

The Complete Intermittent Fasting Guide for Keto & Carnivore Success

A Step-by-Step Implementation Plan

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Introduction

Welcome to your comprehensive guide to implementing intermittent fasting alongside your ketogenic or carnivore lifestyle. This resource provides actionable strategies, troubleshooting tips, and scientific insights to maximize your results.

Intermittent fasting (IF) and low-carb diets like keto and carnivore share complementary mechanisms that enhance metabolic flexibility, simplify eating routines, and accelerate health goals. This guide is designed for:

- Keto or carnivore dieters looking to break plateaus
- Those seeking to simplify their eating schedule
- Anyone interested in metabolic benefits of combining fasting with low-carb eating
- Beginners wanting a structured approach to intermittent fasting

By the end, you'll have a complete roadmap for integrating intermittent fasting with your keto or carnivore lifestyle.

The Science Behind IF + Keto/Carnivore

The Metabolic Magic of Combining Approaches Ketogenic or carnivore diets adapt your body to use fat as its primary fuel source. Intermittent fasting lowers insulin levels and extends fat-burning mode, creating synergy.

Table 1: Key Hormonal Benefits

Hormone	Keto/Carnivore Effect	Fasting Effect	Combined Benefit
Insulin	Decreased due to low carb intake	Significantly decreased	Enhanced insulin sensitivity
Ghrelin	Regulated by protein/fat	Adapts to eating windows	Reduced hunger
Growth Hormone	Slightly increased	Up to 5x baseline	Enhanced muscle preservation
Glucagon	Elevated	Further elevated	Improved fat mobilization
Cortisol	Minimized impact	Morning elevation	Supports energy

The Autophagy Advantage Autophagy, the cellular cleanup process, is stimulated by ketosis and fasting. A 2019 study in *Cell Research* suggests ketone bodies enhance autophagy during fasting and ketogenic diets.

Metabolic Flexibility: The Ultimate Goal Combining IF with keto/carnivore trains your metabolism to:

1. Use dietary fat efficiently
2. Access stored body fat
3. Switch energy sources
4. Maintain stable energy

Comprehensive Protocol Guide

Fasting Protocols Compared

Table 2: Fasting Protocols Compared

Protocol	Fasting:Eating Ratio	Best For	Difficulty	Notes for Keto/Carnivore
14:10	14h:10h	Beginners	Easy	Great starting point
16:8	16h:8h	Most people	Moderate	Optimal balance
18:6	18h:6h	Adapted to 16:8	Moderate	Two larger meals
20:4	20h:4h	Advanced	Hard	Careful nutrition planning
OMAD	23h:1h	Experienced	Very Hard	Challenging nutrition
ADF	Alternate Day	Deep auto-phagy	Very Hard	Not for beginners

4-Week Progressive Implementation Plan

- **Week 1: Transition Phase**
 - Days 1-3: 12:12 protocol
 - Days 4-7: 14:10 protocol
 - Focus: Adjust meal timing, emphasize electrolytes
- **Week 2: Foundation Phase**
 - Full week: 16:8 protocol
 - Weekend: Relaxed timing if needed
 - Focus: Consistency, monitor energy
- **Week 3: Optimization Phase**
 - Weekdays: 16:8 or 18:6 one day
 - Weekend: Test 18-20h fast
 - Focus: Hunger signals, meal adjustments
- **Week 4: Personalization Phase**

- Experiment with eating windows
- Adjust meal timing around workouts
- Focus: Sustainable long-term approach

Fasting Schedule Worksheet

Table 3: Fasting Schedule Worksheet

Day	Fasting Start	Fasting End	Total Hours	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Essential Nutrient Timing

Protein Considerations Adequate protein is critical. Recommended daily targets:

- Sedentary: 0.8g/lb lean body mass
- Moderately active: 1.0g/lb
- Very active: 1.2-1.5g/lb

Distribute protein evenly across eating window (40-50% first meal, 50-60% second meal for 16:8).

Fat Optimization Strategies Prioritize stable fats (tallow, butter, ghee) and natural fats from meat. Timing:

- Moderate fat when breaking fast
- More fat in final meal
- Adjust based on weight goals

Comprehensive Electrolyte Protocol

Table 4: Electrolyte Recommendations

Electrolyte	Daily Target	Best Sources	Timing
Sodium	5,000-7,000mg	Sea salt	1-2g upon waking, rest throughout day

Potassium	3,000-4,700mg	Meat, supplements	With meals
Magnesium	300-500mg	Glycinate, malate	With final meal
Calcium	800-1,200mg	Bone-in fish, dairy	Within eating window
Zinc	15-30mg	Red meat, oysters	With meals

Fasting Day Electrolyte Solution:

- 1L water
- ½ tsp sea salt
- ¼ tsp potassium chloride
- Optional: lemon juice or apple cider vinegar

Supplement Timing

- **Fat-Soluble Vitamins (A, D, E, K):** With fattiest meal
- **Water-Soluble Vitamins:** With meals
- **Minerals:** With food, magnesium in evening

Meal Planning Section

7-Day Meal Plan Template for 16:8 Fasting (12pm-8pm)

