

FAST-TRACK: EXTENDED FASTING

This type of fasting involves fasting for longer periods of time, on a less frequent basis. For instance, extended fasting could include withholding food for 24 hours or 36 hours, at a time. In this format, someone might exercise this regimen once or more per week.

For example:

Sunday: Eat breakfast, lunch, dinner

Monday: FAST

Tuesday: Eat breakfast, lunch, dinner



Wednesday: FAST

Thursday: Eat breakfast, lunch, dinner

Friday: FAST

Saturday: Eat breakfast, lunch, dinner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	FAST	BREAKFAST	FAST	BREAKFAST	FAST	BREAKFAST
LUNCH		LUNCH		LUNCH		LUNCH
DINNER		DINNER		DINNER		DINNER

 EATING
  FASTING

FASTING TIPS: WHAT TO EAT & DRINK

»» For 12 weeks, you will consume as much food as you want on your eating days,, then water fast on your fasting days.

»» The diet will focus on whole foods with an emphasis on non-starchy vegetables, eggs, seafood, and meat.

»» You must drink at least two liters of pure water per day. If you don't like the flavor, add some fresh-squeezed lemon juice.

»» You can find delicious recipes in Recipes section of the Truth About High Blood Sugar Book. Eat any combination you want as long as it's within your eating window.