How to Eat Stop Eat:

The first and most important part of Eat Stop Eat is to agree to stop over thinking weight loss. Stop searching online for the newest reason why you should eat more or less to lose weight.

Commit to committing to Eat Stop Eat. Remember, you CAN lose weight using all those other complicated dieting techniques, but Eat Stop Eat makes them unnecessary.

So quit thinking about the science behind dieting, or what the latest expert said, and concentrate on losing weight with Eat Stop Eat.

Sure, there are less rules and guides and things you must do when you follow Eat Stop Eat, and this takes some getting used to, but if I’ve learned anything about long term diet success, it’s that when it comes to diet-rules, Less is More.

The Eat Stop Eat plan:

- 1 or 2 fasts per week. Never fast more than twice per week. Fasting is meant to be occasional.

- Aim for 24 hours of fasting, but anywhere from 20-24 hours is fine. Please don’t go longer than 24 hours.

- Consume as little calories as possible during your fast. Tea, black coffee, water, and any other calorie free beverage is allowed and encouraged while you are fasting.

- Aim to ‘eat at maintenance’ on the days you are not fasting. The goal is to eat, Pease don’t ‘diet’ on the days in-between your fasts.

- As a rough guide, eat around 2,500 (men) 2,000 (women) calories on all of the other days of the week. This guide is rough, use them as a starting point to figure out the amount of food you can eat without having your weight increase in between your fasts.

- Aim for roughly 100 grams of protein per day. Some days can be higher, some can be lower, but if you add them all up I’d like your weekly average to be roughly 100 grams per day.

- Weight training 2-5 times per week. Consistency of effort in the gym is what will not only build muscle, but help you maintain your muscle while you lose fat.
How to Fast - Eat Stop Eat Style

Eat Stop Eat Fasts are roughly 24 hours long and always split between two days.

As an example, if you were to start fasting today at 7 PM you would fast until tomorrow at 7 PM. With Eat Stop Eat you NEVER miss a full day’s eating.

Find the best times that work for you. A 2 pm to 2 pm fast feels very different than a 7 pm to 7 pm fast, try various start/stop times until you find the one that fits best into your life.

Aim for 24 hours total fasting time (It’s easy to remember, simple to apply). However if 24 is too long, anywhere from 20-24 hours is fine. Please don’t fast longer than 24 hours.

I often get asked if this means skipping two meals or three meals. The truth is it doesn’t matter if you skipped 2 or 8 meals, the purpose of Eat Stop Eat is to fast for close to 24 hours, not to miss X numbers of meals.

Fast once or twice per week. Never on consecutive days. You can fast more than two times per week, but then you are not doing Eat Stop Eat. My belief is that the time in between the fasts is just as important as the fasts themselves.

During your fast you can drink calorie free beverages like water (flat and sparkling), tea, black coffee, diet soda etc.

Your goal during your fasts is to consume as little calories as possible.

This is the period of time where you will lose weight / body fat.

Don’t spend hours trying to figure out things you can maybe possibly ‘get away with eating’ during your fast. Realize you are fasting - stop thinking about ways to cheat.

[The people who attempt to cheat their way through their fasts always do worse than the ones who don’t.]

My general answer to the ‘can I have X during my fast?’ is

“If you can go without it, then go without it, if you absolutely can’t, then don’t”

Not every fast will be easy, some will be easy, some will be difficult, learn to roll with it. Stay hydrated, stay busy.

Finally remember that fasting does take discipline, but only until it becomes a habit, and then it’s just something you do.
How to Eat - Eat Stop Eat style

The goal when eating should be to enjoy your food, but to also eat responsibly.

This means that the times you spend eating should not undo the weight loss you achieved with your fasts. In fact, it means the opposite; **you should be able to maintain your weight loss between each fast.**

**There is no magic ‘correct’ number of calories** - just eat the amount that works.
How many calories you need to eat in a day depends completely on how many calories it takes to maintain the weight loss you achieved with your fast.

