Intensive Dietary Management (IDM) Program
www.IDMprogram.com

The IDM program treats:

- Obesity
- Type 2 Diabetes and borderline diabetes
- Fatty Liver Disease
- Polycystic Ovarian Disease
- Sleep Apnea

The Intensive Dietary Management (IDM) Program focuses on dietary interventions including a combination of dietary strategies such as eating whole unrefined foods, increasing your intake of natural fats, lowering your intake of refined grains and added sugars, and intermittent fasting.

Free Online Resources

- IDM weekly blog – https://IDMprogram.com/blog/ A weekly discussion by Dr. Fung regarding different topics covering obesity, type 2 diabetes, cancer, nutrition, and weight loss
- The Obesity Code podcast – https://IDMprogram.com/podcast/ Features interviews with real IDM patients and lessons learned
- Video lectures – https://IDMprogram.com/videos/ Links to free YouTube videos covering multiple topics including obesity and type 2 diabetes
- Public Facebook Group – www.facebook.com/groups/obesitycodenetwork
- Low carbohydrate recipes – www.DietDoctor.com
- Discussion groups for diabetes – www.diabetes.co.uk
Paid Resources

**IDM membership community** – Offers additional resources to help reach your goals. The monthly fee is $39 USD with 1 month free trial.

- Monthly Group Fasts
- E-books – In depth discussion of obesity, weight loss and type 2 diabetes
- Private Facebook Support Group - have your questions answered by IDM team members
- Community Recipes from our members
- Science Videos – Reviewing the latest scientific studies
- Video Q&As – IDM educators answer your email questions
- Meal Plans – Combining fasting protocols into simple, easy to use meal plans

**IDM small group coaching** – More individualized help is available at [www.IDMprogram.com/join](http://www.IDMprogram.com/join). You may purchase a package of coaching sessions with one of our experienced staff who will help guide you through intermittent fasting.

Books

**Suggested Science Books:**

- The Obesity Code. By Dr. Jason Fung
- The Complete Guide to Fasting. By Dr. Jason Fung and Jimmy Moore
- The Diabetes Code. By Dr. Jason Fung
- Why We Get Fat: And What to Do About It. By Gary Taubes
- The Big Fat Surprise. By Nina Teicholz

**Suggested Cookbooks:**

- Eat Rich, Live Long. By Ivor Cummins and Dr. Jeffrey Gerber
- Keto Essentials by Vanessa Spina
Chapter 1
Understanding Obesity

Normal Digestion

All foods are composed of a combination of three major components, called macronutrients:

1. Carbohydrates
2. Protein
3. Fat

Each of these macronutrients are composed of smaller functional units. Carbohydrates are chains of glucose and other sugars. Proteins are chains of amino acids. Fats are chains of fatty acids. There are also smaller, microscopic amounts of vitamins (A, B, C, D, E, K etc.) and minerals (iron, copper, selenium etc.), known as micronutrients.

Digestion breaks down macronutrients for absorption into the bloodstream. This provides both energy (calories) and the raw materials needed (proteins, fats) to build cells. Certain macronutrients must be obtained from our diet because we cannot make them ourselves. These are called essential amino acids (such as arginine and leucine) and essential fatty acids (such as omega 3 and omega 6 fats), but there are no essential carbohydrates. Without these essential nutrients, we would get sick.

Each of the three macronutrients is metabolized differently. Carbohydrates, chains of sugars such as glucose and fructose, are broken into individual sugars for absorption. Refined carbohydrates (e.g. flour) are absorbed much more quickly into the bloodstream than unrefined carbohydrates that may still contain significant amounts of proteins, fats, and fibre.

Dietary proteins are made up of components called amino acids and during digestion is broken down into its individual amino acids. These are circulated
to the liver, where they are used to repairing and rebuilding cellular proteins. The first job of these amino acids is NOT for use as energy. These are used to build proteins like blood cells, bone, muscle, connective tissue, skin etc. However, if you eat excessive protein, the body has no way to store these extra amino acids. Instead, these are changed into glucose by the liver. An estimated 50-70% of the protein ingested is turned into glucose.

Fat is composed of molecules called triglycerides. Digestion of fat requires bile which mixes and emulsifies the dietary fat so that it is more easily absorbed into the body. The fat is absorbed directly into the lymphatic system which then empties into the bloodstream. The triglycerides are taken up by the fat cells (adipocytes). Since dietary fat does not require the liver for initial processing, it does not require insulin as a signalling hormone. Thus, dietary fat has almost no effect on insulin levels. Dietary fat is absorbed more or less directly into our body fat directly.

**Storage of Food Energy**

The body has two complementary methods of energy storage. It can store energy as:

1. Glycogen in the liver
2. Body fat

When you eat carbohydrates or proteins (in excess of body needs), insulin rises. All the cells of the body (liver, kidney, brain, heart, muscles etc.) help themselves to this all-you-can-eat glucose buffet. If some glucose is left over, it must be stored away. Individual glucose molecules are strung together into long chains called glycogen. This is a relatively simple process. The reverse process, breaking glycogen back into individual component glucose to provide energy when we are not eating (fasting), is also quite easy.

Glycogen is both made and stored directly in the liver. When insulin goes up, the body stores food energy as glycogen. When insulin falls, as with fasting, the body breaks glycogen back down into glucose. Liver glycogen lasts approximately 24 hours without eating. Glycogen can only be used to store
food energy from carbohydrates and proteins, not dietary fat, which is not processed in the liver, and does not break down into glucose.

When glycogen stores are full, the body uses a second form of energy storage – body fat. Dietary fat and body fat are both composed of molecules called triglycerides. When we eat dietary fat, it is absorbed and sent directly into the bloodstream to be taken up by the adipocytes. The excess liver glucose that cannot be put into the full glycogen storage must be changed into triglycerides through a process called ‘de novo lipogenesis’.

The liver creates new fat from this pool of excess glucose, but cannot store it. Fat should be stored in fat cells, not the liver. So, the liver exports out the fat as very low density lipoprotein (VLDL), which carries it to the adipocyte for long term storage. The liver essentially transforms excess glucose into fat and transport it to the adipocytes for long term storage. This is a much more laborious process than glycogen storage. The advantage of using body fat as storage of food energy is that there is no limit as to how much can be stored.
These two different systems for storing food energy complement each other nicely. Glycogen is easy and convenient but limited in storage space. Body fat is harder and inconvenient, but unlimited in storage space.

