



the Fasting Method

Masterclass

SYLLABUS

Week 1

Monday, April 17

Lesson 1: What is insulin and insulin resistance?

12 pm ET

Video

Tuesday, April 18

Lesson 2: How fasting and low carb help

12 pm ET

Video

Wednesday, April 19

Lesson 3: How to start fasting

12 pm ET

Video

Wednesday, April 19

Live Q&A Session #1

12 pm ET

Webinar

Wednesday, April 19

Live Q&A Session #2

5 pm ET

Webinar

Thursday, April 20

Lesson 4: Therapeutic fasting strategies

12 pm ET

Video

Friday, April 21

Lesson 5: Updated Fat Fasting Strategies

12 pm ET

Video

Saturday, April 22

Lesson 6: Nutrition 101: Carbohydrates, Fruit and Sweeteners

12 pm ET

Video

Sunday, April 23

Lesson 7: Nutrition 101: Protein and Dietary Fat

12 pm ET

Video



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Week 2

Monday, April 24 Lesson 8: Troubleshooting your fast	12 pm ET Video
Tuesday, April 25 Lesson 9: Common fasting mistakes	12 pm ET Video
Wednesday, April 26 Lesson 10: Common eating mistakes	12 pm ET Video
Wednesday, April 26 Live Q&A Session #3	5 pm ET Webinar
Thursday, April 27 Lesson 11: Extended Fasting Strategies	12 pm ET Video
Friday, April 28 Lesson 12: Cephalic Phase of Digestion	12 pm ET Video
Friday, April 28 Live Q&A Session #4	12 pm ET Webinar
Saturday, April 29 Lesson 13: Understanding Your Body Composition	12 pm ET Video
Sunday, April 30 Lesson 14: Monitoring Glucose and Ketone Levels	12 pm ET Video