

PERFECT KETO

INTERMITTENT
FASTING QUICK
START GUIDE:
EXACTLY HOW TO FAST
FOR 16 OR 36 HOURS

"ONE-QUARTER OF WHAT YOU EAT KEEPS YOU ALIVE. THE OTHER THREE-QUARTERS KEEPS YOUR DOCTOR ALIVE."

- ANCIENT EGYPTIAN PROVERB

INTRODUCTION TO FASTING

Fasting is a beautiful thing. Fasting has existed long before fad diets and will continue to be popular long after diet crazes expire.

Why?

It's actually a natural state for humans, and it carries incredible health benefits that are untapped in Western society. Most of us don't have a nodding acquaintance with fasting because of high food availability and constantly being bombarded with advertising and social cues to eat, eat, eat!

Fasting is not a diet. It's not about cutting calories. It's a pattern of eating and not eating.

Food is information to every cell in our body. **The absence of food is also information - and it's perhaps the most powerful rejuvenating stimulus on the planet.**

There's also not much money in advocating for non-consumption. It's not very lucrative to keep people healthy and out of the doctor's office. However Perfect Keto's mission is to help people own their health. If you're interested in doing your first fast and treating yourself through nutrition - you're in the right place.

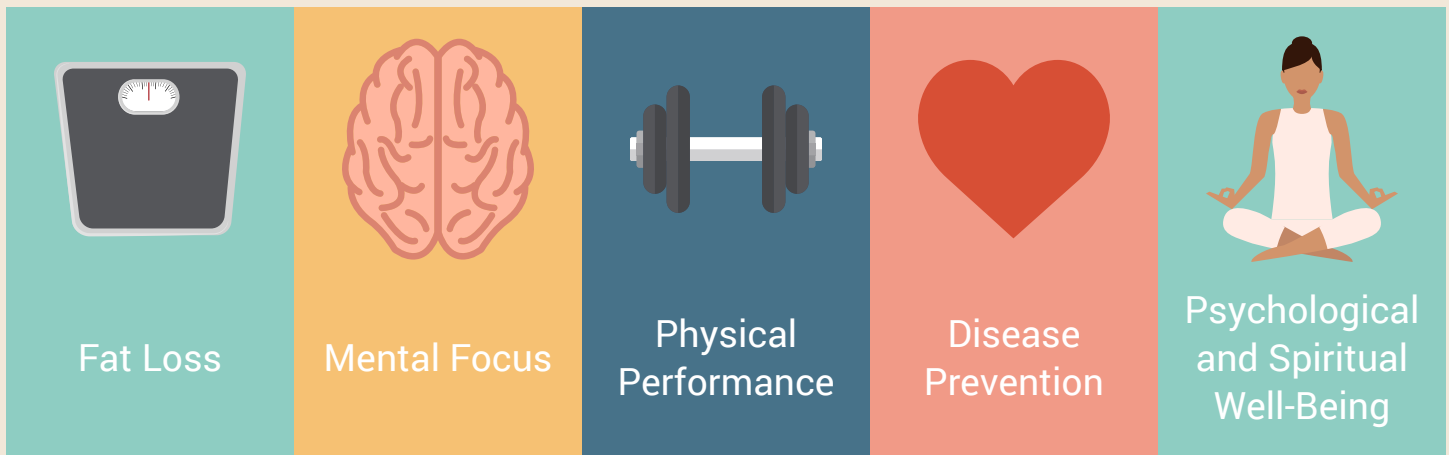


MOTIVATION FOR FASTING

The purpose of fasting is to get the benefits of fasting. This is achieved through changing our blood chemistry. Specifically, by lowering blood glucose, which lowers insulin secretion.

In the presence of insulin - we cannot lose weight. Performing intermittent or prolonged fasting reduces insulin so we can actually use fat for energy.

Before embarking on a fast it's important to tap into our motivation. Why we want to do this. The top benefits of fasting are:



Now it's time for action - which requires a plan. The two most common protocols for a fast are 16 hours or 36 hours. Let's describe exactly how to do both.



