



Nadia's "60/40" Fasting Schedules

Fasting/Eating 60/40
4 days of the week/3 days of the week



FASTING

O=OMAD

one meal a day

FASTING

N=NOMAD

no meal a day

EATING

2=2MAD

two meals a day

Note: in the fasting protocols below, the fasting duration is listed on the day the fast BEGINS.

Start Here

24hx4

MON	TUES	WED	THURS	FRI	SAT	SUN
O	2	O	2	O	2	O
24 HRS FASTING		24 HRS FASTING		24 HRS FASTING		24 HRS FASTING

42h/24h

MON	TUES	WED	THURS	FRI	SAT	SUN
N	2	N	2	O	2	O
42 HRS FASTING		42 HRS FASTING		24 HRS FASTING		24 HRS FASTING

Gold Standard

42hx3

MON	TUES	WED	THURS	FRI	SAT	SUN
N	2	N	2	N	2	2
42 HRS FASTING		42 HRS FASTING		42 HRS FASTING		

Note: in the fasting protocols below, the fasting duration is listed on the day the fast ENDS.

Nadia's Favorite

48hx2

MON	TUES	WED	THURS	FRI	SAT	SUN
N	O	2	N	O	2	2
	48 HRS FASTING			48 HRS FASTING		

Holy Grail

72/24h or 72/42h

MON	TUES	WED	THURS	FRI	SAT	SUN
N	N	O	2	O/N	2	2
		72 HRS FASTING		24/42 HRS FASTING		

Formula One

66hx2

MON	TUES	WED	THURS	FRI	SAT	SUN
N	N	2	N	N	2	2
		66 HRS FASTING			66 HRS FASTING	

References

1. The Right Balance Between Fasting and Eating for Weight Loss
2. My Favourite Fasting Schedule