The Fasting

Quick Action Handbook

What to throw out. What to eat.
What to take. What to do every day.

Companion to the full protocol · Educational only · Not medical advice

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Start here. Throw these out today.

You cannot supplement your way past a kitchen full of disruptors. Remove these first — everything else builds on a clean foundation.

– **Insulin Resistance** Test your fasting metabolic flexibility with a 16-hour fast and track energy levels. If you're destroyed by hour 8, insu

– **Chronic Stress & Elevated Cortisol** Before extending fasts beyond 14 hours, establish a sleep baseline of 7-9 hours and complete a 2-week stress assessment

– **Gut Dysbiosis & Microbial Imbalance** Before fasting longer than 12 hours, run a microbiome assessment via stool test (look for Firmicutes/Bacteroidetes ratio

– **Mineral Depletion & Electrolyte Dysregulation** Implement electrolyte dosing from hour 12 onward during extended fasts: 500mg magnesium glycinate, 200mg sodium (bone br

– **Meal-Timing Circadian Misalignment** Align your first fast of the day with your circadian peak: fast between 7pm-11am (before cortisol surge peaks), not 3pm-

What to eat. Build every meal around these.

EAT — BUILD AROUND
✓ Fatty fish (salmon, sardines, mackerel)
✓ Bone broth
✓ Cruciferous vegetables (broccoli, Brussels sprouts, cauliflower)
✓ Grass-fed beef and organ meats (liver, kidney)
✓ Eggs (whole, yolk included)
✓ Avocado
✓ Leafy greens (spinach, kale, arugula)
✓ Berries (blueberries, raspberries)
✓ Nuts and seeds (almonds, pumpkin seeds)
✓ Fermented foods (kimchi, sauerkraut, kefir)
✓ Extra virgin olive oil
✓ Turmeric and black pepper (curcumin + piperine)

ALWAYS AVOID
✕ Refined carbohydrates (white bread, pastries, sugar)
✕ Vegetable oils (soybean, canola, corn oil)
✕ Processed meats (deli meats, sausage, bacon with additives)
✕ Artificial sweeteners (aspartame, sucralose, erythritol in large amounts)
✕ Dried fruits and fruit juice
✕ Protein powders (whey isolate without whole food context)
✕ Milk and flavored yogurts
✕ Trans fats and partially hydrogenated oils
✕ High-fructose corn syrup (HFCS)
✕ Alcohol

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The supplement stack. No brand names. Look for these compounds.

CORE STACK	FULL STACK
~$85	~$165
per month	per month

Sodium/Potassium/Magnesium (Electrolyte Complex) (vegan) · $12-18/mo

Look for: 2:1 sodium-to-potassium ratio, chelated magnesium (glycinate or threonate), zero sugar/sweeteners

Dose: 500mg sodium, 200mg potassium, 200mg magnesium daily · Split dose: 250mg sodium + 100mg potassium + 100mg magnesium morning and afternoon during fasting window

L-Theanine (vegan) · $8-14/mo

Look for: L-theanine (not D or DL form), 100-200mg capsules, no fillers

Dose: 100-200mg per dose · Morning and 2pm during fasting window; avoid post-feeding to prevent sleep disruption

Beta-Hydroxybutyrate (BHB) Ketone Salt (vegan) · $35-50/mo

Look for: Calcium or sodium BHB salt (not ketone ester, which tastes like nail polish), 5-10g per serving, minimal additives

Dose: 5-10g once daily · 60-90min before breaking fast (in late fasting window) to ease transition and suppress ghrelin spike

Collagen Peptides (Hydrolyzed) · $18-25/mo

Look for: Grass-fed/pasture-raised bovine collagen, hydrolyzed (2000-3000 Dalton MW), unflavored, third-party tested for heavy metals

Dose: 15-20g daily · Morning or evening during fasting window (zero caloric impact on ketosis if <3kcal per serving)

Nicotinamide Riboside (NR) or NAD■ Precursor (vegan) · $40-60/mo

Look for: Nicotinamide riboside (NR) or nicotinamide mononucleotide (NMN), 250-500mg per dose, GMP-certified

Dose: 250-500mg daily · Morning during fasting window; NR converts slowly, so benefit accumulates over 2-3 weeks

Spermidine (vegan) · $20-35/mo

Look for: Plant-derived spermidine (wheat germ extract standardized to ≥1mg spermidine per serving), NOT animal-sourced polyamine mixtures

Dose: 1-2mg daily (wheat germ extract) · Morning during fasting window; stacks with NAD■ precursor for maximal autophagy

Omega-3 (EPA/DHA) – Marine or Algae (vegan) · $15-25/mo

Look for: Combined EPA+DHA 2000-3000mg daily, third-party tested for oxidation (TOTOX <5), molecularly distilled, enteric-coated to prevent fishy aftertaste

Dose: 2000-3000mg combined EPA+DHA daily · With first meal after fasting window (fats require lipase secretion); can take 500mg dose during fasting if using triglyceride form (minimal caloric impact: ~5kcal)

The daily routine. Print this. Put it on your wall.

