

Fasting

How to Intermittent Fast

Here are some of the more popular intermittent fasting methods/schedules.



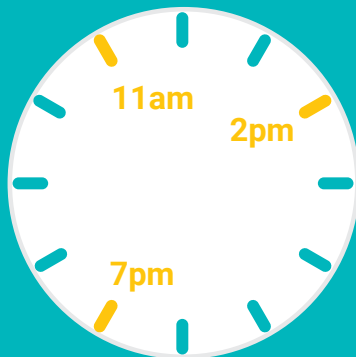
Stay hydrated!

Black tea, coffee, and water are allowed

16:8

Fasting for 16 hours day

Meal at 11am
Meal at 2pm
*optional
Meal at 7pm

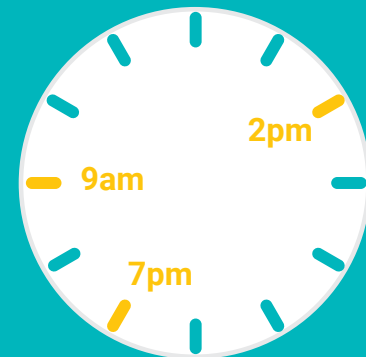


Daily

14:10

Fasting for 14 hours a day

Meal at 9am
Meal at 2pm
Meal at 7pm



Daily

OMAD

One meal a day

One meal at any time, usually late lunch or dinner

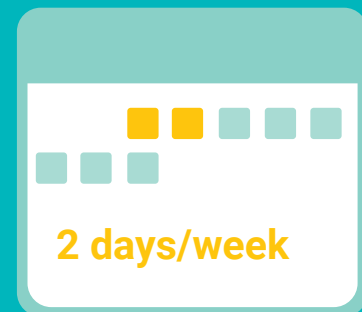


Daily

5:2

Normal eating for 5 days.
Eat 500 calories for 2 days.

Eat as you normally do, but need to fast 2 days a week



Weekly

2 days/week