Think of glycogen like a wallet. Cash is easily available, but there is limited storage space. Think of body fat like money in your bank. It is far more difficult to move money back and forth, but there is an unlimited amount of storage space. For regular daily activities, it is simpler to use your wallet. It is the better short-term solution. In the long term, however, we use a bank to hold your life’s savings.

The Fasted State

In the fasted state, when you don’t eat, insulin levels fall since food is the main stimulus to insulin. While the word fasting may sound scary, it merely refers to any time you are not eating. It is the flip side or ‘B’ side of eating. You are either eating or fasting. When you sleep, for example, you are fasting. The word breakfast refers to the meal that breaks our fast, indicating that fasting is truly a part of everyday life. Our bodies only exist in one of two states – the fed state (insulin high) or the fasted state (insulin low). Our body is either storing food energy, or it is using it up. In the fasted state, we must rely on our stores of food energy to survive.

High insulin tells our body to store energy. Low insulin signals our body to use the stored food energy. First, we break glycogen down into glucose for
energy. This lasts approximately 24 hours. If we go longer without food, we need to use body fat, which is harder to access. Just like our wallet/bank example, we first use cash in the wallet, but if more is needed, we need to get the money from the harder-to-access bank account.

A healthy body exists in a balance between feeding and fasting. Sometimes we store food energy (the fed state) and sometimes we burn it (the fasted state). It is hard to burn body fat, because it is naturally harder to gain access to. When insulin is high, your body wants to store food energy, not to burn it. Insulin blocks fat burning.

Simply put, high insulin tells us to make deposits into our ‘fat bank’. Low insulin tells us to make withdrawals from our ‘fat bank’. If you want to lose weight, you need to do two things. When making deposits, you want to make smaller deposits (eat lower insulin foods). Second, you want to spend more time making withdrawals (spend more time in the fasted state).

Insulin is one of the key hormonal regulators of body weight. Obesity is a hormonal imbalance, not a caloric one. Simply put, insulin causes obesity, so reducing insulin is the main stepping stone for weight loss.
Chapter 2
How to Lose Weight

Here’s a startling truth. I can make you fat. Actually, I can make anybody fat. How? I simply prescribe insulin injections. It’s well known that giving people extra insulin leads inevitably to weight gain. In type 1 diabetes, when insulin levels are extremely low, patients lose weight no matter how many calories they eat.

The implication is clear. Insulin causes weight gain. If you have too much insulin, you gain weight. If you have too little insulin, you lose weight. Knowing this is crucial, because if insulin causes weight gain, then losing weight depends upon lowering insulin.

The standard (failed) weight loss advice is to restrict a few calories every day by reducing dietary fat and eating multiple times per day. This does not lower insulin much since dietary fat has little insulin effect and eating frequently constantly stimulates insulin secretion. This ‘caloric reduction as primary’ advice has an estimated failure rate of 99.5%.

Instead, understanding that obesity is a hormonal disorder means that we must instead focus on the insulin effect rather than the number of calories to successfully lose weight. Reducing insulin depends mostly upon 2 things:

1. What you eat
2. When you eat

We often think and talk about the first problem, but both are equally important in lowering insulin levels.

What to Eat

The three different macronutrients stimulate insulin to different degrees. Carbohydrates, particularly refined carbohydrates raise insulin the most. Protein also raises insulin significantly, although blood glucose remains
stable. Animal proteins stimulate more insulin release compared to plant proteins. Dietary fat raises neither glucose nor insulin.

Most natural foods contain varying combinations of the three macronutrients and therefore raise insulin to varying degrees. For example, refined carbohydrate rich foods like cookies have the greatest effect on raising insulin and glucose. Fat rich foods like salmon have little effect on insulin. This differing ability to stimulate insulin means that foods also differ in their fattening effect. This is only common sense. 100 calories of cookies, is far more fattening than 100 calories of salmon, despite what all the obesity ‘experts’ claim.

The overlap between calories and insulin effect is what causes the confusion between the hormonal (insulin) hypothesis of obesity and the caloric hypothesis of obesity. Many people say that ‘A calorie is a calorie’, which is, of course, true. But that’s not the question I asked. The question is ‘Are all calories equally fattening’? To which the answer is an emphatic no. Insulin stimulating foods like glucose are more fattening than non-insulin stimulating foods like kale, even if you have the same number of calories.

Certain factors increase insulin which encourages weight gain. The most important factors raising insulin are refined carbohydrates, animal proteins, and insulin resistance. Fructose, from added sugar and fruits can directly cause fatty liver and insulin resistance. This leads the body to increase insulin secretion to compensate.

Other factors decrease insulin, protecting against weight gain. Acids found in fermented foods (sauerkraut, kimchee) and vinegar lowers the insulin effect of foods. Animal protein causes secretion of incretin hormones that slows absorption of foods thus lowering insulin. Thus meat has both pro- and anti-insulin effects. Fibre also has this same effect of slowing absorption and insulin effect.
Thus, the main principles for lowering insulin and losing weight would include the following, as detailed in The Obesity Code.

**Rules for ‘What to Eat’**

1. Avoid added sugar – causes insulin resistance and high insulin
2. Eat less refined grains – High insulin effect
3. Moderate protein – excessive consumption can be fattening
4. Don’t be afraid of eating natural fats – Low insulin effect
5. Eat real unprocessed foods – refining increases insulin effects

Funny. That’s precisely the sort of no-nonsense advice your grandmother would have given.

**When to Eat**

The second and equally important part of lowering insulin is understanding the question of ‘when to eat’. All foods can raise insulin, which leads to obesity. But there is another important contributor to high insulin levels outside of food - insulin resistance. This refers to the situation where normal insulin levels are unable to force the blood glucose into the cells. In response,
the body raises insulin in a knee-jerk reaction to ‘overcome’ this resistance, and these high levels will drive obesity. But how did insulin resistance develop in the first place?

