

The Athletes Fast

I freaking love the feeling I get from a good fast! It rivals the exhilaration of a cold shower. My senses sharpen, putting me into a unique state of higher consciousness and flow state. When the body is without food for a while, a primitive survival mechanism takes over that helps the body be more present. This would ancestrally allow one to possibly be more keen with reactive survival skills like hunting for instance. Your sight, hearing, touch, taste, and smell are enhanced. The body will also increase anabolic hormones responsible for building and preserving muscle as well as burning fat. I won't get into the longevity benefits now, but they are immense. Just know that when fasting, the body breaks down old and damaged cells which could eventually become problematic in a process called autophagy. Maximizing autophagy is a good idea in terms of anti-aging and disease prevention. But again, the main reason I love fasting is simply that it feels so damn good!

A fast performed correctly also sets the stage for the most effective time to exercise, in terms of fat burn and muscle hypertrophy. Consider all of the above benefits in conjunction with an effective workout? Well, you are going to be able to push harder and burn more fat, at least in the short term (Fasting is not my favorite strategy for endurance athletes.) This is why you should always try to exercise effectively towards the end of your fast. Maximizing this 'magic window' has allowed me to workout in less than half the time and with better results, as compared to when I was younger and eating prior to training.

The problem is that most 'fasts' are designed to help restore and detoxify the body in a low stress environment. One would ideally be doing low level activity and mindfulness techniques during fasts so the body can take a break from the chronic stress we deal with in today's world. These low stress fasts are a good idea to perform time to time, especially for longer durations, but if intermittent fasting becomes a daily activity, and you want to get out there and crush some goals, then a few things may need to be tweaked. Which is why I developed 'The Athletes Fast.' This is for 'hard chargers' that want to get the benefits of fasting while still exercising or being active an hour or so daily.

The Athletes Fast is a modified version of intermittent fasting that keeps your feeding window to around eight hours. So, 16 hours a day or so are spent fasting. You can figure these times out for yourself, but most like to eat their meals in the early afternoon. Two simple things must happen during these fasts. You must get the bad stuff out, - the inflammatory stuff that is holding you back. And you must add the good stuff in, - to create healthier cells. All of the results you have heard of like added energy, anti-aging, more muscle, less fat, etc., will all happen, but these are all just results of minimizing the inflammation. Here are a few of the guidelines.

But wait... I am not a doctor, nor do I play one on the internet. Do not misconstrue this as medical advice. This is simply a regiment that I have found works freaking great for me and my athlete friends that haven't found a fast or cleanse regiment that really worked for their hobbies and schedules.

The Athletes Fast was inspired by several my clients that have performed multiple versions of elimination diets resulting in amazing and lasting results. The one thing that these diets all had in common was intermittent fasting. Yet the one common complaint was low energy with physical performance. So, I simply took what worked for these clients and added some performance enhancing elements that I have picked up along the way to make a system that allows you to eat less, feel great, and kick more ass.

The Athletes Fast Guidelines

1. The Athletes Fast can be for a few weeks or for life. I personally do it most of the time. But if I really want to experience something tasty, I enjoy it, and get back on it.

2. The Athletes Fast is a cyclical ketogenic diet. You will mostly be in a ketotic state until the time around dinner. This will help maximize clarity and fat burn, while minimizing inflammation.

3. The Athletes Fast is an elimination diet. You are eliminating the chemical bullshit that is holding you back! There is no, dairy, gluten, nuts, seeds, or processed foods containing refined vegetable oils (sunflower, safflower, peanut, soy, corn, canola, cotton), and artificial ingredients. Adding back in some quality sourced dairy and nuts and seeds is ok in moderation after a few weeks. The brand 'Sunfoods' is the gold standard for nuts and seeds when reintroducing.

4. Eggs are allowed in moderation. 1 egg per 100lbs seems to work just fine. Eggs are a common food to eliminate on an elimination diet, but I just find them too nutrient dense to eliminate all together. Yes, taking a break from eggs and everything you routinely consume is a good idea for a host of reasons, but most people do well with quality and pastured eggs. Don't think that most store-bought eggs are doing you any favors though. Be mindful when you add back in a food after a week or so. If you don't have any adverse reactions, then continue to consume them in moderation.