ON WAKING

· **Morning sunlight exposure** Spend 10-15 minutes in direct sunlight within 30 minutes of waking. This sets your circadian rhythm and suppresses melatonin, optimizing cortisol timing and metabolic signaling during your fast. Light exposure also increases NAD■ availability naturally.

· **Hydration + Electrolyte Complex (Sodium/Potassium/Magnesium)** Take 500ml water + 1 serving electrolytes. During fasting, you lose mineral-rich fluid through urine; electrolytes maintain cellular voltage, prevent headaches, and preserve muscle contractility. Sodium also supports water retention and blood volume—critical when you're not eating.

· **L-Theanine (100-200mg)** Activates alpha brain waves (calm focus) via GABA and glutamate modulation. Taken now, it smooths the transition into fasting without stimulant jitters, and supports mental clarity as your brain shifts to ketone fuel over hours 4-6 of the fast.

EARLY MORNING (HOUR 2-3 OF FAST)

· **Cold exposure (cold shower or ice bath, 1-3 minutes)** Brief cold stress activates brown adipose tissue (BAT) and increases norepinephrine, which accelerates fat mobilization and ketone production. This timing—early in your fast—amplifies the metabolic switch. Cold also upregulates autophagy markers like ULK1.

· **Breathwork (4-7-8 breathing, 5 minutes)** Slow diaphragmatic breathing lowers cortisol and activates parasympathetic tone, countering any fasting-induced stress response. This primes your nervous system for steady fat oxidation rather than glycogen panic.

MID-MORNING (HOUR 4-6 OF FAST)

· **Nicotinamide Riboside (NR) or NAD■ Precursor (250-500mg)** NAD■ is the fuel for sirtuins (SIRT1/SIRT3) and PARPs—the enzymes that orchestrate autophagy, mitochondrial repair, and DNA stability during fasting. NR supplementation peaks in circulation around hour 4-6, synergizing with your natural ketone rise. This is the sweet spot: NAD■ levels naturally dip in early fasting, so external support maximizes longevity pathways.

· **Spermidine (0.5-1mg per kg bodyweight, or ~30-50mg for adult)** Polyamine that directly triggers autophagy via mTOR inhibition and ATG gene expression. Timing this mid-morning extends the fasting window's cellular cleaning power. Works best when endogenous ketone levels are ramping (hour 5+).

· **Hydration (250-500ml water, no electrolytes this time)** Top up fluids as perspiration and respiration continue. Skip excess electrolytes here to avoid mineral overload; you've already had your baseline at waking.

LATE MORNING / EARLY AFTERNOON (HOUR 6-8 OF FAST, OPTIONAL)

· **Beta-Hydroxybutyrate (BHB) Ketone Salt (5-10g, optional)** If you want to deepen ketosis (especially on your first 2-3 fasting days or if energy dips), exogenous BHB provides immediate brain fuel and amplifies autophagy signaling. The timing here—late morning—maintains mental sharpness without breaking the fast's metabolic benefits. Typically not needed after adaptation (day 4+), but useful for performance or extended fasts.

· **Movement or gentle exercise (20-30 min walk or yoga)** Light activity at hour 6-8 of fasting taps into peak fat oxidation; your liver has depleted glycogen, forcing fat-derived ketone reliance. Movement also amplifies autophagy via AMPK activation and improves insulin sensitivity before your eating window.

BREAKING THE FAST (MEAL WINDOW START)

· **Collagen Peptides (Hydrolyzed) with first meal (10-20g)** Fasting depletes amino acid pools; collagen (glycine + proline rich) is easily digested and replenishes connective tissue + gut lining without spiking insulin dramatically. Take it with your first bite or in a pre-meal broth. Glycine also supports glutathione synthesis—your master antioxidant—protecting gains from the fasting period.

· **Eat slowly, prioritize protein and fiber first** After fasting, your digestive system is sensitive. Slow eating activates satiety hormones (CCK, GLP-1) and prevents blood sugar spikes. Protein with collagen rebuilds muscle; fiber feeds beneficial gut microbiota and stabilizes glucose—both essential post-fast.

· **Omega-3 (EPA/DHA, 2-3g marine or algae-based)** EPA/DHA reduce fasting-induced inflammation and support mitochondrial membrane fluidity after the metabolic stress of autophagy. Timing this at your first meal ensures absorption with dietary fat and anchors anti-inflammatory signaling for your eating window.

