

## Modified Fasting

Modified fasting is where you are eating some food so it is not fasting in the purest sense of the word but it is good enough to get the fasting effect.

This is recommended to do 5 days a week every 30 days at least 3 times in a row. Or better yet do 2 days a week indefinitely.

You might want to commit to 2 days first, then see how that feels then try 5 days the next time.

Day 1 is an introduction day. If you are doing the 5 day start with day 1 but if you start doing 2 days every week start with day 2.

However, if this is your first time definitely start with day 1.

- Take 4 K-zyme a day for potassium.
- Drink all the tea you want. I suggest green tea.
- Drink a lot of tea or water throughout the day.
- Start your meals as late as possible but don't wait so long that you get dizzy or tired.
- Try to eat all your food in an 8 hour time period. So if you start at 12 pm finish by 8 pm
- If you get too hungry always get extra calories from fat. Six olives at a time is a good choice. Or ½ teaspoon of coconut oil, olive oil or MCT oil.
- You will see protein bars listed under snacks. Most protein bars have about 230 calories with 5 grams of protein per bar so you can have ½ a bar. Here are some choices that I like.
- Chapul Bar, yes this is protein from crickets, but I really like the taste
- Pleo Crunch
- Two Moms in the raw nut butter truffle
- Amazing grass green superfood.

Don't stress out too much about this. If you can't follow it and have to eat more, that is ok the first time, it will be easier the next time.

If you are doing the 2 day per week method then try the lower calorie days (not day 1 which is 1035 calories), except if this is your first time.

## Day 1

### Breakfast

1 oz of one of the following:

- olive oil, MCT (medium chain triglyceride) oil, coconut oil  
Or
- 40 olives  
**250 calories**

### Lunch

- ½ bowl of “Quick and All Natural” Split Pea Soup from Spice Hunter **130 calories**
- 6 olives **25 calories**
- 1 oz of Kale chips. I use Rhythm Superfoods but any is OK. **140 calories**

### Snack:

- Same choices as breakfast, **250 calories**

### Dinner

- 1½ bowl of “Quick and All” Split Pea Soup from Spice Hunter **130 calories**
- ½ of a protein bar (**110 calories**)

**1035 total calories**

## Day 2

### Breakfast

- **1 oz** of one of the following:
  - olive oil, MCT (medium chain triglyceride) oil, coconut oil  
or
  - Or 40 olives**250 calories**

### Lunch:

- ½ bowl of “Quick and All Natural” Split Pea Soup from Spice Hunter **130 calories**  
You can use 130 calories of any type of vegetable soup but make sure it is not based from a grain such as rice, wheat, oats etc.
- 6 olives **25 calories**

### Snack

- 6 olives **25 calories**

### Dinner

- Vegetable Soup (Pea soup as similar to lunch, it does not have to be the same exact soup but it can be if you like) **130 calories.**
- ½ protein bar, **110 calories.**

**670 calories**

## Day 3

**Breakfast :**

- Same as day 1 or 2: **250 calories**

**Lunch:**

- Soup, same choices as above **130 calories**, Kale chips 1 oz **140 calories**

**Dinner:**

- Soup (same as above) **130 calories**

**650 calories**

**Day 4****Breakfast:**

- Same as day 1 or 2 **250 calories**

**Lunch**

- soup, same choices as above **130 calories**, 6 olives 25 calories

**Dinner:**

- Soup (same as above) **130 calories**, ½ protein bar **110 calories**.

**620 calories**

**Day 5 (same as day 3)****Breakfast:**

- Same as day 1 or 2 **250 calories**

**Lunch:**

- soup, same choices as above **130 calories**, Kale chips 1 oz **140 calories**

**Dinner:**

- soup (same as above) **130 calories**

**650 calories**

As you can see most of the days are similar except the first day where you get more food.

Breakfast is always the same choices,

Lunch and dinner are always vegetable soups. I like the split pea because it has the most protein but you can use other soups as long as they are not based from grain such as wheat, rice, oats etc.

The snacks are usually olives.

Don't get dizzy or weak. If you can't do it fully the first time then eat a little more and try again next week. Try to think of this a long term lifestyle change of modified fasting 2 days a week. It gets easier every time.

The best cheat food is fat which is olives, olive oil, MCT oil. You can use nut butters but I like the other choices better because nut butters have some carbohydrates.

**Shopping list:**

Fresh bottle of organic fresh virgin California grown olive oil. Or MCT oil (medium chain triglyceride), coconut oil. You don't have to get all of these.

2 bags of Kale chips.

2 protein bars.

5 packages of dehydrated soup. Try the "Quick and All Natural" Split Pea vegetarian soup and others that you like.

A bottle of olives. Kalamata olives are very popular but any kind is OK.

K-Zyme (Can buy at the office)