Our body follows the biologic principle of homeostasis. If exposed to any prolonged stimulus, the body quickly develops resistance. A baby can sleep soundly in a crowded restaurant because the noise is constant, and the baby has become noise ‘resistant’. But that same baby, in a quiet house, will wake instantly at the slightest creak of the floorboards. Since it has been quiet, the baby has no ‘resistance’ against noises and thus awakens quickly.

If you listen to loud music constantly, you will become slightly deaf. This ‘resistance’ to loud noises protects the ear from damage. Raising the volume to ‘overcome’ this resistance works but only temporarily. Volume increases and you become progressively more deaf (resistant to loud noise), which leads you to raise the volume again. The solution is not to keep raising the volume, but to shut it off.

Think about the story of the boy who cries wolf. Raising the alarm constantly may work at first but eventually leads to the villagers becoming resistant to the signal. The more the boy cries, the less effect it has. The solution is to stop crying wolf.

Insulin resistance is simply a reaction to too much insulin. The body compensates by raising insulin, but that only makes things worse because higher insulin levels lead to more resistance. This is a vicious cycle.

- High insulin leads to insulin resistance
- Insulin resistance leads to higher insulin.
- Repeat.

The end result is higher and higher insulin levels, which then drives weight gain and obesity. Therefore, a high insulin level depends on 2 things.

1. High insulin levels
2. Persistence of those high levels
Providing extended periods of low insulin levels can prevent the development of insulin resistance. How to provide those low levels? A daily period of fasting.

This may sound strange, but this is the way we used to eat. Suppose you eat breakfast at 8 am and dinner at 6 pm. You eat for 10 hours of the day and fast for 14 hours. This happens every single day, and the reason we use the word ‘break-fast’. This is the meal that breaks our fast implying that fasting is simply a part of everyday life. The body spends roughly equal portions of every day in the fed (insulin high, storing fat) and the fasted state (insulin low, burning fat). Because of this nice balance, weight tends to stay stable over time. Up until the 1980s, this was pretty standard practice and obesity was not a big issue.

Somehow, we moved away from this traditional way of eating and now eat constantly. We are hounded to eat something the minute we get out of bed in the morning whether we are hungry or not, believing that eating white bread and jam is better than eating nothing at all. We are pestered to eat throughout the day and not stop until it is time for bed. Large surveys show that most Americans eat 6-10 times per day. Now our body spends the majority of time in the fed state, and we wonder why we can’t lose weight.

Eating constantly does not provide the critical period of very low insulin to balance the high insulin periods. Persistently high insulin leads to insulin resistance, which leads only to higher insulin. This is the vicious cycle of weight gain that we must break with fasting.

For the boy who cried wolf, which is the better strategy? Stop crying wolf for a month, and then cry loudly once, or cry wolf constantly, but a little more softly? Similarly, to start burning body fat, you must allow prolonged periods of time of low insulin.
Rules for ‘When to Eat’

1. Don’t eat all the time (time-restricted eating or intermittent fasting). Stop snacking.
2. If you want to lose more weight – increase the fasting periods

We often obsess about the foods we should or should not eat, the question of ‘what to eat’. But we often ignore the equally important question of ‘when to eat’. By attacking the insulin problem on both fronts, we have a far higher chance of successfully losing weight.
Chapter 3
Introduction to Fasting

What is intermittent fasting?

Fasting is the voluntary act of withholding food for a specific period of time. Fasting is not to be confused with starvation which is the involuntary withholding of food where people do not know when their next meal may arrive. Starvation is not a healthy state.

Fasting is also often confused with ‘wasting’ which happens when the body’s store of fat has been exhausted and the body begins to burn protein for fuel. This is also an involuntary process and is definitely not healthy. We encourage fasting when the body has excessive fat stores that can cause metabolic diseases like obesity and type 2 diabetes.

Is fasting safe?

Fasting has been used safely throughout almost the entire of human history. Virtually all major religious groups advocate fasting as a routine practice. In Catholic tradition, there are various times of fasting such as Lent, Ash Wednesday, and Good Friday. In Islamic tradition, there is the month-long period of intermittent fasting known as Ramadan and fasting is also found in Buddhism, Hinduism, and Judaism.

How does fasting work?

Fasting allows the body a period of rest or ‘cleansing’. This reduces the blood sugar and forces the body to start burning its stored supply of food energy – body fat. As blood sugar drops, you may need your physician to guide you to reducing your medications.
What if I have diabetes?

Fasting may be done safely even if you have diabetes provided that blood sugars are closely monitored, and medications adjusted. We insist upon close follow up and contact with your primary care physician. If you cannot be followed closely, fasting or any dietary changes should not be attempted.

During fasting, particularly if you are taking insulin or medications, blood sugars may drop. This is exactly what we are looking for, as the low blood sugars means that the process of fasting is working. However, if it goes too low, it can be a problem.

What if my blood sugars go too low during fasting?

If blood sugars are low then you MUST eat something to bring your sugars back to the normal range, as it is very dangerous. This is true even if it means you must stop your fast for that day. You must seek medical attention immediately. The dose of the diabetic medications or insulin may need to be adjusted.

What if my blood sugars go too high?

Please seek medical attention immediately to adjust your medications.

Does fasting deprive the body of nutrients?

Intermittent fasting keeps fasting periods short, so you can get all your nutrients when you eat. You may also take a general multivitamin. If there is any concern about malnutrition or being underweight, you should not attempt fasting.
Won’t fasting shut down my metabolism and burn muscle?

In fact, the exact opposite is true. Many studies on fasting show that the resting metabolic rate is stable or increases during the fasting period. In response to fasting, the body growth hormone and adrenalin that maintains the metabolic rate. Growth hormone maintains muscle tone.

Will I feel tired during a fast?

Again, in our experience, the exact opposite is true. Most people find that they have more energy during fasting due adrenalin release. All normal activities of daily living can be performed. If you experience persistent fatigue, you should contact us as this is not a normal part of fasting.

Can I exercise while fasting?

Absolutely. We encourage the use of both weight training as well as cardio training. Your body will simply burn more of its supply of stored energy.

