

Low Carb Mastery Guidelines:

MILDLY INSULIN RESISTANT

PROTOCOL 2

These guidelines are a summary of exactly what to do during **Week 5-8** of LCM for an individual who is Mildly Insulin Resistant. For all the details regarding these steps please take the time to listen to the video titled: LCM for the Mildly/Moderately IR Individual: Protocol 2

The **WHAT** Guidelines remain the same i.e. as per Week 1-4 - Please refer to the LCM Guideline resource that you received in Week 1 to review these details

WHEN?

This second fasting protocol takes fasting up a notch. At this stage in your low carb journey this level of fasting should be manageable and achievable for most of you.

1. **Week 5: 3-day Fasting Protocol** - Monday, Tuesday and Wednesday are fast days i.e. Dinner on Sunday evening to dinner on Wednesday evening (72-hour fast)
2. The remainder of week 5 until the end of week 8 = **NO** additional extended fasting except maintain a minimum overnight fast of **12 hours**
3. Minimal snacking (occasionally)
4. **MAXIMUM of 3 meals per day**
5. Only eat if and when you are **hungry**

Additional Notes regarding the 3-day fast:

Please watch the video 'LCM for the Mildly/Moderately IR Individual: Protocol 2' for greater details on all the points listed below

- You will get hungry at various points during the 3 days
- A key benefit = autophagy (please listen to the Fasting Masterclass series for more details in this regard)
- Listen to your thirst and drink accordingly
- Don't forget the daily requirement of 2tsp of salt!
- If you take regular medication you may need to consult your doctor (ideally someone familiar with fasting)
- Vitamin and mineral supplements should not be taken during the fast
- Don't overeat when you break the fast and break your fast on a very low carb meal e.g scrambled eggs and a salad with olive oil