



America's Family Doctors
Intermittent Fasting Sample Diet from
"The Complete Guide to Fasting" by Dr. Jason Fung

Completely Refrain From Snacking

Typical Fasting Diet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	FAST DAY		FAST DAY		FAST DAY		FAST DAY
Breakfast	Water Black Coffee / Green tea	Western Omelet spinach	Water Black Coffee / Green tea	Oatmeal with walnuts	Water Black Coffee / Green tea	Two white eggs Breakfast turkey sausage	Water Black Coffee / Green tea
Lunch <i>*Optional, may substitute for nuts</i>	Water Black Coffee (Reg or Decaff) / Green Tea 1 cup of Broth (optional)	Arugula salad with walnuts, slices of pear, goat cheese	Water Black Coffee (Reg or Decaff) / Green Tea 1 cup of Broth (optional)	Ginger chicken lettuce cups Stir-fried vegetables	Water Black Coffee (Reg or Decaff) / Green Tea 1 cup of Broth (optional)	Baby spinach and lentil salad	Water Black Coffee (Reg or Decaff) / Green Tea 1 cup of Broth (optional)
Dinner	Herbed chicken Green beans	Asian grilled Salmon Baby bok choy stir-fry	Halibut pan-fried in butter and coconut oil	Indian chicken curry Cauliflower Green salad	Baked catfish Sautéed broccoli with garlic and olive oil	Peppered Tuna Asparagus	Grilled chicken salad
Dessert	Mixed berries	None	None	None	Seasonal fruits	None	Dark chocolate
	FAST DAY		FAST DAY		FAST DAY		FAST DAY

Learn more about Fasting and Weight Loss at our website AFDclinics.com