5. Coffee is allowed in moderation. One cup per 100lbs seems to work just fine. I do not believe that organic and mold free coffee is harmful to most people when brewed correctly (French Press.) However, I do believe that coffee concoctions with syrups and other artificial flavoring agents, paper filters, K-cups (high heat leaching through plastic), and poor-quality coffee in general can be problematic.

6. Alcohol, specifically wine, is allowed in moderation. One glass per 100lbs works for most. You must find a 'Dry Farm' option. 'Dry Farm Wines' and 'Scout and Cellar' wines are the best I have found. Fitvino will also do in a pinch. BUT you must walk 20 minutes per glass post consumption if you choose to drink. You must metabolize the byproducts immediately to mitigate the inflammation.

7. Dark Chocolate is allowed in moderation. One square generally or an 8th of the bar I recommend below per 100lbs works for most. Same deal as #3 and #4. Most chocolate is inflammatory toxic crap. But there are some brands that can be clean, healthy, antioxidant dense, and vasodilatory.

Bulletproof Dark Chocolate Bar: [Amazon.com : Keto Chocolate Bars, Sea Salt Dark Chocolate, 2 Net Carbs, 6g Protein, 4 Pack, Bulletproof Healthy Snacks, Made with 57% Fair-Trade Certified Cocoa, 13g Healthy Fat from MCT Oil, Low Carb, Sugar-Free : Grocery & Gourmet Food](#)

8. Essential amino acids must be supplemented. The body requires certain amino acids when exercising often to preserve and build tissues. When you see a middle-aged person's butt looking like an

old wet diaper hanging there, it is a result of many things, too much sitting, not enough stimulation, and not the right type of nutrition to keep it firm. This goes for upper arms, armpit region, and lower abs. 5 grams of essential amino acids per 100lbs work for most.

9. Higher calorie meals, 'splurges,' are necessary twice a week or ideally every three days. This increase in calories will help with metabolism and palate fatigue. I recommend finding your 'non negotiables' and rotating them through your menu. For our family, the top three non-negotiables are Mexican, pizza, and burgers. We therefore have found clean and healthy ways to consume them often. Here is Maya and I splurging on our typical wed night/splurge night tacos. Grass finished beef, spinach, and avocado on coconut wraps. Top with a bit of your favorite salsa. Yes, she had a bit of sour cream on hers... Thrive Market has a great pizza crust as well as Cauliflower Foods and we have burgers in lettuce wraps alongside sweet potato fries with Primal Kitchen condiments.



The Athletes Fast typical Day

Wake Up! Take 1 tablet of molecular hydrogen with 12 oz of purified water. Molecular hydrogen is my current favorite supplement. It is a selective antioxidant and anti-inflammatory with immune boosting capabilities. But honestly it just really makes me feel good and energetic. Remember, you should feel your supplements!

Molecular Hydrogen: [Amazon.com: Quicksilver Scientific H2 Elite Tablets - High Dose Molecular Hydrogen Water Additive for Energy Support, Perfect for Open Containers - Antioxidant Hydrating Drink \(60 Dissolving Tablets\): Health & Personal Care](#)

Next, have your coffee or tea with sea salt: Straight up is great, but I prefer some MCT oil to kick off ketosis. For Coffee, let's stick with Bulletproof. For coffee alternatives and teas, Four Sigmatic has great options alongside mushroom elixirs to experiment with. If you choose to use MCT oil, about 1 tsp per 100lbs should be sufficient. A pinch or two of quality sea salt can be a good way to mineralize your beverages. People tend to get a bit mineral depleted when fasting often...

Bulletproof Coffee: [Amazon.com : The Original Whole Bean Coffee, Medium Roast, 12 Oz, Bulletproof Keto Friendly 100% Arabica Coffee, Organic, Certified Clean Coffee, Rainforest Alliance, Sourced from Guatemala, Colombia & Brazil : Grocery & Gourmet Food](#)

MCT Oil: [Amazon.com: Brain Octane Premium C8 MCT Oil from Non-GMO Coconuts, 14g MCTs, 16 Fl Oz, Bulletproof Keto Supplement for Sustained Energy, Appetite Control, Mental & Physical Energy, Non-GMO, Vegan & Cruelty Free: Health & Personal Care](#)

Four Sigmatic: [Four Sigmatic](#)

Next, Have another beverage other than coffee: Same rules as above with the MCT oil. I like a matcha latte or cacao mushroom mix from Four Sigmatic, but get a sampler to see what works for you.

