

How much protein should you eat on a non-fasting day?

I recommend that people follow the recommended daily allowance set by the government, which is 0.8 grams per kilogram per day. Most people are eating more than this, so if you looked at an average American or an average Canadian, you're talking about 1.2 to 1.5 grams for protein per day, so that's around 50 to 100% more than what is needed. The 0.8 grams per kilogram per day actually already has a buffer zone. When they did the studies many years ago, the government, in their studies, found that people could be quite healthy eating 0.6 grams per kilo per day, but in order to maintain sort of a buffer zone, they recommend that people eat 0.8 grams per kilo per day. So there's already a bit of a buffer zone. You don't need a buffer zone in that.

If you're not eating anything during a fasting day, then perhaps you may take a little bit more on a non-fasting day, but that 1.2 to 1.5 grams per day, per kilogram per day average that most people are taking is going to be more than enough to compensate. Also, if you're taking very little protein, your body can reabsorb that protein to use to rebuild. So there's, it's not necessary to overdo it on proteins. And the one thing that I do advise people stay away from is the sort of processed proteins, which are the things like whey proteins and protein bars and protein shakes. For everything you should try and stay with whole foods as much as possible and get your nutrition from those sources.