Will fasting make me confused or forgetful?

No. Studies show increased memory and concentration with both short and long term fasting. Fasting may activate a powerful form of cellular cleansing called autophagy that helps prevent age associated memory loss.

I have been getting some dizziness during fasting, what can I do?

There are several possibilities. Check your blood pressure to make sure it is not too low, particularly if you are taking medications for hypertension. Another possibility is that you are becoming dehydrated. Ensure that you drink sufficient fluid. You may also need to increase your sodium intake.
During fasting, some people will take no salt for the entire day, which may lead to dizziness. Some extra salt in the form of broth or mineral water often helps alleviate the dizziness.

**I have been getting headaches during fasting, what can I do?**

Try increasing salt intake. The transition to very low salt intake on fasting days commonly causes headaches. It is usually temporary and as you become accustomed to the fasting process, this often resolves itself. You can take some extra salt in the form of broth or mineral water.

**My stomach is always growling, what can I do?**

Some mineral or carbonated water often helps with the growling.

**I am hungry during fasting, what can I do?**

This is normal, and you should expect it. Hunger does not persist, but instead comes in waves. If you take some fluids such as tea or coffee, the hunger will often pass. As the body becomes accustomed to fasting, it will immediately start to burn its stores of fat and hunger will be suppressed. Many people note that as they fast, appetite does not increase but starts to decrease.

**I am having headaches during fasting, what can I do?**

Headaches are common when starting to fast and may be worse if you are dehydrated. Drink plenty of fluids and perhaps more sodium. Drinking clear soup broth with some sea salt, Kosher salt, Celtic salt or Himalayan salt is an excellent way to ensure your body is not depleted of sodium.
I am having constipation since fasting, what can I do?

This is common and expected. Less going in usually means less coming out. Increasing fibre and vegetables during the non-fasting period may help. Metamucil may also be taken to increase fibre and stool bulk. In the case that it is still bothering you, please ask your doctor to consider a laxative.

I am having heartburn, what can I do?

Avoid taking large meals at one time. There is a tendency to overeat once a fasting period is finished but try to eat normally. Break a fast slowly. Avoid lying down immediately after a meal and try to stay in an upright position for at least one-half hour after meals. If these do not work, consult your physician.

What if you take any daily medications that need to be taken with food?

If you take any daily medications that require you to take that particular medication with food, you can have a small portion of green vegetables or a small piece of fruit with the skin intact, i.e. an apple or pear with the skin. Consider more frequent, shorter duration fasts to accommodate medication use.

How often do I have to fast?

The length of time you fast will be determined on an individual basis with yourself and the team, including the physician. This typically involves fasting period of 24 to 36 hours and is usually done on alternate days or 3 days per week. Generally, the longer you fast for, the quicker your results in terms of weight loss and diabetic improvement.
Chapter 4
Weight-loss

Most people can expect to lose 0.5 lbs of body fat per 24-36 hours of fasting. Weight loss is sometimes observed in spurts, don’t be discouraged if you reach a plateau. We will make adjustments to your fasting and dietary regimens to help you continue to make progress.

Plateaus

Weight plateau are common, and it may be necessary to alter either your fasting or dietary regimen, or both. Some participants increase from a 24-hour fasting period to a 36-hour fasting period of a 48-hour fasting period. Some may fast for 24 hours each day of the week. Others may fast for a complete week. Changing the routine of the fasting protocol is often required to break through the plateaus. It varies from person to person depending on the severity of their insulin resistance and their comfort level.

Psychological Aspect of Fasting

The idea of fasting may cause you some anxiety and feel overwhelming. Fasting has been performed safely by many different cultures and religions for hundreds of years without difficulty. Remind yourself throughout the day that fasting is a natural process. Spending 20 minutes participating in Mindfulness Meditation each morning can also help with fasting related anxieties.

Fasting Protocols

The most popular starting regimens for intermittent fasting are 16:8 fasts 5-6 times per week, or 24 to 36 hours fasts 2-3 times per week.
16 hour protocol

During a 16-hour fast you will fast from one dinner to lunch the next day. This means if you begin fasting after you finish dinner on Day 1 you will not resume eating until lunch on Day 2. This is usually done daily.

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24 hour fast

During a 24-hour fast you will fast from one dinner to the next on alternate days. This means if you begin fasting after you finish dinner on Day 1 you will not resume eating until the evening on Day 2, i.e. you would fast from 5:00 PM on Day 1 to 5:00 PM on Day 2. This is usually done on alternate days or 3 days per week.

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**36 hour fast**

During a 36-hour fast you fast from dinner until breakfast/lunch two days later. This means if you begin fasting after you finish dinner on Day 1, then you do not resume eating until the morning on Day 3, i.e. you would fast from 5:00 PM on Day 1 to **at least** 5:00 AM on Day 3. This is usually done on alternate days or 3 days per week.

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**Fat Fast**

*Why use a fat fast?*

A fat fast can be a useful tool to get started with intermittent fasting or when you want to get back on track. The idea is to eat lots of fatty foods until sated for a few days before you start fasting. Doing so will help your body reach fat burning mode faster and without as many negative side effects, such as headaches and hunger pangs.

- Coming off of a period of eating a diet high in carbohydrates
- Extreme hunger
- Periods of stress when fasting seems impossible

*Rules of a fat fast:*

- Eat when hungry, until full as often as necessary
- No dairy or nuts during a fat fast
- You may use up to 3 tbsp of heavy cream for your tea or coffee
Foods:

- Eggs                  Unlimited
- Bacon                 Unlimited
- Salmon                Unlimited
- Sardines              Unlimited
- Olive oil, coconut oil, MCT oil, avocado oil, macadamia nut oil  Unlimited
- Butter                Unlimited
- Ghee                  Unlimited
- Mayo (healthy oil base)  3 tbsp
- Avocado               Unlimited
- Olives                Unlimited
- Bone broth            Unlimited
- Tea/coffee            Unlimited
## What Can I Have On My Fasting Days?