- I really enjoy these beverages when fasting! Some of the purists may not agree with these products, but a fast has got to be somewhat pleasant for consistency.

Pellegrino: I do recommend a large-size Pellegrino in a glass bottle throughout your morning. Proper hydration will help stave off any hunger pangs that you may experience. Pellegrino has rated in the top sector of the cleanest waters too.

Pre-workout: I consider your daily workout and first meal of the day to be 'the secret' of the ultra-fit, so yes, I believe in a good 'pre-workout' to fuel your training. You definitely do not want to catabolize muscle tissue in the event that your bodyfat levels get too low and you want to get as much blood flow to the working muscles as possible to stimulate the tissues. So, this combo is a one-two punch. A nitric oxide booster alongside essential amino acids are the cat's ass! Take 5 grams of Essential Amino Acids per 100lbs with 1 NEO 40 Tablet 20 minutes prior to exercise.

Kion Essential Amino Acids: [Amazon.com: Kion Aminos Essential Amino Acids Powder Supplement | The Building Blocks for Muscle Recovery, Reduced Cravings, Better Cognition, Immunity, and More | 30 Servings: Health & Personal Care](#)

NEO 40: [Amazon.com: HumanN Neo40 Daily Heart and Circulation Support Nitric Oxide Boosting Supplement \(30 Tablets\): Health & Personal Care](#)

Shake Time: After you exercise... Timing can vary for people, but ideally you exercise towards the end of your fast, around noon. If you exercise earlier, try to hold off on this shake for a couple of hours. Let the beverages above hold you over. The Body Health Shake is literally the perfect shake to break the fast. It is not the best tasting I have ever had, but it's pretty good and the most nutrient dense I have found. Have 1 scoop per 100lbs. Add a scoop per 30 minutes you train over an hour.

Perfect Amino Power Meal: [Amazon.com: BodyHealth Perfect Amino Complete Power Meal Replacement Shake \(Dark Chocolate, Pouch, 20 Servings\), Organic Protein Powder Drink w/MCT Oil, Probiotics, Vegan, High Nutrition, for Weight Loss Diet: Health & Personal Care](#)

Next, Another beverage other than coffee: Maybe a few hours after your shake... This could be another option from Four Sigmatic, herbal tea, Pellegrino, broth, or simply good ole quality water. I prefer to have my broth with dinner, but broth has helped a lot of people get over the hump prior to dinner.

Broth: [Amazon.com : Bone Broth Variety Pack, Beef and Chicken by Kettle and Fire, Keto Diet, Paleo Friendly, Whole 30 Approved, Gluten Free, with Collagen, 10g of Protein \(Pack of 4\) : Grocery & Gourmet Food](#)

Dinner!!! Quality meat and Veggies, - with a little bit of good carb..

Let's not overcomplicate this. We are going to use portion control with your hand.

1. Protein: 1 palm size portion per 100lbs of quality sourced meat. Alternate grass finished beef, wild seafood, and fresh shellfish for best results.
2. Carbs: 1 handful size portion per 100lbs of quality sourced grains, starches, beans, or fruit. Alternate between sweet potato, squashes, and berries for best results. Make sure to soak and sprout grains, beans, lentils, etc. if you decide to consume them. I do not recommend them often.
3. Veggies: You can load up on these if desired. This is your free food! Alternate between cruciferous veggies for best results, - arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, and kale. I recommend wilting these veggies if consuming often to lower their goitrogenic activity that could affect your thyroid.
4. Fat: 1 thumb size portion per 100lbs of quality oils. Alternate between, olive oil, avocado oil(avocados), fish oil (already in your wild Alaskan salmon!), grass finished butter, coconut oil, and stearic acid (cacao butter- we will talk about with dessert.)
5. Herbs and spices. Use them liberally. Garlic, ginger, turmeric, pepper, sea salt, and apple cider vinegar rock!

