

Egg Fast Rules

(Strict version)

1. Eggs are the primary source of protein for 3-5 days.
2. 1 tablespoon of fat per egg. Choose from butter, coconut 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 eat an egg!
5. Don't eat if you are **NOT** hungry, just wait awhile and eat later.
6. Do not eat more than 4 ounces of cheese in a day.
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
9. you can afford, but do **NOT** fret about this!
Try not to eat within 3 hours of bedtime
10. Limit your sweeteners to 3 servings per day.

This strict version of the egg fast will give you the best results!