

## **EGG FAST RULES (STRICT VERSION)**

- 1. EGGS are to primary source of protein during your egg fast.**
- 2. 1 TABLESPOON of FAT per EGG. Choose from butter, coconut oil, olive oil, Avocado oil, MCT oil and mayonnaise.**
- 3. Fit the EGG FAST to YOUR eating schedule. Intermittent Fasting is just fine!**
- 4. Don't get too hungry, you can always eat an egg with fat!**
- 5. Don't eat if you are NOT hungry just wait awhile then eat later when you are hungry.**
- 6. Cheese is optional, and is not counted toward daily fats. The maximum allowed amount of Cheese per day is 4 oz.**
- 7. Eat a minimum of 6 EGGS daily or you will not be getting enough protein.**
- 8. Get the best quality EGGS and butter that you can afford, but do not fret about this!**
- 9. Try NOT to eat within 3 hours of bedtime.**
- 10. Limit your sweeteners to 3 servings per day.**
- 11. Coffee and unsweetened Tea is fine.**
- 12. Use spices, herbs, and hot sauces sparingly.**
- 13. If the food is not on THIS LIST, it is NOT on the EGG FAST period.**