

KetoFast

This is a 100% gluten free approach that combines a ketogenic diet and intermittent fasting with different macro-ratios used on different days of the week for three to four weeks or longer.

Here's a snapshot of how to do this approach:

1. Start a ketogenic diet.
2. Once you are fat adapted and get a reading of >0.5 on a ketone meter, begin intermittent fasting (IF) as part of your ketogenic diet.
3. Once you are tolerating the ketogenic diet with intermittent fasting, add in one KetoFast day and one Re-Feed day per week.
4. Add in a second KetoFast and Re-Feed day per week as tolerated.
5. Continue this for three to four weeks or longer as tolerated and/or recommended by your clinician.

A week might look like this:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Keto with IF	Keto with IF	KetoFast during IF	Re-feed during IF	Keto with IF	KetoFast during IF	Re-feed during IF

DETAILS

1. Generally with a Ketogenic diet, you are looking for 10% of your calories to be carbohydrates (about 20 to 50 grams depending on your individual need), a large portion to be from high quality fats (60-65%), and protein intake will make up the rest.

Keep in mind:

- The body generally regulates the craving for protein adequately, so follow your intuition with protein intake.
- For fats, you have the option of favoring monounsaturated fat: olives, olive oil, avocados, avocado oil, macadamia nut oil, tiger nut oil, and algae oil ([Thrive Algae Oil](#) is a good brand) for cooking as a way to get a variety of healthy fats.
- You may want to use an app to get a sense of what this looks like as you start. We recommend [Cronometer](#).
- You can find our handout that goes into much more detail on the Ketogenic Diet in your Patient Portal.



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2. Intermittent Fasting (IF) is consuming food within an 8 hour window of the day and fasting for the other 16 hours of the day.

- For example, eat all your day's food between 11am and 7pm and do not eat anything from 7pm until 11am the next day.
- This may look like skipping breakfast and then having a "fat-bomb" meal for lunch. Dinner would be a protein, vegetable, and small amount of paleo friendly carb.
- If you feel well enough then you can continue intermittent fasting every day, but many patients find that they feel better only doing this 4 days a week. Listen to your body and let us know if you have any questions.

3. Once you are comfortably doing a ketogenic diet with intermittent fasting, then add in *KetoFast* and *Re-feed* days. Start with one KetoFast day and one Re-Feed day a week and gradually increase to two or each of these days a week as tolerated.

- On a KetoFast day continue a ketogenic diet, but consume only 300-600 total calories per day with certain macro-ratios during the eating window. Here's how to determine your KetoFast day macros:
 - Calculate your lean body mass ([here](#)) and multiply this by 3.5.
 - a. $\text{___} \times 3.5 = \text{___}$ is your total calories to consume on a KetoFast day.
 - To figure out your protein for the day, consume half the amount of protein you usually do. You can figure out how many calories from protein this will be by multiplying grams of protein by 4.
 - Take half the protein you usually eat in grams and multiply it by 4. You can use an app to determine the amount of protein you usually consume.
 - b. $\text{___} \times 4 = \text{___}$ is your total calories from protein on a KetoFast day.
 - Total carbs should be under 20 grams and under 10 grams if possible. You can figure out the number of calories from carbs for the day by multiplying carb grams by 4. So this is 80 to 40 calories of carbs on a KetoFast day. Decide how many carbs you want to consume. We recommend starting with 20 grams and then decreasing as tolerated to under 10 grams.
 - Take the number of grams of carbs you will eat and multiply it by 4.
 - c. $\text{___} \times 4 = \text{___}$ is your total calories from carbs on a KetoFast day.
 - For fat, add your protein and carb calories, then subtract this total from your day's total calorie intake. This is the number of fat calories you need. Divide this by 9 to obtain fat grams for the day.
 - Take the totals from lines b and c above, and divide it by 9 to get fat grams for the day.



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- d. Total from line b ___ + the total from line c ___ = ___. Subtract this from the total on line a ___ - ___ = ___. This is the calories from fat to consume on a KetoFast day.
- e. Total from line d ___ /9 = ___ is the number fat grams consumed on a KetoFast day.
- Use this information to create your one meal recipe for the day. Cronometer can simplify all of this for you.
 - Re-Feed days are added to remind your body it is not starving, stops the breakdown of muscle, reignites fat burning, and uses the stress from fasting to make you far healthier than you could have been without it. On a Re-Feed day, increase your carbohydrate intake up to 100 - 150 mg of paleo friendly carbohydrates. Also increase protein intake while reducing fat intake.
 - Ideally, a re-feeding day would fall on a day you are engaging in vigorous exercise, so that your body can use the extra calories from carbs and protein to rebuild stronger muscles.

We recommend purchasing Dr. Mercola's book, KetoFast, as it gives much more information on the calories and macro-ratios to use on these days. Dr. Mercola also wrote a cookbook that has recipes using the appropriate macronutrient ratios. Cronometer has some of those recipes already loaded as well.

NOTES

If you have diabetes, we would like you to be cautious with these re-feeding days and KetoFast days. Recommend starting with paleo friendly carbs that you know you respond well to and start with a lower dose of carbs like 50-75 mg for the first couple of re-feeding cycles. Then you can gradually increase the amount of types of carbs once you know how your blood sugar levels will respond. Make sure to continue monitoring your blood sugar levels throughout these diet changes.

Please pay close attention to sleep, energy, mental health, anxiety, etc. while making these changes, because we have had some patients, especially women tolerate this diet for a couple of weeks and occasionally experience the above symptoms. If this happens, then we may need to make some adjustments so please make sure to reach out via the portal.



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Caution with high glycolytic exercises while you are adjusting to these diet changes, as these exercises may create a higher carbohydrate demand. Stay in touch with us if you have concerns.

BOOK RECOMMENDATIONS

KetoFast by Dr. Mercola

The Keto Diet by Leanne Vogel