

begin every single day with movement while fasted. at a minimum, walk, even if just for 5min. the goal is not “burning” calories or fat, but rather reenforcing #selfsufficiency and forcing the body to figure out energy creation.

always train fasted. if your workout is in the morning before noon, do not eat. if your workout is later in the day, be sure to have at least 3 hours space between your last meal and your workout. 5 hours is optimal.

have meat, fat, and optional veggies for you first meal. consume this first meal as soon as is convenient, or after your morning workout. there are 2 main reasons for this:

- we are giving the body a signal of maximum nutrients for the day. your body can then use these nutrients to contribute to function, structure, and form exactly as it needs to throughout the day.
- we are giving the body a signal of #selfsufficiency and fat burning. by starving the body of easy-to-use starches and sugars, and by giving the body healthy fats to use instead, we begin to train the body for #selfsufficiency.

be strategic with carb consumption. minimize/eliminate starch and sugar intake for the first part of the day. try to consume starches and sugars later in the day to maximize the #selfsufficiency training effect.

minimize snacking, focus on space. snacking constantly restarts digestion, and constantly gives the body a dietary source of energy. snacking is not efficient and is not optimal. with a proper first meal, take advantage of the satiation and wait to eat until you’re actually hungry. over time this should be later in the afternoon, or even not until your evening meal. also, experiment with #strategicfasting protocols.

things to schedule

- * **Five Food Groups and Ideal Day’s Meals,** always. this is the foundation of our way of eating, the default. always focus on nutrients, never calories. always focus on #selfsufficiency by being a *strategic*-carber with the **Ideal Day’s Meals.**
- * **12-hr fasts daily.** at least 12-hours of space between your evening meal and your first meal the next day.
- * **16-hr fasts weekly.** recommended going from dinner one night to 16-hours later the next day, which for most people means skipping breakfast.
- * **24-hr fast (24IF).** at least 2 times per month, conduct a full 24hr fast. start from last meal the evening before, and go until the next evening meal = 1 meal per day.
- * **36-hr fast (36IF).** at least once a month, shoot for a 36hr fast. start from dinner one night, skip eating the entire next day, and then have your first meal on day 3 = a full day without eating. do the best you can with it, use our #strategicfasting tips & hints :)
- * **low-carb.** always do **low-carb** at least once every month for at least a week.
- * **cleanse.** pull out full-fat dairy, nuts, seeds, and legumes for at least a week every month.
- * **reintroduce & test.** when reintroducing #safestarches and cleanse items, use our self-testing protocols.
- * **detoxification.** we recommend following a detox protocol for the last 2 weeks of every quarter.

the longer you commit to this cycling, the more subtle changes you will notice from reintroducing and testing. over time your digestion should strengthen and your capacity to eat a broader range of foods will increase.

rotational calendar

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		IF	low-carb	IF		
	IF		24IF		IF	
		IF	test dairy	IF		
	IF		24IF		IF	
	IF		36IF		IF	

2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		IF	low-carb	IF		
	IF		24IF		IF	
		IF	test dairy	IF		
	IF		24IF		IF	
	IF		36IF		IF	

3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		IF	low-carb	IF		
	IF		24IF		IF	
		IF	test dairy	IF		
	IF		24IF		IF	
	IF		36IF		IF	