<table>
<thead>
<tr>
<th>Fluid</th>
<th>What Can Be Added</th>
<th>What Can't Be Added</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Water</td>
<td>Lemons</td>
<td>No flavouring powders or sweeteners of any kind</td>
<td>Drink when thirsty</td>
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<td>Cinnamon (to hot water)</td>
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<td>Chia Seeds (1 tbsp)</td>
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<td>Pure Psyllium Fibre (1 tbsp/cup)</td>
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<td>Vinegar (1 tbsp/cup)</td>
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<td>Tea and Coffee</td>
<td>Heavy Whipping Cream</td>
<td>Sugar or artificial sweeteners</td>
<td>As often as you want</td>
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<td>Coconut oil, (1 tbsp/cup)</td>
<td>Coffee Mate or other powdered milks</td>
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<td>Cinnamon</td>
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<td>Iced Tea or Coffee</td>
<td>Tea bags or leaves</td>
<td>Sugar or artificial sweeteners</td>
<td>As often as you want</td>
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<td>Pour coffee over ice</td>
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<td>Soup Broth</td>
<td>Homemade broths such as vegetable, chicken or beef broth</td>
<td>Bouillion cubes</td>
<td>A few times per day</td>
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<td></td>
<td>Sea salt, Kosher salt, Celtic Salt, or Himalayan salt</td>
<td>Canned broth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vinegar</td>
<td>Boxed broth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Herbs and spices</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Top 5 Natural Appetite Suppressants

Here is a list of the top 5 natural appetite suppressants. You can take these on both your fasting days and eating days.

1. **Water** – Start each day with a full glass of cold water. Staying hydrated is important to prevent hunger. Drinking a glass of water prior to a meal may also reduce hunger. The addition of a tablespoon of vinegar to a glass of water may also help stabilize your blood sugar levels. Sparkling mineral water may help for noisy stomachs and cramping.

2. **Green Tea** – Full of antioxidants and polyphenols, it is a great aid for weight loss. One antioxidant epigallocatechin gallate (EGCG) may help stimulate metabolism and weight loss. Green teas are also rich in catechins that may help fat burning, lower insulin levels, and stabilize blood sugar levels.

3. **Coffee** – May reduce risk of diabetes, Alzheimer’s and Parkinson’s diseases. One study estimates that each additional cup of coffee per day reduces risk of diabetes by 7%! It may also raise your metabolism and boost fat burning.

4. **Cinnamon** – May help lower blood sugar levels and cholesterol levels, which make it effective for weight loss. Also, it may slow stomach emptying, thus, reducing hunger pains and food consumption. It may be added to all teas and coffees or a delicious change, or in hot water by itself.

5. **Chia Seeds** – These seeds are high in soluble fibre and omega 3 fatty acids. They absorb water and form a gel like substance when soaked in liquid for 30 minutes. Drinking this gel mixture may aid in appetite suppression. They can also be eaten dry or made into a pudding.
Top 9 Fasting Tips

1. **Drink water** – Start each morning (fasting or non-fasting) with a full 8 oz (250 mL) glass of water.

2. **Stay busy** – It keeps your mind off food. It often helps to choose a fast day for a busy day at work.

3. **Drink coffee** – Some people find coffee to be a mild appetite suppressant. Other acceptable drinks include green tea, Chinese tea, and bone broth.

4. **Ride the waves** – Hunger comes in waves – it is not continuous. When you are hungry think “you are not hungry – you are thirsty” and drink a glass of water or a cup of coffee or tea.

5. **Don’t tell anybody you are fasting** – Most people will be discouraging, as they do not understand the benefits of fasting.

6. **Give your body 1 month to adjust** – It often takes some time for your body to get used to fasting. The first few times you fast may be difficult, so be prepared. Don’t get discouraged because it will get easier.

7. **Intermittent fasting is not an excuse to eat whatever you like** – During non-fasting days, results will be best if you stick to a nutritious diet low in sugars and refined carbohydrates.

8. **When you are finished a fast, act as if it never happened** – Fasting is not an excuse to binge.

9. **Fit it into your own life** – Make sure you fit your fasting into your own schedule. Do not limit yourself socially because you are fasting. Try to arrange your fasting schedule so it will fit in with your lifestyle. Adjust your fasting schedule to what makes sense for you.
How to Break a Fast

Everyone responds slightly differently when breaking a fast. Generally, the longer the fasting period, the more gently you must break the fast. Eggs seem to be the biggest culprit for those with sensitive stomachs.

Strategies for Breaking a Fast

Foods to consume 30-to-60 minutes prior to having your first meal:

1. Take 1/4 to 1/3 of a cup of macadamia nuts, almonds, walnuts or pine nuts
2. Have a tablespoon of peanut or almond butter
3. Have a small salad (you can add cottage cheese or crème fresh for a dressing alternative)
4. A small bowl of raw vegetables with some olive oil and vinegar drizzled on them
5. Drink a bowl of vegetable soup
6. Some meat, i.e. three slices of prosciutto or a slice or two of pork belly

Rules

- Make sure your portion sizes are small – you will be eating a full meal shortly so there is no need to gorge.
- Take time to chew thoroughly. This will greatly help out with the digestion process of the foods you are consuming. You are slowly revving your system back-up again.
- Take your time in general. Your fast is over. Take comfort knowing you will be having a whole meal within the hour if you are feeling anxious to eat again.
- Don’t forget to drink water! Drink a tall glass of water before you break your fast and after your first meal. People often forget to consume fluid once they stop fasting, but we often mistake thirst for hunger. Make sure you are staying hydrated, so you don’t overeat.
Chapter 5
Dietary Guidelines

Participants in the IDM Program are asked to follow a low carbohydrate, high natural fat (LCHF) diet. We ask for participants to do their best to avoid refined carbohydrates a much as possible. The first thing you need to do is go through your refrigerator, cupboards and pantry, and follow these simple rules adapted from *The Blood Sugar Solution*:

1. Try to only have foods without labels in your kitchen. If a food has a label – it should have less than 5 ingredients.

