

## Protective Diet Day Fast and Feast Guide

Apply these rules for a rewarding and sustainable Day Fast and PD Feast Practice

Each guidance rule is explained with examples in [PD-Ed Lesson #220 – Day Fast & Feast Guide](#)

### **#1: Practice a Full Time Protective Diet for Optimal Health**

A full time commitment will make your practice sustainable and easy, eliminating food cravings and physical food addiction

### **#2: Stock Your Pantry and Set Up Your Workplace For Wellness**

**#3: Do not eat anything until you are ready to break your fast and are sitting down to a plated meal**

**#4: Complete all important work before eating and plan to retire for the day after feasting**

**#5: Do not batch cook full meals ahead of time**

**#6: SUS Set Up For Success**

**#7: Get out of the kitchen**

**#8: Improve food quality and variety enjoying multiple protective items per meal**

**#9: Feast at the end of your productive day**

**#10: Eat protective fruit with or to finish your feast**

**#11: Take B-12 with your meal**

**#12: Understand the science and benefits of fasting**

**#13: Know your personal “why,” write it down and set goals**

**#14: Do not tell people you are fasting until you’ve personally mastered it**

You do not need the stress of defending a practice you have not yet fully experienced

**#15: Soothe yourself with warm or iced protective beverages**

(do not use sweeteners)

Hot water with or without a small squeeze of lemon or piece of ginger

Japanese green tea, [Gyokuro](#) or [Sencha](#)

Black [English breakfast](#) tea

[Flower Water](#) (do not exceed one quart per day)

[Chai](#), no latte

[Tuber Tonic](#), no latte

Mineral water

**#16: Tighten Up Your Eating Window for Maximum Results**

**#17: Be flexible on special occasions and take notes on how you felt in your Calendar of Achievements**

Ghrelin (hunger hormone) production will decrease during the day with a consistent daily feast time

**#18: Appreciate both physical and psychological feelings**

Address them appropriately instead of turning to food

**#19: Always Do What Feels Good**

When we are doing what is beneficial for our body, it will feel good

**#20: Warning**

If you are on medication and your physical health is not optimal, consult with your prescribing physician

Do not submit to obesity or disease. Be the boss of your body and take daily action to eliminate it with my #1 Rule: Practice a Full Time Protective Diet for optimal health.

This practice will allow a fasting routine to be risk free, sustainable and rewarding.

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