

The Complete Patient Guide to Intermittent Fasting and OMAD

Reclaim Your Metabolism. Reset Your Body. Reverse Your Risk.

Table of Contents

1. What Is Intermittent Fasting (IF)?
2. The Science Behind Fasting
3. Benefits of Fasting for Health and Weight
4. Time-Restricted Feeding Options
5. OMAD: One Meal A Day
6. How Your Hormones React to Fasting
7. Fasting vs Starving: A Clear Difference
8. Your Eating Window: What Happens Inside
9. Calories and Macros: 30/30/40 Approach
10. Daily Calorie Targets
11. Understanding Protein, Fat, and Carbs
12. How to Build a Meal in OMAD
13. Food Lists by Macro Type
14. Sample OMAD Meals with Full Macros
15. Grocery List for IF and OMAD
16. Hydration and Electrolytes
17. Common Mistakes and How to Avoid Them
18. How to Transition into Fasting
19. Women's Considerations
20. Exercise While Fasting
21. Supplements
22. Frequently Asked Questions
23. 7-Day Getting Started Plan

1. What Is Intermittent Fasting?

Intermittent fasting (IF) is a way of organizing your meals so that you alternate between periods of eating and fasting. It does **not** mean starvation. It means you're giving your body a break from constant digestion so it can **burn fat, clean up damaged cells, and reset hormones.**

2. The Science Behind Fasting

When you fast:

- **Insulin drops**, allowing fat-burning to begin
- **Growth hormone increases**, preserving muscle
- **Autophagy begins**, repairing damaged cells
- **Your brain becomes sharper** from ketone fuel
- **You burn stored fat** for energy, not blood sugar

3. Benefits of Fasting

- Natural fat loss without calorie counting
- Increased mental clarity
- More energy
- Reduced inflammation
- Improved blood sugar control
- Lower insulin levels
- Potential anti-aging effects

4. Time-Restricted Feeding Options

Name	Fasting : Eating	Notes
14:10	14 hr fast / 10 hr eat	Good for beginners
16:8	16 hr fast / 8 hr eat	Most popular IF method
20:4	20 hr fast / 4 hr eat	Accelerated fat burning
OMAD	23 hr fast / 1 hr eat	Advanced, very effective

5. OMAD: One Meal A Day

OMAD means all your calories are consumed in one sitting, usually over 60–90 minutes. This is ideal for people who want **simplicity, powerful fat loss, and insulin reset.**

6. Hormonal Reactions to Fasting

- **Insulin** goes down → fat burning starts

- **Glucagon** rises → blood sugar is regulated
- **Growth hormone** increases → protects muscle
- **Leptin & ghrelin** rebalance → hunger and satiety improve

7. Fasting vs Starving

Fasting is controlled. You have energy. You're hydrated. Your metabolism increases.

Starving is uncontrolled. It leads to muscle loss and fatigue.

8. The Eating Window: What Happens Inside

When it's time to eat, your focus is to **fuel and nourish** your body completely in a short window. That means:

- High nutrient density
- High protein intake
- No processed junk
- Enough calories to meet your goals

9. Calories and Macros: 30 / 30 / 40

To support healthy metabolism, you'll use a macro ratio of:

- **30% Protein** (muscle, immune function)
- **30% Fat** (hormones, satiety, brain health)
- **40% Carbs** (energy, thyroid function, recovery)

Example:

Daily Intake: 1,800 calories (OMAD example)

- 540 kcal from protein = 135 grams
- 540 kcal from fat = 60 grams
- 720 kcal from carbs = 180 grams

10. How Many Calories Should I Eat?

Goal	Women (avg)	Men (avg)
Fat Loss	1,500–1,700	1,800–2,000
Maintenance	1,800–2,000	2,200–2,500
Muscle Gain	2,000–2,300	2,600–2,800

11. Understanding Protein, Fat, and Carbs

Protein:

- Preserves lean muscle
- Key to fat loss
- Found in: meat, fish, poultry, eggs, whey, legumes

Fat:

- Essential for hormones
- Helps you feel full
- Found in: avocado, olive oil, nuts, seeds, fatty fish

Carbohydrates:

- Energy for the brain, thyroid, and workouts
- Found in: fruit, root vegetables, rice, oats, lentils

12. How to Build a Meal in OMAD

Step 1: Choose a Protein (40–60g minimum)

Step 2: Add Complex Carbs

Step 3: Include Healthy Fats

Step 4: Add Color (vegetables)

Step 5: Add a Smart Treat (fruit or dark chocolate)

13. Food Lists by Macro Type

Proteins (30%)

- Chicken breast (4 oz = 35g)
- Salmon (6 oz = 38g)
- Ground beef, 90% lean (4 oz = 30g)
- Eggs (1 = 6g)
- Greek yogurt, plain (1 cup = 20g)
- Whey protein shake (1 scoop = 25g)

Carbs (40%)