2. If sugar is on the label, throw it out:

<table>
<thead>
<tr>
<th>Agave (agave nectar)</th>
<th>Dextrose</th>
<th>Molasses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley malt syrup</td>
<td>Evaporated cane juice</td>
<td>Palm sugar</td>
</tr>
<tr>
<td>Beet sugar</td>
<td>Fructose</td>
<td>Raw sugar</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>Fruit juice concentrate</td>
<td>Rice syrup</td>
</tr>
<tr>
<td>Cane (juice) crystals</td>
<td>Glucose</td>
<td>Saccharose</td>
</tr>
<tr>
<td>Cane sugar (even organic)</td>
<td>Honey</td>
<td>Sorghum (syrup)</td>
</tr>
<tr>
<td>Cane syrup</td>
<td>Inverted sugar</td>
<td>Sucrose</td>
</tr>
<tr>
<td>Coconut (palm) sugar</td>
<td>Lactose</td>
<td>Syrup</td>
</tr>
<tr>
<td>Corn sweetener</td>
<td>Maltodextrin</td>
<td>Treacle</td>
</tr>
<tr>
<td>Corn syrup (solids)</td>
<td>Malt syrup</td>
<td>Turbinado sugar</td>
</tr>
<tr>
<td>Dehydrated cane juice</td>
<td>Maltose</td>
<td>Xylose</td>
</tr>
<tr>
<td>Dextrin</td>
<td>Maple syrup</td>
<td></td>
</tr>
</tbody>
</table>

3. Throw out any food with the words “high fructose corn syrup” on the label.

4. Throw out any foods with the word “hydrogenated” or “partially hydrogenated” on the label – these are trans fats.
5. Throw out any highly refined cooking oils:
   - Canola oil
   - Grapeseed oil
   - Soybean oil
   - Corn oil
   - Peanut oil
   - Sunflower oil
   - Cottonseed oil
   - Safflower seed oil
   - Vegetable oil

6. Throw out any foods with preservatives, additives colourings or dyes on the label

7. Throw out any foods with sweeteners of any kind on the label:
   - Acesulfame
   - Stevia
   - Aspartame
   - Sucralose
   - Cyclamates
   - Saccharin

8. Throw out any foods that say “low fat,” “fat free,” “no fat” and “no sugar added”

9. Throw out any food with ingredients you can’t pronounce on the label

10. Throw out any highly processed foods – if it looks like it has been made in a factory

**Bottom-line: If it came from the earth or a farmer’s field, it’s safe to eat! Also, you must read the list of ingredients on foods that say “all natural” or are marketed as health foods.**

**Note:** You are not expected to go home and throw away all of the food in your house. In an ideal world we would stop eating this food immediately, but food can be costly. Assess your refrigerator, cupboards and pantry, and review their ingredients. If you come across a bottle of canola oil, then just make sure you don’t purchase it the next time once your bottle is emptied. Also, there is no need to go out and immediately buy hundreds of dollars of food items. You can finish up any products you can at home, and just make better choices the next time you go shopping.
Meal Timing & Breakfast

- Eat 2 – 3 meals per day
- Lunch and dinner are preferred meals
- Try to skip breakfast if you can or have a late brunch instead
- If you are going to have breakfast, have eggs, lean meats, vegetables, and unprocessed cheese
- Avoid eating carbohydrates of any kind in the morning
- If you are going to eat some unrefined carbohydrates, eat them with lunch
- Avoid snacking in between meals and late at night

Portion Size

We want you to eat until you feel full – not until you feel sick. You have to listen to your body. Don’t overeat but don’t leave the table until you’re full. Every person has different energy requirements due to their gender, size and activity levels. Having 8 – 10 servings of vegetables isn’t always going to fuel everyone appropriately. For some it may be too much. For others it may be too little. You need to listen to your body. When you’re starting to feel full, then stop eating. Don’t eat until you have to loosen your belt. Don’t stop eating before your appetite is satisfied. If you have to go back for seconds or thirds, go back. Overtime your stomach will shrink and you won’t be able to eat as much as you used to. In the meantime, make sure you satisfy your appetite so you don’t get hungry in between meals and snack! The idea is to make sure you eat the right foods in the right proportions to avoid blood sugar spikes and insulin surges as much as possible.

Truths

- Carbohydrates are fattening – natural fats are not
- Eating natural fats is the best way to help maintain healthy cholesterol levels
- There is no such thing as a ‘superfood’ - don’t get caught up in the trends
- Everything that is good for you is bad for you in excess – avoid extremes
- Have a variety in your diet
Carbohydrates & Digestion

- Not all carbohydrates are bad – the rate of digestion determines the quality of the carbohydrate
- Carbohydrates that take a long time to digest are better for you than those that are quickly digested

<table>
<thead>
<tr>
<th>AVOID – Refined Carbs</th>
<th>LIMIT – Starches</th>
<th>EAT - Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worst kind of carbohydrates</td>
<td>Healthy carbohydrates but still high in natural sugars</td>
<td>Special carbohydrate that can’t be converted to sugar</td>
</tr>
<tr>
<td>Not natural; man made</td>
<td>Naturally occurring</td>
<td>Naturally occurring</td>
</tr>
<tr>
<td>No nutritional value</td>
<td>Lots of nutritional value</td>
<td>Lots of nutritional value</td>
</tr>
<tr>
<td>Digest almost instantly</td>
<td>Digest quickly – some faster than others</td>
<td>Cannot be completely digested by the body</td>
</tr>
<tr>
<td>Cause blood sugars to surge</td>
<td>Can cause large blood sugar spikes</td>
<td>Stabilize blood sugar levels</td>
</tr>
</tbody>
</table>

- Any products containing sugar and high fructose corn syrup
- Any products containing artificial sweeteners
- Sweetened beverages: Sodas and diet sodas, Fruit juice even if it has been freshly pressed
- Wheat and wheat flour: Breads, bagels, English muffins, Cereals, cream of wheat, instant oatmeal, Pasta, Crackers (even gluten free), Beer
- Polished white rice (GMO) Corn and soy products: Corn, corn flour, corn starch, Soy, soy milk, soy sauce, tofu
- Root vegetables: Potatoes, Yams, Beets
- Fruits (and especially those with skins): Bananas, Grapes, Apples, Pears, Berries, Cherries
- Non-GMO corn
- Unrefined grains and flours: Rye, Barley, Buckwheat, Quinoa, Black rice, basmati rice, long grain rice, Spelt, Steel-cut oats
- Noodles (Shirataki noodles are a healthier alternative)
- Full fat, all natural yogurt

- All vegetables that grow above the ground regardless of colour
- Carrots are okay
- Legumes and lentils
- Freshly ground flax seed
- Chia seeds
- Non-GMO soy, i.e. tofu
How to Consume Unrefined Carbohydrates & Slow Down Digestion

- Even healthy, unrefined carbohydrates are still full of sugar and should be consumed infrequently, and in small servings.
- When you consume some unrefined carbohydrates, they make up no more than 10-20% of your meal.
- Fibre, natural fats, vinegar, cinnamon, and bitter melon are all known to decrease your blood sugar levels, so make sure the remainder of your meal, the 80-90% of the portion left, consists of these food items.

