

# A PRACTICAL GUIDE TO DOING INTERMITTENT FASTING

(Read the article on the Daily9 blog)



## 9 pm\*

Finish your last meal.  
Make sure it's a balanced meal with some protein, good fats and vegetables.  
Fasting period starts.

Aim to get 7+ hrs of sleep.

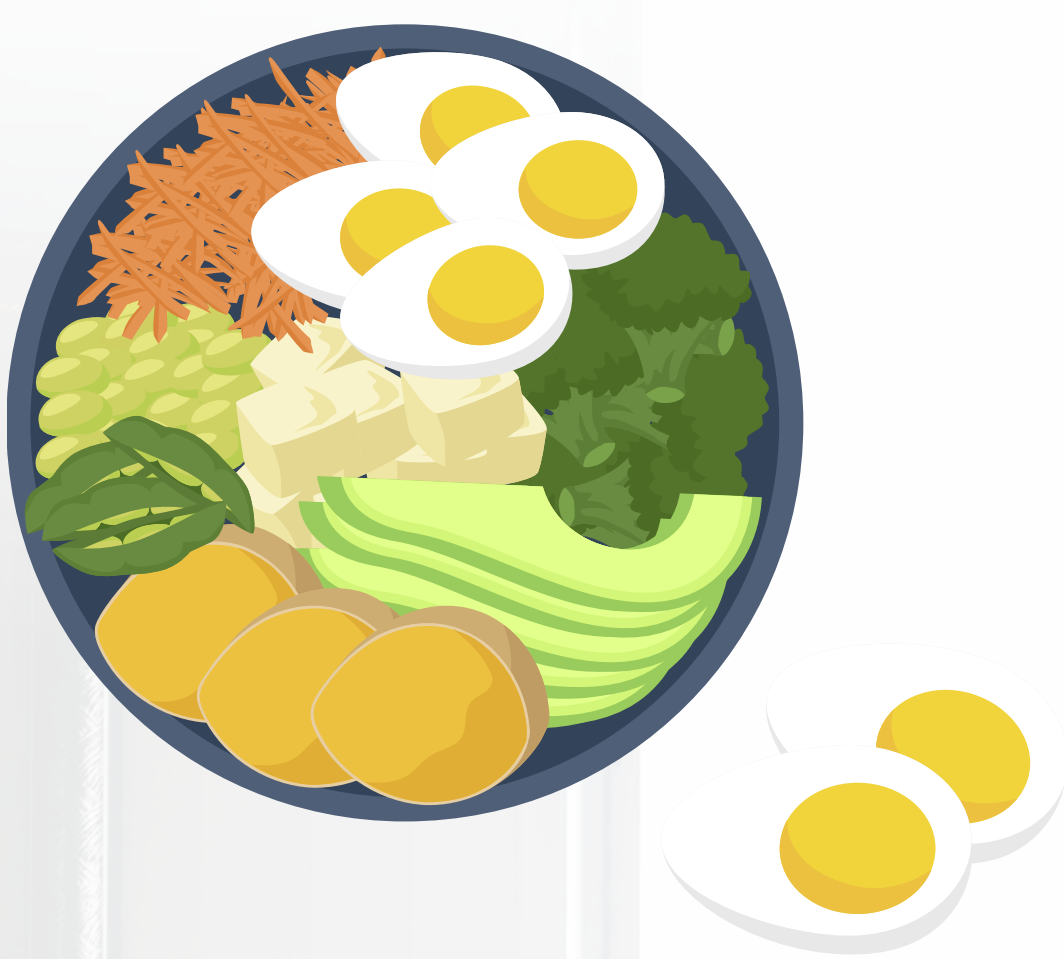
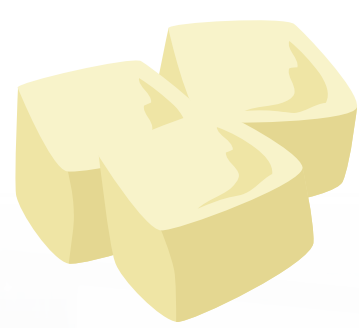
The following are ok to have during the fast:

- Water, including lemon water (without any sugar / honey)
- Black tea / green tea (without sugar)
- Black coffee (without sugar)
- Sugar-free gum



## 1 pm

Fast ends (work towards this, a 16 hour fast)



## 9 pm

Finish your last meal.

Fasting period starts.

\* All times shown are meant to serve as an example, if different times work for you please follow that. For example, an earlier dinner might mean that your fast starts at 8pm and a later dinner might mean your fast starts at 10pm. Your fast will end according to these start times and based on the fasting duration you're aiming for.

## 9 am



Fast ends  
(start here, a 12 hour fast)

## 9 am/1 pm

Eating window starts

Break your fast with a balanced meal. Aim for half your plate to be protein & vegetables (rest being carbohydrates).

For protein, ideally pick from paneer, soy, tofu, eggs, meat or seafood.

Snack healthy, like 1-2 portions of fruit.

