Fast	Eat	Fast	Eat
Lunch	Eat	Fast	Eat	Fast	Eat	Fast	Eat
Dinner	Eat	Fast	Eat	Fast	Eat	Fast	Eat

42 Hour Fasting Protocol

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Fast	Fast	Fast	Fast	Fast	Fast	Fast
Lunch	Eat	Fast	Eat	Fast	Eat	Fast	Eat
Dinner	Eat	Fast	Eat	Fast	Eat	Fast	Eat

Your practitioner will work with you to determine your best approach to fasting.