

THE ULTIMATE INTERMITTENT FASTING GUIDE

With a three-day Sample Schedule and
Printable Intermittent Fasting Journal

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INTERMITTENT FASTING GUIDE



If you're learning the ins and outs of intermittent fasting, you're probably wondering what all the buzz is about. What does stretching out your time between meals do for you? The answer — a lot. Intermittent fasting benefits your body and your brain in ways you never thought possible. It's something you have to experience to believe.

What is intermittent fasting?

Intermittent fasting is a pattern of eating that cycles eating time with periods of calorie restriction. People do experience weight loss with intermittent fasting, but think of it as less of a diet plan and more of a lifestyle to reap some incredible health benefits like:

- Improved focus and mental endurance
- Reduced blood pressure
- Decreased inflammation
- Skyrocketing energy

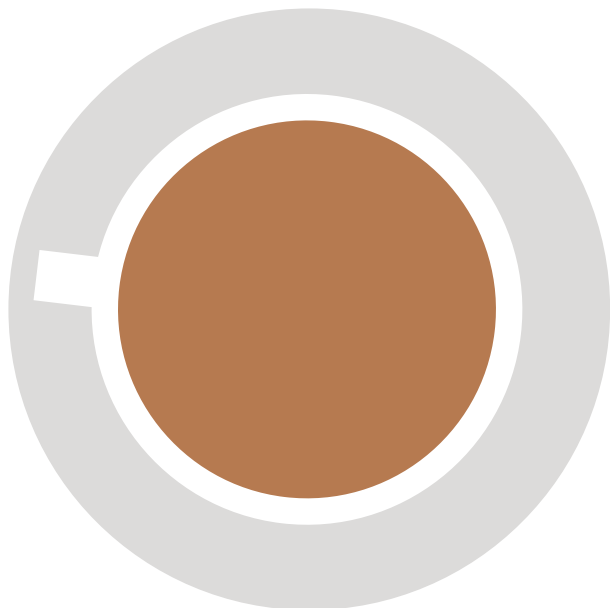
Emerging research shows profound effects like slowed tumor growth in mice. You can get the details on the benefits of intermittent fasting [here](#). These effects aren't small, so it's worth giving intermittent fasting a go for at least a few weeks to see what it does for you.

INTERMITTENT FASTING METHODS

There are different intermittent fasting methods. These are:

5:2: This method allows you to eat normally five days a week. The other two days are your fasting days, although you do still eat. Just keep it between 500 and 600 calories.

12/12, 14/10, 16/8, or 20/4: You eat all of your daily calories within a shortened period — four up to 12 hours — and fast for the rest of the day. You can do this every day, or a few times a week. You'll need to experiment with your timing to see how you feel. Most people settle into a 16/8 pattern, where you fast for 16 hours and eat over a period of eight hours.



Eat-stop-eat: With this one, you restrict all food for 24 hours, once or twice a week.

Bulletproof Intermittent Fasting: Bulletproof Intermittent fasting closely resembles the 16/8 method, but with one crucial difference: you drink a cup of Bulletproof Coffee in the morning. Bulletproof Coffee gives you an edge in a few ways:

- You don't feel hungry and distracted during your fast period
- Your body doesn't signal that you're starving so you don't produce extra stress hormones that make you hang onto weight or eat off-schedule
- As long as you're eating fat without protein and carbs, you still get the amazing benefits of a pure fast
- Fat doesn't interrupt autophagy, so your cells continue to clean house and keep you young even though you feel full

Bulletproof Coffee is the cheat code to success with intermittent fasting. Here's how to make it.

HOW TO DO AN INTERMITTENT FAST

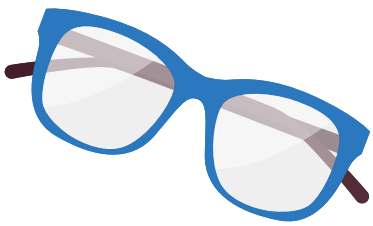


1. Choose an intermittent fasting method.
2. Make yourself a rough schedule of when you'll eat and when you'll fast. You don't have to be perfect -- you can always adjust your fast start times and end times to adapt your schedule to how your day plays out.
3. Plan meals you'll enjoy. Restricting eating times is much easier if you love the food you're eating when it's time.
4. Go for it! This is going to be easier than you think.

Autophagy: Over time, cells accumulate dead organelles, damaged proteins, and oxidized particles that interfere with cell function and accelerate aging. Autophagy is the body's method of recycling the junk in your cells, which keeps you young. It's the cellular equivalent of burning your trash to stay warm.

The best way to trigger autophagy is intermittent fasting.

THE ULTIMATE INTERMITTENT FASTING GUIDE JOURNAL



INTERMITTENT FASTING JOURNAL

Day _____ Weight _____

Type of intermittent fast (approximate)

Daily Intermittent Fast: 12/12 14/10 16/8* 18/6 20/4

* Recommended (hours fasting/hours eating)

Alternate Day Fasting:

___ 5:2 restricted (0 calories two days per week)

___ 6:1 restricted (0 calories one day per week)

___ 5:2 moderate (up to 600 calories two days per week)

___ 6:1 moderate (up to 600 calories one day per week)

Other _____

Did you have Bulletproof Coffee while you were fasting? ___ yes ___ no

Yesterday - fasting start time: _____

Fasting end time/fed state start time: _____

Fed state end time: _____

Total fasted hours: _____

Total fed-state hours: _____

Fasting start time is the time you finished your last bite of food **yesterday**

Fasting end time/fed state start time is the time you had your first meal **today**.