Table 5: 7-Day Meal Plan

Day	Meal 1 (12-1pm)	Meal 2 (4-5pm)	Meal 3/Snack (7-8pm)
Monday	4 eggs in butter, 3 bacon strips	8oz ribeye, 1 tbsp butter	4oz beef patty, 1oz cheese
Tuesday	6oz chicken thighs	8oz chuck roast, bone broth	2oz pork rinds, 2oz cream cheese
Wednesday	6oz salmon, 1 tbsp butter	8oz lamb chops	3 eggs, 2oz ground beef
Thursday	4oz liver, 4oz ground beef	8oz porterhouse	4oz bone marrow
Friday	4-egg omelet, 3oz beef	8oz pork shoulder	4oz smoked salmon, 1oz butter
Saturday	6oz burger patties, 1oz cheese	10oz T-bone, butter	4oz beef jerky
Sunday	Carnivore pancakes (4 eggs, 4oz cream cheese)	8oz prime rib, 3oz bone marrow	4oz ground lamb, herbs

Shopping List Framework Proteins:

- Beef: ground beef, ribeye, chuck roast, T-bone, bone marrow
- Pork: shoulder, bacon, rinds
- Poultry: chicken thighs
- Seafood: salmon, sardines
- Eggs: pasture-raised
- Organs: liver, heart

Fats:

- Butter, tallow, ghee, bone marrow

Dairy (if included):

- Cheese, heavy cream, cream cheese

Seasonings:

- Salt, black pepper, thyme, rosemary

Supplements:

- Electrolytes, magnesium, others as needed

Breaking the Fast: Best Practices

- Moderate protein (20-40g), moderate fat, minimal volume
- Examples: Eggs and bacon, ground beef patty, salmon, bone broth
- Avoid: Large meals, excessive fat

Nutrient Density Optimization

- Include organ meats weekly
- Use bone broth
- Retain fat content
- Include egg yolks, fatty fish
- Cook meats medium-rare

Troubleshooting Guide

Common Challenges & Solutions

Table 6: Common Challenges

Challenge	Potential Causes	Solutions
Excessive hunger	Insufficient fat, aggressive fasting	Increase fat, shorten fasting window

Fatigue	Electrolyte imbalance, low calories	Increase sodium, verify calories
Headaches	Dehydration, sodium imbalance	Increase water, add salt
Digestive issues	Too much food/fat	Moderate meal size, prioritize protein
Poor sleep	Late eating	End eating 2-3h before bed
Dizziness	BP changes, electrolytes	Increase salt, rise slowly

Is It Normal? Symptom Checker

Table 7: Symptom Checker

Symptom	Normal?	When to Address
Mild hunger	Yes, first 1-2 weeks	Persistent after 2 weeks
Energy fluctuations	Yes, first 7-10 days	Severe after 10 days
Mild headaches	Yes, first 3-5 days	Severe after 5 days
Increased thirst	Yes	Continue with electrolytes
Mental fog	Mild, 3-7 days	Severe after 7-10 days
Irritability	Mild, first week	Severe after 7 days
Intense hunger	No	Immediately
Persistent nausea	No	Immediately
Rapid heart-beat	No	Immediately

Progress Tracking Tool

Table 8: Progress Tracking

Metric	Baseline	Week 1	Week 2	Week 3	Week 4
Fasting hours					
Energy (1-10)					
Hunger (1-10)					
Sleep (1-10)					
Mental clarity					
Measurements					
Notable effects					

Lifestyle Integration

Family Considerations

- Create independent fasting schedule
- Participate in family dinner within eating window
- Cook for family without eating
- Explain as personal experiment

Social Situations and Dining Out

- Check menus in advance
- Request modifications
- Adjust eating window for events
- Focus on socialization

Travel Strategies

- **Air Travel:** Book flights in fasting window, bring beverages
- **Hotels:** Request refrigerator, research restaurants
- **Road Trips:** Pack cooler, plan stops

Exercise Timing

- **Fasted State:** Low-moderate intensity, walking, cardio
- **Fed State:** High intensity, strength training

Resources & References

Scientific Studies

1. de Cabo R, Mattson MP. [Effects of Intermittent Fasting on Health, Aging, and Disease](#). *NEJM*. 2019.
2. Anton SD, et al. [Flipping the Metabolic Switch](#). *Obesity*. 2018.
3. Jiao J, Demontis F. [Skeletal muscle autophagy](#). *Curr Opin Pharmacol*. 2017.
4. Harvie MN, Howell T. [Intermittent Fasting and Cancer](#). *Adv Nutr*. 2016.
5. Paoli A, et al. [Ketogenic Diet and Microbiota](#). *Genes*. 2019.

Recommended Books

- The Complete Guide to Fasting by Dr. Jason Fung
- The Carnivore Code by Dr. Paul Saladino
- The Ketogenic Bible by Jacob Wilson and Ryan Lowery

- Life Without Bread by Christian Allan PhD and Wolfgang Lutz MD

Useful Apps

- Zero, LIFE Fasting Tracker, Cronometer, Carb Manager

Additional Reading

- [Carnivore Diet Food List](#)
- [Ketogenic Diet and Cancer](#)
- [Carnivore Diet Supplements](#)

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