QUICKSTART GUIDE TO A 16 HOUR FAST

EVENING BEFORE FAST (DAY 0):

Eat a satiating, quality, high-fat, low-carb meal by 8:00pm

EXAMPLE MEAL FOR A 2000 CALORIE DIET:

Bunless Burger and Salad
6oz. Of 80/20 Grass-Fed Beef
2 Eggs cooked in 0.5Tbs Kerrygold Butter
Garden Salad with 1Tbs of Olive Oil and ½ Medium Avocado



CALORIES: 900



FAT: 77G



PROTEIN: 47G



CARBS: 9G

MORNING OF FAST (DAY 1):

Nothing - only non-caloric beverages

NOTE:

Some people like to incorporate a dose of fat in the morning, with no protein or carbohydrate. This would be considered “fast-mimicking” and they frequently find they still get the benefits of fasting they desire. An example would be:
12oz. Coffee with 10g Coconut Oil and 5g of Ghee or Grass-Fed Butter



QUICKSTART GUIDE TO A 16 HOUR FAST

AFTERNOON OF FAST (DAY 1):

Eat a moderate lunch at 12:00 noon or later

EXAMPLE MEAL:

Garden Salad
4oz. Smoked Salmon
1 Tbs Olive Oil
0.5 oz of Walnuts



CALORIES: 450



FAT: 32G



PROTEIN: 30G



CARBS: 10G

EVENING OF FAST (DAY 1):

Consume evening meal by 8:00pm and you've completed the 16/8 intermittent fast!



QUICKSTART GUIDE TO A 36 HOUR FAST

EVENING BEFORE FAST (DAY 0):

Eat a satiating, quality, high-fat, low-carb meal by 8:00pm

MORNING OF FAST (DAY 1, 12 HOUR MARK):

Nothing - only non-caloric beverages

NOTE:

Many people advocate for a period of meditation or mindfulness in the morning to prime them for a successful day that will surely encounter mental resistance and rationalization.

AFTERNOON OF FAST (DAY 1, 16 HOUR MARK):

Nothing - only non-caloric beverages

NOTE:

Many people use exogenous ketones at this point to promote satiety, boost energy and have something to look forward to without breaking their fast. Recall that exogenous ketones are a metabolite of fat. By this point in our fast our body is already producing ketones and using them as a source of energy.



QUICKSTART GUIDE TO A 36 HOUR FAST

EVENING OF FAT (DAY 1, 20-24 HOUR MARK):

Nothing - only non-caloric beverages

NOTE:

This can be the most difficult part of the fast, or the period where people actually feel the most satiety and peacefulness! In the case of a struggle we have a couple options:

1. Consume 1 cup of bone broth: This will provide approximately 30 calories (6g protein) of incredibly nutritious broth and will not significantly hurt our fasted state. In fact having this “carrot-on-a-stick” does wonders for helping us complete our fast as planned.
2. Consuming exogenous ketones to raise blood ketone levels and enhance our fasted state.

THE NEXT MORNING (DAY 2, 36 HOUR MARK):

Time to break fast at 8:00am. By now are in a metabolic state of ketosis and it's recommended to break your fast with a small, low-carb, quality fat meal, to reintroduce food to your rejuvenated digestive system. Many people claim to feel an immense sense of peace, presence and gratitude when eating their first meal. Enjoy!

EXAMPLE MEAL:

3 Strips of Bacon / 1 Egg / 1 Medium Avocado

This may seem small but it will likely be difficult to even finish the meal with our new perspective on eating and hunger, and having broken our habitual eating patterns.



CALORIES: 440



FAT: 36G



PROTEIN: 17G



CARBS: 12G
(8G FIBER)



THE FASTING TOOLKIT

The fasting toolkit is pretty minimal, as you might expect! Recommendations from veteran fasters are:



BONE BROTH
Top Choice: Kettle and Fire



EXOGENOUS KETONES
Top Choice: Perfect Keto Base



MICRONUTRIENT GREENS POWDER
Top Choice: Perfect Keto Microgreens



FAST COUNTING APP
Top Choice: Zero



MEDITATION APP
Top Choice: Headspace



**URINE STRIPS OR BLOOD METER
TO TEST KETONE LEVELS**
Top Choice: Perfect Keto Strips, Precision Xtra Blood Meter

