

Break-Your-Fast Meal Templates

Bonus resource — Autophagy Transformation Bundle

The First Bite Matters Most

Your first meal after fasting should gently reactivate your digestive system — how you break your fast sets the stage for your next fasting window.

Ideal First Meal Options

- 3–4 oz wild-caught salmon with avocado and leafy greens
- Pasture-raised eggs (2–3) with sautéed vegetables in olive oil
- Chicken breast with olive oil and roasted broccoli
- Greek yogurt (full-fat) with nuts and berries (if dairy tolerant)

What to Avoid Breaking a Fast

- High-sugar foods
- Processed carbohydrates
- Large, heavy meals
- Raw vegetables (initially)
- Legumes (initially)

Two Go-To Meal Templates

Template 1: Protein + Fat Focus

- 4–6 oz protein (fish, poultry, grass-fed beef)
- 2–3 cups non-starchy vegetables
- 2–3 tbsp healthy fats (olive oil, avocado, nuts)
- Optional: 1/2 cup complex carbs (sweet potato, quinoa)

Template 2: Balanced Plate

- 1/3 plate: quality protein
- 1/2 plate: colorful vegetables
- Remaining: healthy fats and optional complex carbs

By Fast Length

Breaking Short Fasts (16–20 Hours)

- Start with something easy to digest (bone broth, fermented foods)
- Include quality protein to support muscle preservation
- Add healthy fats for satiety and nutrient absorption
- Keep refined carbs minimal to avoid an insulin spike

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Breaking Extended Fasts (24+ Hours)

- Start very light (broth, small serving of protein)
- Wait 30–60 minutes before eating a full meal
- Avoid large, heavy meals immediately — your digestive system needs time
- Be especially cautious with fiber and fat initially

This resource is for educational purposes based on personal experience and published research. It is not medical advice. Always consult your healthcare provider before starting any fasting protocol.