Extras: Broth. It is very tasty, satiating, and healthy! Broth is normally what really gets me through a long fast. Broth is great for your tissues, specifically hair, nails, and skin, but I can also tell in my recovery times when training hard. Broth can be had at any time, but before dinner will help quell your appetite a bit if you are ravenous and could potentially overeat.

Wine: As discussed earlier, you have got to figure this one out for yourself...

Dessert: Dark Chocolate. Dark chocolate contains a beneficial fat called stearic acid. I have found that stearic acid helps with my skin health. If you are consuming dark chocolate, you must count its fat content in your thumb size fat allotment for dinner. Sorry...

- Pro (Weirdo) tip: I like to have my dessert as my appetizer. I typically eat two pieces of dark chocolate with my two glasses of red wine before dinner. I often follow this with a cup of broth before dinner as well. I rarely want to overindulge when eating in this order.

Upgrades: These are supplements that I have found to be especially useful for a multitude of reasons, but primarily strength, energy, and inflammation mitigation. You will be saving quite a bit of money on food, so maybe redirect some of it here...

1. Creatine: Creatine helps with strength and power. If you want an edge in the gym, either supplement a few grams a day or consume a half a pound of grass finished beef per 100lbs of bodyweight. I prefer supplementing.

Creatine: [Amazon.com: Jarrow Formulas Creatine Monohydrate Powder Promotes Muscular Performance, 21.2 Ounce: Health & Personal Care](#)

2. Carbon 60: Carbon 60 is a strong anti-inflammatory. I have found that it works better for me than all of the other trendy anti-inflammatories like Turmeric and Boswellia. I like to put a tbsps. in my coffee most mornings.

Carbon 60: [Amazon.com: Carbon60 plus regular strength. Has 20mg more Carbon 60 per 100ml than most competitors. carbon 60, cold pressed extra virgin olive oil, c60: Industrial & Scientific](#)

3. Digestive enzymes: This is a huge 'fasting hack.' Digestive enzymes can be used to help break down food in the gut. But on this specific program, you shouldn't need too much help in that department. Rather, taking them on an empty stomach can allow them to become systemic. Once in the circulatory system, the enzymes can assist with the breakdown of old and damaged cells, which is one of the main goals of a fast in the first place. I tend to take a handful of digestive enzymes an hour or so before I break my fast when I know there is little to no food in my system.

Masszymes: [Amazon.com: MassZymes - Digestive Enzyme Supplement - with Proteolytic Enzymes - Provides Bloating, Constipation, and Gas Relief - Contains Lipase, Amylase, and Bromelain \(250 Capsules\): Health & Personal Care](#)

4. Quinton: Often, even the healthiest of eaters can be mineral deficient when going without food for longer periods of time. Quinton is the gold standard for mineralizing the body. This obviously helps with hydration as well. I take one ampule daily in the mornings.

Quinton: [Amazon.com: Original Quinton Isotonic - Liquid Mineral Electrolyte + Trace Mineral Replenishment, Raw Unheated Ocean Minerals Hydration Drink to Support Detox, Relaxation - Keto \(30 Single Serving Vials\): Health & Personal Care](#)

There are plenty of other supplements that I could recommend to compliment the fast. I am a huge fan of magnesium, Vitamin D/K2, Vitamin C, zinc, B12, and much more. Whatever works for you, by all means, use it. Just remember that we are trying to cleanse the body of toxins that could be holding you back. So REALLY make sure what you are throwing down your mouth is clean and effective.

There are also plenty of other diets that I have recommended recently that can be very beneficial to cycle in and out. In general, I like 'any type of a whole food based and low carb version of the Mediterranean Diet.' The following are a few with specific goals like skin health, muscle gain,

endurance, joint health, minimalism, and my personal favorite, 'The Party Diet,' based on the balance of fun and health. You can find them all here: [In the Media – xrlifestyles](#)

If you decide to run down the rabbit hole on the different types of fasting, there are many resources available. The two I recommend for athletic or performance fasting are Thomas Delauer and Ben Greenfield. The two for more traditional fasting are Dr. Mercola and Dave Asprey. Just search any of these names for further information. Thomas Delauer below has a great series on YouTube to get started.