<table>
<thead>
<tr>
<th>Foods that Raise Your Blood Sugar Levels</th>
<th>Foods that Lower Your Blood Sugar Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refined carbohydrates</td>
<td>Fibre</td>
</tr>
<tr>
<td>Unrefined carbohydrates</td>
<td>Vinegar</td>
</tr>
<tr>
<td></td>
<td>Turmeric</td>
</tr>
<tr>
<td></td>
<td>Natural fats</td>
</tr>
<tr>
<td></td>
<td>Cinnamon</td>
</tr>
<tr>
<td></td>
<td>Bitter Melon</td>
</tr>
</tbody>
</table>

### Natural Fats

- Should be the bulk of your diet.
- Take the body a very long time to digest.
- Longer digestion = Stable blood sugar levels.
- Premium fuel source for your body.
- Important for cell protection and regeneration - “fuels the brain”.
- Consuming natural fats is the best way to maintain healthy cholesterol levels.
- Remember that body fat is caused by excess carbohydrates.
Suggestions for Your Meals

Breakfast:

- Try to skip breakfast as often as possible
- Have a tall glass of water first thing in the morning – you can add a tablespoon of vinegar
- Have a cup of homemade bone broth
- Have a cup of tea or coffee – add some cinnamon
- If you are determined to have breakfast, avoid carbs and consume eggs, lean meat, vegetables, unprocessed cheese

Lunch & Dinner:

- Drink a glass of water before you eat – you can add a tablespoon of vinegar to the water
- Drink a cup of soup broth or a broth-based soup such as vegetable soup, or a small green salad with oil and vinegar dressing before you eat your entrée
- Enjoy your entrée: 80-90% natural fats and fibre, and 10-20% unrefined carbs if you have any carbs at all
- If you are going to have some carbs, try to have them with lunch and not dinner
- Drink a cup of tea or coffee with some cinnamon
- Can have a serving of fruit if you choose to do so – can add cinnamon, natural fats and fibre to the fruit as well

<table>
<thead>
<tr>
<th>Eat More:</th>
<th>Natural fats, healthy oils, vegetables, meat, fish, eggs, nuts, seeds and high-fat dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat Less:</td>
<td>Sugar, high fructose corn syrup, wheat and wheat flour, vegetable and seed oils, trans fats, artificial sweeteners, “diet” and “low-fat” products, and highly processed foods</td>
</tr>
</tbody>
</table>
Herbs and Spices

- All herbs and spices are okay to use and are a great way to add variety to your diet
- Cinnamon is especially good at lowering blood sugar levels
- Turmeric has also been known to lower blood sugar levels
- Buy natural salts: sea salt, Himalayan salt, Celtic salt, or kosher salt

Beverages

1. Water
   - You can have flat or mineral water
   - Add fruit – lemons are especially detoxifying
   - You can add chia seeds
   - Boil a cinnamon stick in hot water and drink
   - Add 1 tablespoon of vinegar (raw, unfiltered apple cider vinegar) to 1 cup of water

2. Tea and Coffee
   - You can add some milk (preferably a high fat milk like whole milk), cream or coconut oil
   - Herbal flavoured teas give a lot of variety
   - Green tea is a great appetite suppressant
   - Add a teaspoon of cinnamon to either tea or coffee to help regulate your blood sugar levels

3. Unsweetened Iced Tea and Coffee
   - Pour hot tea or coffee over ice at home
Snacking

• **Avoid** snacking as much as possible
• If you are going to cave into a snack here and there, try to have these items:
  o Vegetables – you can use dips such as hummus or add olive oil
  o Meat
  o Fruit – you can add natural nut butters, flax and chia seeds, nuts, cinnamon and unprocessed cheeses
  o Nut and seed mixes – add your own spices
# Dietary Fat

<table>
<thead>
<tr>
<th>AVOID – Processed Fats</th>
<th>EAT – Natural Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarine</td>
<td>Meat – any kind</td>
</tr>
<tr>
<td>Vegetable, corn, canola, grape seed, cotton seed, safflower seed, sunflower seed, soybean, peanut oils</td>
<td>Preferably grass fed</td>
</tr>
<tr>
<td>Processed cheeses:</td>
<td>Poultry and eggs</td>
</tr>
<tr>
<td>Cheese slices wrapped in plastic, canned/spray cheeses, cheese found in tubes and boxes</td>
<td>Preferably free range and hormone free</td>
</tr>
<tr>
<td>Lunch meats</td>
<td>Fish and seafood (preferably wild – not factory farmed)</td>
</tr>
<tr>
<td></td>
<td><strong>Remember – you eat what your food eats!</strong></td>
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<tr>
<td></td>
<td>Butter/Ghee</td>
</tr>
<tr>
<td></td>
<td>Buy organic if you can or make your own</td>
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<tr>
<td></td>
<td>Buy unsalted and add your own natural salts while cooking</td>
</tr>
<tr>
<td></td>
<td>Can be used raw or for cooking at any temperature</td>
</tr>
<tr>
<td></td>
<td>Avocados and avocado oil</td>
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<tr>
<td></td>
<td>Olives and olive oil</td>
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<tr>
<td></td>
<td>Buy organic olive oil</td>
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<td></td>
<td>Olive oil can be use raw or for cooking up to medium heat</td>
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<tr>
<td></td>
<td>Coconut oil</td>
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<tr>
<td></td>
<td>Can be used raw for cooking at any temperature</td>
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<tr>
<td></td>
<td>MCT oil</td>
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</tbody>
</table>
Macadamia nut oil

