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## 13. Three Levels of Fasting

| Level   | Fasting Practice                   | How Often                          | Protein Goals                                                       |
|---------|------------------------------------|------------------------------------|---------------------------------------------------------------------|
| Level 1 | No snacks after dinner             | Every day                          | <b>Dinner:</b> 30-35 grams                                          |
| Level 2 | No Snacks + Skip Breakfast         | 1 or 2 non-consecutive days a week | <b>Lunch &amp; Dinner:</b> 40+ grams each                           |
| Level 3 | No Snacks + Skip Breakfast & Lunch | 1 or 2 non-consecutive days a week | <b>Surrounding Days:</b><br>Women 80-110 g/day<br>Men 100-130 g/day |

**Remember:** Stay Hydrated. Continue your M.O.M. eating pattern and meet your protein goals. Progress gradually. Don't move to the next level until the previous level feels easy.

**Warning:** Adults over 60 taking medications for blood pressure or blood sugar (like insulin or metformin) must consult their doctor before beginning Level 3 fasting, as it can cause dangerous drops in blood sugar (hypoglycemia) or dizziness.

### One Way to Progress Gradually

**Weeks 1-2.** Level 1 every day  
**Weeks 3-4.** Continue Level 1 + try Level 2 once a week  
**Weeks 5-6** Continue Level 1 + Level 2 twice a week  
**Weeks 7-8** Continue Level 1 + Level 2 + add Level 3 once a week  
**Long-term** Continue Level 1 every day. Add Level 2 and/or Level 3 once or twice a week as they fit your goals, lifestyle, and health. Progression is optional, not required. Level 3 twice a week is the recommended maximum long-term fasting schedule.

***The goal is to improve metabolic flexibility while still providing plenty of opportunities to consume the protein and nutrients needed to maintain muscle and support healthy aging.***

From: ***The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity***

A full-sized, printable copy of this resource is available at:

***IntelligentLivingForever.com/Worksheets.*** Look for the title of this worksheet.

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