As an example, if I were to fast from Monday at 2 PM until Tuesday at 2 PM, and then weigh myself Wednesday Morning and my weight was 175 pounds, then I should learn to eat the amount of food it takes to maintain my weight so that when I fast again, my starting weight would be roughly 175 pounds.

If you have absolutely no idea how much food to eat then start with the recommendations above, then slowly modify them until you are **eating as much as you can without gaining any weight between your fasts.**

If you are **gaining weight in between your fasts** then reduce the amount you are eating by 10%.

If you are continuing to **lose weight during the days you are eating**, increase the amount you are eating by 10%.

Do not ‘load up’ on extra food before or after you fast as a way to compensate. Remember – once the fast is over eat what you would normally eat at that time.

To be clear, **Eat Stop Eat is not a ‘Feast and Fast’ approach to intermittent fasting.** Once your fast is complete you should act as if it never happened, and simply eat what you would normally eat at that time.

Do not attempt to speed up your weight loss by eating ‘very low calorie’ on the days you are not fasting – this is how everyone messes up intermittent fasting – your fasts create your weight loss – eating time is for eating ;)

You can follow any diet you choose, however from my experience I have noticed that that people who try to combine fasting with ketosis diets or very low carbohydrate diets are usually the same people who complain of lethargy and exhaustion – As always – be aware of your body and how you feel.
I have no set recommendations for carbs or fat. I’ve seen far too many people have success with all kinds of combinations of carbs and fat in their diet that I’ve realized it’s impossible to say one is more effective than the other for you. So experiment and see what works for you.

**How Much Protein**

Try to consume roughly 100 grams of protein per day. This will be tough on your fasting days, so strive for 100, but don’t be afraid to occasionally dip below.

Also, don’t be afraid to go over. Going under 100 for any length of time is not a good idea, but there are no negatives to going over 100 grams per day.

With all the arguing over protein these days, it seems that we have lost track of what we know… So to recap.

- Protein is an invaluable part of the **muscle repair process**.
- Protein aids in **weight loss**.
- *Roughly* 20 - 30 grams of protein per meal is optimal, but a little less or a lot more still gets results.
- Once the muscle repair system is activated by a protein meal, it will **stay active for 4-6 hours**.
- If you are working out with any form of consistency, then every meal you eat is a post workout meal.
- When you are not fasting aim for **roughly** 20-30 grams of protein four to five times a day, or 20-30 grams of protein every 4-6 hours.
- Most of the muscle building effects of protein seem to come from the Branched Chain Amino Acids (BCAA) and 6-8 grams of BCAA are the equivalent of 20-30 grams of high quality protein.

When it comes to protein (which is the only macronutrient I think you really have to worry about while trying to lose weight or build muscle) Aim for 20-30 grams of high quality protein every 4-8 hours, except while you are fasting.

You can try supplementing with BCAAs in place of a protein meal, and you can even try experimenting with taking BCAAs during your fast. It is a controversial topic, but some people swear that they helped with the weight loss process and also helped them maintain their muscle mass.
So if you’ve had difficulty maintaining your muscle mass while dieting, or just want to try out something new, I have no problems with you trying out BCAAs. Try 5-10 grams at the 8-10 hour mark of your fast. Please don’t take more than 10 grams (unnecessary).

**How to Supplement**

There are not any prescribed supplements that you must take when following Eat Stop Eat, you can take any supplements you like.

Zero Calorie supplements may be taken during your fast, and ‘with calorie’ supplements may be taken during the time you are eating.

BE CAREFUL – some supplements will affect you differently when you are fasted. Things like ultra-high doses of BCAA or GreenTea extracts have been reported to make people feel tired or sick during their fasts, whereas these things have the opposite affect when you are eating. So again, just listen to your body.

For people interested in increasing muscle size I recommend creatine monohydrate, which can be taken during fasts. Creatine monohydrate is a plain, tasteless powder that can be mixed in water, your protein shake, or just about any drink you’d like (the original research mixed it in hot tea).