EVENING (2-4 HOURS BEFORE BED)

· **Light walk or restorative stretching (15 min)** Low-intensity movement improves glucose clearance from your meal, reduces blood sugar variability overnight, and enhances sleep quality. Avoids late-day cortisol spikes from intense exercise.

· **Dim lights, reduce blue light (screens off)** Fasting naturally elevates circadian sensitivity. Dimming lights 2 hours before bed restores melatonin production, ensuring quality sleep—when autophagy continues and growth hormone peaks. This closes the loop on your fasting cycle.

· **Hydration + optional Magnesium (from Electrolyte Complex, or separate Mg glycinate 200-300mg)** Magnesium supports GABA and relaxes muscles. If taken separately, use glycinate form (highly absorbable, non-laxative). Timing it 30-60 min before bed deepens sleep quality without morning GI distress.

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Week 1 checklist. Tick these off in your first 7 days.

REMOVE

- [ ] Insulin Resistance
- [ ] Chronic Stress & Elevated Cortisol
- [ ] Gut Dysbiosis & Microbial Imbalance
- [ ] Mineral Depletion & Electrolyte Dysregulation
- [ ] Meal-Timing Circadian Misalignment

ADD IN

- [ ] Sodium/Potassium/Magnesium (Electrolyte Complex): 500mg sodium, 200mg potassium, 200mg magnesium daily
- [ ] L-Theanine: 100-200mg per dose
- [ ] Beta-Hydroxybutyrate (BHB) Ketone Salt: 5-10g once daily
- [ ] Collagen Peptides (Hydrolyzed): 15-20g daily

DAILY HABITS

- [ ] Morning sunlight - 10 minutes before checking phone
- [ ] Consistent wake time - same every day including weekends
- [ ] Screen curfew - 60-90 minutes before bed
- [ ] 20-minute walk outdoors daily
- [ ] Protein at every meal - no refined carbohydrates at breakfast

90 days at a glance. What to expect when.

DAYS 1-14 | ADAPTATION INITIATION

– Liver glycogen stores deplete within 12-16 hours of fasting; expect hunger spikes around hours 14-18 as your body signals its preferred fuel is unavailable

– HIF-1α (hypoxia-inducible factor) and AMPK activate within 24-48 hours, triggering the first wave of cellular stress responses—this feels like fatigue, irritability, or 'brain fog' for 3-7 days

– Insulin drops 40-60% by day 3, allowing adipose tissue to mobilize fatty acids; you may notice reduced cravings mid-week as blood glucose stabilizes

– Cortisol rises temporarily (especially if fasting duration exceeds 18 hours)—you might feel wired, anxious, or experience sleep disruption; this normalizes as your CNS adapts

DAYS 15-45 | METABOLIC TRANSITION

– Ketone bodies (acetoacetate, β-hydroxybutyrate) rise consistently after day 7-10; blood ketone levels reach 0.5-2.0 mM by day 21, signaling reliable fat metabolism

– Mitochondrial biogenesis accelerates (PGC-1α expression increases)—you'll notice sustained energy between fasts, fewer energy crashes, and mental clarity returning stronger than before

– Ghrelin (hunger hormone) begins its downward trend; by day 30, fasting windows feel genuinely easier as your hunger signals recalibrate

– Triglycerides drop 20-30% as your body preferentially uses fat for fuel; you may feel physically lighter despite scale weight stabilizing

MONTH 2 | METABOLIC EFFICIENCY PEAK

– Autophagy reaches therapeutic levels (48+ hour fasts activate chaperone-mediated autophagy more robustly); cellular cleanup accelerates, supporting immune resilience and longevity markers

– SIRT1 and NAD+ levels rise, enhancing mitochondrial function and DNA repair—you'll feel recovered faster between workouts and mental endurance extends noticeably

– Insulin sensitivity improves measurably; fasting glucose often drops 5-15 mg/dL and postprandial glucose spikes shrink, even if you haven't changed diet composition

– Inflammatory markers (IL-6, TNF-α, hsCRP) decline as the fasting-induced shift toward M2 macrophages progresses; joint pain, brain fog, or bloating often vanish

MONTH 3 | METABOLIC MASTERY

– mTOR (mammalian target of rapamycin) downregulation becomes sustained—cellular growth pathways reset toward maintenance and repair over proliferation, supporting longevity pathways

– Mitochondrial density increases ~15-25% (measurable via VO■ max improvement or endurance capacity); you'll crush longer fasts or workouts with less effort

– Metabolic flexibility is genuine—you can seamlessly shift between fat and carb oxidation, meaning occasional high-carb meals don't derail ketosis or trigger energy crashes

– Body recomposition is obvious; total weight loss averages 8-15 lbs but muscle is preserved or gained if training is consistent, so you look leaner and stronger simultaneously