Unprocessed cheese and full fat dairy

Nuts and nut butters:
- Raw nuts are best
- Buy organic nut butter or make your own at home with a blender
- Make nut mixes: Almonds, walnuts, pine nuts, Brazil nuts, macadamia nuts
- You can season your nuts with different spices, including natural sea salts

Seeds:
- Flax and chia seeds

---

Shopping Lists

**Fats – For Cooking**
- Bacon grease
- Beef tallow
- Butter
- Cacao butter
- Chicken fat
- Coconut oil
- Duck fat
- Ghee
- Lard
- Coconut butter
- Coconut cream
- Coconut milk, full-fat
- Goat milk, full-fat
- Macadamia nut oil
- Mayonnaise
- MCT oil (medium chain triglyceride oil)
- Olive oil
- Water buffalo milk

**Fats – Non-Cooking**
- Almond milk, unsweetened and full-fat
- Avocado oil
- Dill pickles
- Kimchi
- Sauerkraut
<table>
<thead>
<tr>
<th>Flours</th>
<th>Sardines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond flour</td>
<td>Sausage</td>
</tr>
<tr>
<td>Almond meal</td>
<td>Seafood, including canned seafood</td>
</tr>
<tr>
<td>Coconut flour</td>
<td>Shad</td>
</tr>
<tr>
<td>Psyllium husk, ground</td>
<td>Tuna</td>
</tr>
<tr>
<td></td>
<td>Whitefish</td>
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<tr>
<td>Fruit</td>
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<tr>
<td>Avocado</td>
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<tr>
<td>Coconut, shredded</td>
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<tr>
<td>Lemons</td>
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<tr>
<td>Limes</td>
<td></td>
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<td>Olives</td>
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<tr>
<td>Tomatoes</td>
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<tr>
<td>Meat, Fish, Seafood &amp; Eggs</td>
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<tr>
<td>Anchovies</td>
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<tr>
<td>Beef, well-marbled</td>
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<tr>
<td>Butterfish</td>
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<tr>
<td>Carp</td>
<td></td>
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<tr>
<td>Chilean sea bass</td>
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<td>Eel</td>
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<td>Eggs</td>
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<td>Herring</td>
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<td>Lamb</td>
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<td>Mackerel</td>
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<td>Pepperoni</td>
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<td>Pompano</td>
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<td>Pork and pork rinds</td>
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<td>Poultry</td>
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<td>Sablefish</td>
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<td>Salmon</td>
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</tr>
<tr>
<td>Nuts, Nut Butters &amp; Seeds</td>
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<tr>
<td>Almonds and butter</td>
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<tr>
<td>Brazil nuts and butter</td>
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<tr>
<td>Chia seeds, whole and ground</td>
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<tr>
<td>Flaxseed, whole and ground</td>
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<tr>
<td>Hemp seeds/hearts, hulled</td>
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<tr>
<td>Macadamia nuts and butter</td>
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<tr>
<td>Peanuts</td>
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<tr>
<td>Pumpkin seeds, in the shell</td>
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<td>Tahini</td>
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<td>Walnuts and butter</td>
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<tr>
<td>Vegetables</td>
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<tr>
<td>Arugula</td>
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<tr>
<td>Artichoke</td>
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<tr>
<td>Asparagus</td>
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<tr>
<td>Bell peppers</td>
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<tr>
<td>Bok choy</td>
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<tr>
<td>Broccoli</td>
<td></td>
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<tr>
<td>Brussel sprouts</td>
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<tr>
<td>Cabbage, green or red</td>
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<tr>
<td>Cauliflower</td>
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<tr>
<td>Celeriac</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>Collard greens</td>
<td></td>
</tr>
</tbody>
</table>
Cucumber
Green beans
Green onion
Eggplant
Endive
Fennel
Kale
Lettuce
Radish
Spinach
Sprouts
Swiss chard
Zucchini

**Protein Powder Substitutes**
- Hemp hearts

**Flaxmeal**

**Other**
- Apple cider vinegar, raw and unfiltered
- Bone broth
- Cacao nibs
- Cacao powder
- Chocolate, dark (70%+)
- Coconut aminos
- Collagen peptides
- Gelatin, unflavoured
- Mustard
- Nutritional yeast
- Salt (Himalayan, Celtic or sea salt)
Broth Recipe

Ingredients

- Vegetables (onion, celery, carrot)
- Chicken, beef, pork or fish bones
- 2 tbsp of raw, unfiltered organic apple cider vinegar
- 1 tbsp of sea salt (or to taste)
- 1 tsp of freshly ground pepper (or to taste)
- Herbs and spices

Instructions

1. If using bones, roast them in the oven at 350°F for 30 minutes.
2. Coarsely chop desired vegetables.
3. Place stockpot on the burner. Add the bones and apple cider vinegar. Cover with water and let sit for 10 minutes.
4. Add the chopped vegetables, sea salt, pepper, and any other herbs and spices into the stockpot.
5. Cover the stockpot and turn the burner to high heat. Once it has begun boiling, reduce to a simmer. Alternatively, a slow cooker could be used.

Cooking Times

- Chicken bone broth: 4 - 24 hours
- Beef bone broth: 8 – 48 hours
- Fish bone broth: 4 – 8 hours
- Vegetable broth: 3 hours

6. Every 30 minutes for the first 3 hours try to skim off the layer of fat (if visible) from the surface of the broth.
7. Let it cool, then strain and remove fat.
8. Refrigerate or freeze. Broth will stay good in the refrigerator for 3 to 5 days.
Ginger Green Fasting Tea

Ingredients

1 sachet Pique Ginger Green Fasting Tea
3 oz Apple Cider Vinegar
5 oz water
Dash of Himalayan pink salt
Mint leaves to garnish
‘BulletProof’ Green Matcha Fasting Tea

Ingredients

1 sachet Pique Green Matcha Fasting Tea
8 oz water
1/2 tsp grass-fed ghee
1-2 tablespoons Medium Chain Triglyceride oil