FASTING CHEAT SHEET

Restorative NUTRITION

Welcome to Fasting!
This is your quick reference guide to help you on your fasting journey.

7 TYPES OF FASTING

STEP 1: PICK YOUR FAST

BEGINNER

1. **INTERMITTENT FASTING (IT)**
   13-15 hours

2. **AUTOPHAGY FASTING**
   16-18 hours

3. **24 HOUR FASTING**
   Also called dinner-to-dinner fasting or OMAD, one meal a day

4. **36-48 HOUR WATER FASTING**

5. **3-5 DAY WATER FASTING**

6. **FAST MIMICKING**
   Low protien, limited calories consumed

7. **24 HOUR DRY FAST**
   No water or food

ADVANCED

STEP 2: GET YOUR TOOLS

CHECKLIST

- ✓ LIFE APP
  Fasting tracker
- ✓ KETO MOJO
  Blood sugar and ketone device
- ✓ CARB MANAGER APP
  Macro tracker

STEP 3: LEARN TO TRACK

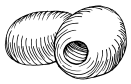
When to Measure Blood Sugar

You'll be taking two sets of readings. The first set of blood sugar and ketone readings will be taken as soon as you wake up and before consuming any food. The second test will be taken right before consuming your first meal of the day.

Write down and keep track of your readings. Your blood sugar should be somewhere between **3-5 mmol/L,** and you want your ketones to be above **0.5.mmol/L**.

Also, in the second reading, you should find that your blood sugar has gone down and your ketones have gone up.

FOODS TO BREAK AN INTERMITTENT FAST



Avocado Olives Nut butter Ghee Bone broth

WARNING! WHEN TO BREAK A FAST

If your blood sugar drops below **3.2 mmol/L** and your ketones rise above **6.0 mmol/L** this is a warning sign that you should break your fast.

Disclaimer
This is a guide only; please consult your medical professional if unwell.
This is not suitable for people with diabetes on glucose-lowering medication.

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BLOOD SUGAR/KETONE TRACKER

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DATE	TIME	BLOOD GLUCOSE	KETONES	NOTES/ CIRCUMSTANCE

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CARB MANAGER JOURNAL

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DATE	CARBS	PROTEIN	FAT	NOTES/ CIRCUMSTANCE

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