- Sweet potato (1 cup = 27g)
- White rice (1 cup = 45g)
- Quinoa (1 cup = 39g)
- Oats (1/2 cup dry = 27g)
- Banana (1 medium = 27g)
- Berries (1 cup = 15g)

Fats (30%)

- Avocado (1/2 = 15g fat)
- Olive oil (1 tbsp = 14g)
- Almonds (1 oz = 14g)
- Peanut butter (1 tbsp = 8g)
- Cheese (1 oz = 9g)

14. Sample OMAD Meals with Macros

Example 1 – 1,800 kcal

- 6 oz grilled salmon (38g P / 22g F)
 - 1 cup jasmine rice (45g C)
 - 1 cup roasted vegetables (10g C)
 - 1 avocado (15g F)
 - 1 cup berries (15g C)
 - 1 scoop whey in almond milk (25g P)
 - 1 tbsp olive oil on salad (14g F)
 - 1 dark chocolate square (5g F / 10g C)
- Total: 135g P / 60g F / 180g C**

Example 2 – 2,000 kcal (Muscle Support)

- 6 oz chicken breast (40g P)
- 1 cup quinoa (39g C / 8g P / 5g F)
- Large salad w/ 2 tbsp olive oil (28g F)

- 1 cup roasted squash (20g C)
 - 1 banana (27g C)
 - 1 cup full-fat Greek yogurt (20g P / 10g F)
 - 1 scoop whey (25g P)
- Total: 135g P / 65g F / 200g C**
-

15. Grocery List for OMAD

Proteins

- Chicken breast
- Eggs
- Salmon
- Whey protein
- Greek yogurt
- Ground turkey

Carbs

- Rice
- Oats
- Sweet potatoes
- Bananas
- Berries
- Quinoa

Fats

- Olive oil
- Avocados
- Almonds
- Cheese
- Coconut milk

Vegetables

- Spinach
 - Broccoli
 - Bell peppers
 - Zucchini
 - Carrots
-

16. Hydration and Electrolytes

During fasting:

- Drink 2–3 liters of water daily
 - Add electrolytes (sodium, potassium, magnesium)
 - Coffee, tea (no sugar or cream) are allowed
-

17. Common Mistakes to Avoid

- Not eating enough protein
 - Eating junk during the eating window
 - Not salting your food or drinking water
 - Skipping electrolytes
 - Being too aggressive too soon
-

18. Transitioning Into Fasting

Week 1: Eat only between 8am–8pm (12:12)

Week 2: Move to 12pm–8pm (16:8)

Week 3: Try skipping breakfast (18:6)

Week 4: Try OMAD 2–3x/week

19. Women's Considerations

- Avoid daily OMAD at first
 - Use 14:10 or 16:8 on active cycle days
 - Focus on recovery and protein
 - Eat more on luteal phase days (post-ovulation)
-

20. Exercise and Fasting

- Best time to train: near the end of the fast
- Lift weights 3–5x/week
- Post-workout meal = your OMAD
- Include creatine, protein, carbs in meal

21. Supplements

- Magnesium glycinate (300–400 mg)
 - Omega-3 (2–3g/day)
 - Vitamin D3 + K2
 - Creatine (5g daily)
 - Electrolyte powder (during fast)
 - Digestive enzymes (with OMAD meal)
-

22. FAQs

Q: Will I get tired fasting?

A: You may the first week. Then energy increases.

Q: Can I work out while fasting?

A: Yes, especially resistance training.

Q: What breaks a fast?

A: Calories. Coffee, tea, water, salt do not.

23. 7-Day Getting Started Plan

Day 1–2

- 12:12 schedule
- Eat clean, no snacking

Day 3–4

- 16:8 schedule
- Meals: protein, veggies, fats

Day 5–6

- 18:6
- 1 large meal + protein shake

Day 7

- Try OMAD
- Use full meal example from above

Disclaimer

- This guide is provided for **general educational purposes only** and is **not intended to constitute or substitute for individualized medical advice**, diagnosis, or treatment. The information herein does not establish a physician-patient relationship between the reader and the author or any affiliated medical professionals.
- Any person considering changes to their diet, fasting practices, exercise routines, medication use, or supplementation—**especially those with chronic health conditions, metabolic disorders, or who are currently taking prescription medications—must consult with their physician or qualified healthcare provider prior to initiating such changes.**
- Nothing in this document should be interpreted as a personal medical recommendation, prescription, or directive. The protocols described are not intended to treat, cure, prevent, or diagnose any disease and may not be appropriate for all individuals.
- By reading this guide, you acknowledge that the author is not providing medical care or advice specific to your condition and that **you assume full responsibility for any actions taken based on the information contained within.** The author and any associated parties expressly disclaim any liability for any adverse outcomes related to the use or misuse of this information.
- **Always discuss any health-related decisions with your primary physician or licensed healthcare provider before making changes to your current regimen.**