

Partial Fast Protocol

Partial Fast Prep

First and foremost, decrease or stop foods with any added sugar, fructose and all the other variations of names for sugar. (You can look them up.) (Dextrose, HCFS, fruit concentrate, brown sugar, maple sugar, fructose, honey, etc.) Avoid fruit juice.

Narrow the window during the day during which you eat to 12-13 hours. Outside that time, have water, tea, or coffee.

Drink plenty of water- four-five glasses a day. If you feel extra tired or washed out, have a bit of salt- 1/8th tsp or so to see if that helps.

Things to eat- focus on poultry, fish, eggs, some red meat, nuts and seeds, vegetables of all kinds. Have butter, olive oil, ghee, coconut oil for fats. Have starchy vegetables with added fat, whole grains in moderation, again with added fat. (Whole oat groats, quinoa, long grain rice.) Avoid bread for now. One or two pieces of whole fruit per day are OK. Berries are good.

See my [Diet Basics](#) Paper on my website for more information.

The point to doing this prep is to decrease insulin resistance. Having active insulin resistance makes a partial fast much harder.

Partial Fast Itself

Once you have settled into this and are feeling OK, you can do a 5-day partial fast, a variant on what has been termed a “fasting mimicking diet.” This is a relatively high fat, low protein and low carb diet. The easiest way to do this is to consume butter coffee or butter tea AM and mid-day and then have a lentil or bean vegetable soup in the early evening. The soup can have a wide mix of vegetables. You can put some miso in the soup for flavor if you’d like. Make sure to take in enough salt. Continue drinking water and taking the supplements as above.

You want a total of about 1100 calories of food on day one and 700 calories on days 2-5. What I would suggest is that you make the butter coffee or tea with 1 tablespoon each of butter and Brain Octane oil in 16 ounces. This is about 250 calories. Have this later in the morning. Make another batch for early afternoon, perhaps with an herbal tea, or decaf coffee or tea. A recipe for butter coffee is on my website.

A cup of dry lentils provides 47 grams of protein, 100 grams of carbohydrate and 677 calories. Soak the lentils overnight. Rinse and cook them well. To this add a cup each of celery, onion and carrots. Divide this soup into five portions. Each portion will provide about 165 calories. You can substitute canned beans for the lentils or figure out some other variant that will provide about 165 calories per day.

Have the lentil or bean vegetable soup in the early evening. You might add a tablespoon or so of butter to the soup to help you feel full. A good thing to do is to change the seasoning of the soup each day. You might add spices, or miso, or tomatoes, or tomato paste. Tamari works well here too, as does toasted sesame oil.

Make sure to add enough salt. Salt is your friend here. If you start to feel washed out, try taking ¼ tsp of sea salt in water and drinking it.

Add psyllium 1 heaping tablespoon daily, starting well before the partial fast. This will help keep your bowels happy. A heaping tablespoon of raw sauerkraut daily helps as well.

Make sure that you exercise during the fast- walking, strength work- anything that you can do and tolerate will help keep your muscles strong.