I also recommend having a protein powder available. Eating 100 grams of protein is not difficult when you are overeating, but when you are eating responsibly getting a full 100 grams of day can be difficult on occasion. This is where the convenience of a protein powder can really help keep you on track. I recommend BioTrust Protein Powder, mostly because it’s the one I use ;)

I’m also currently experimenting with BCAAs. I’m taking 8 grams whenever I don’t feel like having protein. I’m also experimenting with taking BCAAs when I wake up in the middle of the night. Their just experiments (I don’t have any conclusions yet), but if you’d like to try it out, you can get some [here](#).

**How to exercise**

With Eat Stop Eat you use exercise to maintain or build muscle. Specifically, you use weight training.

*You let your fasting burn fat, and use your workouts to shape your body.*

Do not fall into the trap of using your workouts as an additional method of fat burning.
The popular thing to do right now is to make weight training complex. Or, to argue the merits of super brief training, or super frequent training, or whatever... But let's not forget that time after time a basic set up of 3-4 times per week, 2-4 exercises per body part, 2-5 sets per exercise, 6-15 reps per set, has been shown to consistently work wonders.

You can play with this set up if you want, you can try more or less volume, more or less exercises, more or less workouts, just remember that the basic 'middle ground' of weight training works perfectly fine. You can complicate it if you want, but you don't have to.

Whether you want to split up your workouts into a 3 day split of Chest/triceps/Shoulders, Back/Biceps, Legs, or a two day split of upper body lower body, or whole body workouts every day, it really doesn't matter because THEY ALL WORK.

Everyone can benefit from even the most casual of weight training programs, just remember, the KEY to working out is as follows:

**Consistency of Effort**

ANY amount of resistance training can improve your overall health, and the overarching truth of weight training is that it is consistency that gives you results. If you are consistent with your workouts and with the effort you put in, you will see results.

Find a way to be consistent with your workouts and you will see results. I have tried many, many different types of workouts and they ALL WORKED to some degree. I love bodyweight workouts (You can see the one I like [here](#)) and I've given you my template for how I workout in Eat Stop Eat Optimized - So you can try either of these. No matter what, I CAN HELP YOU FIND A WORKOUT YOU LIKE - so no excuses, weight training (even if it's bodyweight) is an imperative part of Eat Stop Eat.

**What about Cardio?**

Cardio is an extremely vague word that means different things to different people.

Remember that your fasting is what creates your fat loss, so exhaustive exercises are not required nor recommended to make Eat Stop Eat effective. However, if you want to do this type of exercise because it is your sport or passion, then you must be sure to balance your exercise with your fasting.

The combination of high amounts of cardio, high amounts of weight training and fasting may be too difficult for some people leading to exhaustion and lethargy... and remember it's not needed for weight loss.
If you are focusing on fat loss, please stick to weight training as the priority of your workout time. You can do some high Intensity exercise like interval training, but please no more than 20 minutes and no more than twice per week.

If you do want to do some form of extra cardio, low impact steady state (LISS) cardio like walking is fine.

Please refer to the chapter on exercise for weight loss in Eat Stop Eat.

**Eat Stop Eat checklist**

- Fast once or twice a week for 20-24 hours
- Lift weights at least 3 times a week.
- Workout when is most convenient for you
- Eat roughly 100 grams of protein every day, divided into 3 to 6 ‘doses’ per day
- Try to eat close to maintenance on non-fasting day.
- Reduce the amount you eat, but avoid restricting your food choices
- Eat the foods you like, just do so in moderation.
- Avoid ‘forbidding’ any type of food as this leads to an unhealthy relationship with food and destructive eating habits
- Get your diet in order first and foremost
- Never sacrifice sleep for exercise
- Remember that the vast majority of your results will come from your diet, so always be careful that your exercise and sleep habits don’t cause you to overeat