

# Intermittent Fasting for Weight Loss

## 14-Day Masterclass Syllabus

### June 2022

Day	Date	Lesson Agenda	Session Type	Link
Mon	Jun 6	<b>Lesson 1: How to Prepare for a Fast</b> <b>Resources:</b> - Quick Guide: Preparing to Fast	Video	
Tues	Jun 7	<b>Lesson 2: Time Restricted Eating (TRE)</b> <b>Resources:</b> - Quick Guide: Time Restricted Eating	Video	
Wed	Jun 8	<b>Lesson 3: Fasting Fluids</b> <b>Resources:</b> - Quick Guide: Bone Broth	Video	
		<b>Live Q&amp;A # 1 at 7:00 PM ET / 4:00 PM PT</b> - Ask your questions related to the above lessons	Zoom	<a href="#">Register Here</a>
Thurs	Jun 9	<b>Lesson 4: Hydration + Electrolytes</b> <b>Resources:</b> - Quick Guides: Fasting and Electrolytes	Video	
Fri	Jun 10	<b>Lesson 5: Intermittent Fasting Strategies</b> <b>Resources:</b> - Quick Guides: Intermittent Fasting Protocols	Video	
		<b>Live Q&amp;A # 2 at 11:00 AM ET / 8:00 AM PT</b> - Ask your questions related to the above lessons	Zoom	<a href="#">Register Here</a>
Sat	Jun 11	<b>Lesson 6: OMAD + the 30/16 Protocol</b> <b>Resources:</b> - Blog: <a href="#">OMAD: Should You Eat One Meal a Day</a>	Video	
Sun	Jun 12	<b>Lesson 7: The 60/40 Rule</b> <b>Resources:</b> - Quick Guides: Nadia's 60/40 schedule	Video	
Mon	Jun 13	<b>Lesson 8: How to Break Your Fast</b> <b>Resources:</b> - Quick Guides: Breaking Your Fast	Video	
Tues	Jun 14	<b>Lesson 9: Tips for Success</b> <b>Resources:</b> - Quick Guides: Single Best Weight Loss Tip	Video	

Tues	Jun 15	<b>Lesson 10: Fasting Troubleshooting</b> <b>Resources:</b> - Quick Guides: Fasting Side Effects & Remedies	Video	
		<b>Live Q&amp;A # 3 at 7:00 PM ET / 4:00 PM PT</b> - Ask your questions related to the above lessons	Zoom	<a href="#">Register Here</a>
Thurs	Jun 16	<b>Lesson 11: Extended Fasting</b> <b>Resources:</b> - Quick Guides: Extended Fasting Protocols	Video	
Fri	Jun 17	<b>Lesson 12: Tracking Results</b> <b>Resources:</b> - Quick Guides: How to Measure Your Waist Circumference	Video	
		<b>Live Q&amp;A # 4 at 11:00 AM ET / 8:00 AM PT</b> - Ask your questions related to the above lessons	Zoom	<a href="#">Register Here</a>
Sat	Jun 18	<b>Lesson 13: Glucose + Ketones</b> <b>Resources:</b> - Quick Guides: The Dawn Effect	Video	
Sun	Jun 19	<b>Lesson 14: Recovery Fasting</b> <b>Community Resources:</b> - Quick Guides: Mindful Meditation	Video	



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