

Week 3: IF Protocols

After taking a decade long hiatus from the gym you'd never expect to walk-in and follow the same routine as someone like the great Arnold Schwarzenegger, would you? So, don't expect to jump in and do a 5-day fast off the bat.

Fasting is like a muscle. We want you to start off with a protocol that feels challenging but do-able. Overtime that protocol will become easy, and you'll be ready to turn the fasting dial up and extend your fasts. Just like when you know you're ready to graduate from the 15 lb dumbbells to the 20 lb ones for your biceps curls. And if you're not sure, that's what we're here to help you figure out in our weekly meetings.

If you find you've jumped in and done a protocol that may have been a bit too intensive, you can always turn the fasting dial down. You may find in a week or two you're ready to turn it back up again!

What are the best IF protocols for fat loss?

Below are some of our most popular therapeutic, waist-size busting fasting protocols.

- 24-hour fasts done 3 times per week
- 36-hour fasts done 3 times per week (recommended for perimenopausal women)
- 42-hour fasts done 3 times per week
- 48-hour fasts done 2 times per week

Remember that it's important to fit fasting into your lifestyle. The goal is to really do 2-3 therapeutic fasts per week. They don't have to all be the same fast. You may aim to do the 42-hour protocol but find that a family dinner pops up unexpectedly. You can absolutely pivot to doing a 24-hour fast instead.

Megan Ramos has often shared the routine that worked best for her to remain consistent and lose over 80 lbs was fasting twice a week for 42 hours and then once a week for 24 hours. She would do her 42-hour fasts on Mondays and Wednesdays, but she enjoyed being able to do a 24-hour fast on Fridays and meet-up with family or friends for dinner at the end of the week.

Flexibility is key for success!

Your Weekly Actions:

1. Look at the week ahead. What 2 or 3 therapeutic fasts could work for your schedule? Let's pencil them in!
2. Prioritizing natural dietary fats at your meals can help make fasting feel easier. Review our Guide to Fat Fasting for ideas on how to boost your fat intake going into your fasts.

3. Avoid “one-last” meals because you WILL be eating again. Don’t fool yourself and go down that rabbit hole. It makes everything harder, and this doesn’t have to be hard! In fact, this can be the easiest thing you’ve ever done!

Resources:

- https://app.thefastingmethod.com/course_items/177035/preview
- IF Protocol Quick Guide
- IF Quick Start Guide
- Eating Day Quick Start Guide