Professional FATMAN

INTERMITTENT FASTING BASICS

A simple carnivore guide to meal timing, discipline, and better eating habits.



By Jason Stewart | The Professional Fat Man

What Is Intermittent Fasting?

Intermittent fasting is time-restricted eating. It gives your body time to properly use the fuel you have already eaten before more calories are added. In the modern world, many people eat too often, graze all day, and struggle with sugar addiction and overconsumption. Fasting can help restore structure, control, and better eating habits.



THE BASIC IDEA

Eating window: a specific part of the day when you have your meals.

Fasting window: the time when you consume absolutely no calories at all.

Example: Finish eating at 7 PM and eat again at 9 AM — that is a 14-hour overnight fast.

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COMMON FASTING SCHEDULES

Find a rhythm that fits your life. Each schedule below shows a fasting window, a simple description, and example times.



1 12:12

12 HOURS FASTING
12 HOURS EATING

Beginner's entry point.
Example: first meal 8 AM, last meal 8 PM.

2 14:10

14 HOURS FASTING
10 HOURS EATING

Modest adjustment.
Example: first meal 9 AM, last meal 7 PM.

3 16:8

16 HOURS FASTING
8 HOURS EATING

Starting serious.
Example: first meal 10 AM, last meal 6 PM.

4 18:6

18 HOURS FASTING
6 HOURS EATING

A deeper fasting window.
Example: first meal 12 PM, last meal 6 PM.

5 OMAD

23 HOURS FASTING
1 HOUR EATING

One meal a day.
Jason's current routine: one meal at midday, eaten until comfortably full.

Choose the schedule that fits your life and build consistency first.

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Drinks, Hydration & Breaking the Fast

Keep it simple. Stay hydrated. Break your fast with real carnivore food.

DURING THE FAST

- **Hydration is very important,** so drink regularly and drink to thirst.
- **Your body can lose fluids while fasting,** so pay attention to that.
- **Black coffee and plain tea** without sugar, milk, or cream are simple options during the fast.
- **I personally have black coffee every morning** with no sugar and no cream.
- **Salt matters.** When you eat, salt your food.
- **If you are doing longer fasts,** some people may find salt water helpful in the morning.
- **If electrolytes get too low,** you may feel weak, dizzy, or drained.



BREAKING THE FAST

- **Break your fast with a satisfying** carnivore meal.
- **Eat real animal foods** until you are comfortably full.
- **Good options include eggs, fish, steak,** sardines, and other meat.
- **The goal is nourishment,** not nibbling.



Simple works best: *water, black coffee, salt, and a real carnivore meal.*

BY JASON STEWART | THE PROFESSIONAL FAT MAN

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A SUSTAINABLE APPROACH

Consistency matters. Build habits you can actually live with.

PRACTICAL HABITS

1. Start with the **fasting schedule** that works best for you at this time.
2. Start with a sensible **overnight fasting window.**
3. **Avoid grazing** throughout the day.
4. Eat until you are **comfortably full** during your eating window.
5. **Drink water** and consider individual electrolytes. Add salt to your water if necessary.
6. **Reassess** if your energy, sleep, or overall well-being suffer.



WHAT FASTING IS REALLY HELPING YOU DO

- The goal is not just to skip food. The goal is to **learn how to eat properly.**
- Fasting can help you **break the habit of grazing** all day.
- It can help you **get control** over food addiction, carb addiction, and sugar addiction.
- It can help you **move away** from constant snacking and emotional eating.
- A snack is often **an emotional event**, not a nutritional need.

IMPORTANT REMINDER

If you fast but do not improve the quality of your diet, you may be disappointed. Fasting works best when it is paired with nutrient-rich whole animal foods and better eating habits.

Consistency beats intensity. Keep it simple and keep going.

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MEDICAL DISCLAIMER

Please read before making major dietary or fasting changes.

1. **Educational Purposes Only**
   I am not a doctor. I am sharing my personal experience and general educational information. This guide is not medical advice, diagnosis, or treatment.

2. **Talk With Your Doctor**
   Before you make major changes to your diet or fasting routine, speak with your doctor or a qualified healthcare professional, especially if you have an existing medical condition or take medication.

3. **Diabetes and Medication Safety**
   If you use insulin or blood-sugar-lowering medication, fasting can change your glucose levels significantly. Medication needs may change, and this should be handled with medical supervision.

4. **Hydration and Electrolytes**
   Low-carb and carnivore eating, especially when paired with fasting, can increase fluid and electrolyte loss. Dehydration, weakness, dizziness, and headaches can happen if you do not stay on top of fluids and salt.

5. **People Who Need Extra Caution**
   Pregnant or breastfeeding women, children, underweight individuals, people with kidney disease, liver disease, eating disorders, or serious chronic illness should not begin fasting without professional guidance.

6. **Stop and Seek Help**
   If you feel faint, confused, severely weak, or unwell, stop fasting and seek medical attention.

7. **Results Vary**
   There is no one-size-fits-all approach. Individual results vary, and any plan should be adapted to your personal health needs.



Use wisdom. Protect your health. Get proper guidance when needed.

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