



Intermittent Fasting

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Protocols to be followed for 3 Months

Key points

1. Take only 2 meals a day. Identify two times when you are really hungry. If you can't identify then adopt 9 am - 6 pm or 1 pm - 9 pm timings for taking meals. In a week with trial and error you will settle down on your real times.
2. As far as possible keep the meal times fixed
3. Do not eat anything in between two meals
4. Finish your meal in maximum time of 55 minutes
5. Reduce sweets from your meals

Food Pattern

Preferred sequence of food intake during meal :

1. First eat fruits / dry fruits
2. Eat salad & sprouts
3. Eat Normal food (Roti-sabji-Dal-Rice-Chaas)
4. If Required , Milk

Foods Allowed

Food items allowed in between two meals

3. Water
- Thin home-made buttermilk (make 200 ml buttermilk from 10 to 15 ml of curd)
- Tea with 25% milk and 75% water, black tea or green tea (all without sugar or sugar substitutes)
- Black Tea / Green Tea / Lemon water (no sugar or substitutes)
- Tender coconut water (without pulp)
- Maximum one tomato in a day
- Clove in case of bad breath only
- Ideally only water is recommended !

Exercise

Exercise is Must

Any form of exercise which will increase your heart rate is okay. It can be walking, cycling or swimming. In case of walking, walk 4.5 km in 45 minutes. Exercise for 45 minutes at a stretch everyday for at least 5 days in a week.

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Benefits

1 Fat Loss



2 Blood Sugar control



3 Lowers Blood Pressure



4 Improves Digestion



5 Lowers Inflammation



6 Improves Cognitive function

