



28-DAY  
**FAST**  
**START**  
DAY-BY-DAY

THE ULTIMATE GUIDE TO STARTING  
(OR RESTARTING) YOUR INTERMITTENT FASTING  
LIFESTYLE SO IT STICKS

**GIN STEPHENS**



ST. MARTIN'S  
GRIFFIN  
NEW YORK

The information in this book is not intended to replace the advice of the reader's own physician or other medical professional. Before embarking on the intermittent fasting regimen set forth in this book, the reader should first consult his or her personal medical doctor who can make recommendations based upon the reader's medical and psychological history and current medical or psychological condition(s). Fasting is not recommended for pregnant women or breastfeeding mothers. The author and the publisher do not accept responsibility for any adverse effects individuals may claim to experience, whether directly or indirectly, from the information contained in this book.

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## 28-DAY FAST START DAY-BY-DAY

<b>WHAT IS A “CLEAN FAST”?</b>		
YES!	MAYBE . . .	NO!
<ul style="list-style-type: none"> <li>• Water (unflavored)</li> <li>• Black coffee (unflavored)</li> <li>• Any plain tea brewed from actual dried leaves only (black tea, green tea, etc., unflavored varieties only, loose or in tea bags)</li> <li>• Mineral water, club soda, sparkling water, or seltzer water (unflavored)</li> <li>• Minerals/ electrolytes/salt (with no additives or flavors)</li> <li>• Medications as prescribed by your health care provider</li> </ul>	<p><i>We call this the “gray area”:</i></p> <ul style="list-style-type: none"> <li>• Peppermint essential oil for breath freshening only, NOT for water-enhancing (<i>select food-grade and use sparingly</i>)</li> <li>• Herbal tea with a bitter flavor profile</li> <li>• Vitamins and supplements (<i>There is no easy answer for all vitamins and supplements. Any that are clearly food-like or listed in the “No” column should be taken within your eating window.</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Food</li> <li>• Flavored water</li> <li>• Flavored coffee</li> <li>• Fruity, sweet, or matcha teas</li> <li>• Diet sodas</li> <li>• Natural or artificial sweeteners</li> <li>• Gum or mints</li> <li>• Food-like flavors of any type (<i>fruit juices, fruit flavors, etc.</i>)</li> <li>• Bone broth, broth, or bouillon</li> <li>• Fat, including coconut oil, MCT oil, butter, etc.</li> <li>• Cream, creamers, milk, or milk substitutes (<i>of any amount or type</i>)</li> <li>• Supplements such as collagen, pre-workouts, BCAAs, exogenous ketones, etc.</li> </ul>

*Whenever you aren’t sure if something is okay for the clean fast, take a look at the ingredients and compare them against this chart. If the item only contains ingredients from the “Yes” column, it’s fine. If it has ingredients from the “No” column, it doesn’t work. And, if it is something in the gray area, it may or may not work for you.*