



# Low Carb Mastery Guidelines:

## MARKEDLY INSULIN RESISTANT PROTOCOL 3

These guidelines are a summary of exactly what to do during **Week 9-12** of LCM for an individual who is Markedly Insulin Resistant. For all the details regarding these steps please take the time to listen to the following 2 videos titled: An Overview of Time Restricted Feeding and LCM for the Markedly IR Individual: Protocol 3

The **WHAT** Guidelines remain the same i.e. as per Week 1-8 - Please refer to the LCM Guideline resource that you received in Week 1 to review these details

### WHEN?

Time restricted feeding refers to 'fasting' for a period less than 24 hours and eating within a specified window of time within that 24 hour period. When it comes to Time Restricted Feeding there are 4 variables to consider and set in place:

Variable 1: **Length of time** that you will fast and eat in a 24hr period

- 4 consecutive days per week = **20:4** protocol i.e. fast for 20hrs and eat in a 4hr window
- 3 days per week = **16:8** protocol i.e. fast for 16hrs and eat in an 8hr window

Variable 2: **Time of day** that fasting and eating will occur

- This is entirely **up to you**. Fit eating into a window of time that suits your life and your personal situation

Variable 3: Number of days per week that you will follow this protocol

- **4 consecutive days** per week = 20:4 protocol
- **3 days** per week = 16:8 protocol

Variable 4: **Zero calories vs. very low calories**

- This is entirely **up to you**. If a dash of cream or milk in 1 tea/coffee per fast period allows you to complete this protocol then go for it