Don't count Bulletproof Coffee!

Fed state end time is the time you took your last bite of food **today**.

Total fasted hours is the total time between fasting start time and fasting end time.

Total fed-state hours is the total time between fed state start time and fed state end time.

HOW DID IT GO TODAY?

Hunger levels

| Scale | Morning | Mid-day | Evening |
|-------------------------------------------------|--------------------------|--------------------------|--------------------------|
| All I can think about is food | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Moderately hungry | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fairly hungry | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Satiated for longer than usual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I'll eat because it's time, but I can go longer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I haven't thought about food | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Energy levels

| Scale | Morning | Mid-day | Evening |
|------------------------|--------------------------|--------------------------|--------------------------|
| Dragging | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| On the tired side | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Plugging along | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| More energy than usual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Unstoppable | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Focus and concentration

| Scale | Morning | Mid-day | Evening |
|-----------------------------------------------------------|--------------------------|--------------------------|--------------------------|
| Slogging through | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Distracted | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Focused some of the time, wandering mind some of the time | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Effective concentration | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Laser focused | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SAMPLE BULLETPROOF INTERMITTENT FAST SCHEDULE

Evening before

7:00 p.m. Finished dinner

8:30 p.m. Cup of Rooibos Chai Tea Latte

9:00 p.m. Finished eating for the day

Day One

5:00-8:00 a.m. Cup of Bulletproof Coffee

1:00 p.m. Low-Carb Vegetarian Ramen

4:00 p.m. Bulletproof Vanilla Shortbread Collagen Protein Bar

7:00 p.m. Slow Cooker Pot Roast and Brussels Sprouts

8:30 p.m. Bulletproof Turmeric Latte

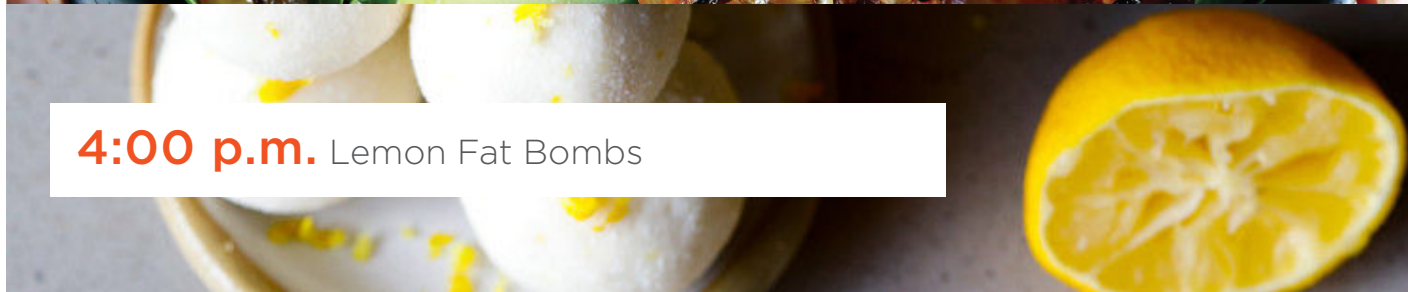
Day Two



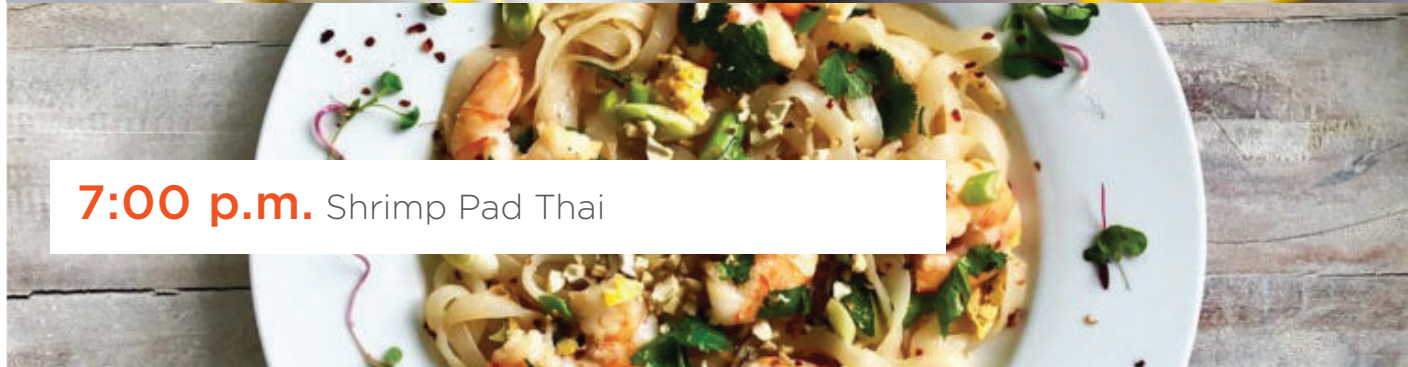
5:00-8:00 a.m. Cup of Bulletproof Coffee



1:00 p.m. Keto Hamburger Salad



4:00 p.m. Lemon Fat Bombs



7:00 p.m. Shrimp Pad Thai



8:30 p.m. Sleepytime Tonic

Day Three



5:00-8:00 a.m. Cup of Bulletproof Coffee



1:00 p.m. Chocolate Coconut Keto Smoothie Bowl



4:00 p.m. Veggie sticks with guacamole



7:00 p.m. Keto Slow Cooker Beef Stew



8:30 p.m. Keto Pot de Creme