(Tip, click View > Show Document Outline)

**\*\*All of these were within a 1-2 hour refeed window\*\***

**9/9/2018 - refeed day 1**

Started with just 1 boiled egg, 1 cup of fish broth, 1 cup of bone broth, 6 pickle spears, 4 slices of watermelon

**9/10/2018 - refeed day 2**

2 boiled eggs with 6 pickle spears and 2 cups of bone broth with 1 cup of fish broth, 4 slices watermelon

**9/11/2018 - refeed day 3**

I had 3 boiled eggs with 6 pickle spears, 2 cups of bone broth, 1 cup of fish broth, 1 can of sardines and 6 slices of watermelon.

**9/12/2018 - refeed day 4**

I had 4 cooked eggs in 1 tbsp coconut oil, 1 can of sardines cooked in olive oil, 4 ounces of ground beef cooked in 1 tbsp kerrygold butter, 2 cups of spinach cooked with vinegar and mustard, 1 cup of kale cooked with vinegar and mustard, 1 cup of broccoli steamed with 1 tbsp butter, 1 cup of asparagus steamed with 1 tbsp butter, 1 avocado, 3 slices of watermelon, 1 cup bone broth, ¼ cup blueberries fresh.

**9/13/2018 - refeed day 5**

Ate a big burrito from a local mexican food shop and 3-4 slices of watermelon along with some pears and a cup of bone broth and a cup of broccoli

\*\*had my first BM since breaking the fast\*\* \*\*solid semi difficult\*\*

**9/14/2018 - refeed day 6**

Ate a big burrito from a local mexican food shop and 3-4 slices of watermelon along with some pears and a cup of bone broth and a cup of broccoli

**9/15/2018 - refeed day 7**

Ate a sonic double burger and a chicago dog

\*\*had my second BM\*\* \*\*solid less difficult\*\*

**9/16/2018 - refeed day 8**

I had 4 cooked eggs in 1 tbsp coconut oil, 1 can of sardines cooked in olive oil, 4 ounces of ground beef cooked in 1 tbsp kerrygold butter, 2 cups of spinach cooked with vinegar and mustard, 1 cup of kale cooked with vinegar and mustard, 1 cup of broccoli steamed with 1 tbsp butter, 1 cup of asparagus steamed with 1 tbsp butter, 1 avocado, 3 slices of watermelon, 1 cup bone broth, ¼ cup blueberries fresh.

**9/17/2018 - refeed day 9**

I had a big beef burrito supreme from taco bell, a mcchicken from mcdonalds, 2 ounces of jerky, 4 slices of watermelon, some macadamia nuts, 2 hardboiled eggs, 2 tbsp of peanut butter, and 3 tbsp of potato salad.

\*\*had my third BM\*\* \*\*solid easy\*\*

**9/18/2018 - refeed day 10**

4 ounces of calf liver with onion and garlic, 4 ounces ground beef 80/20 grass fed with onion and garlic, 2 tbsp kerrygold butter, 1 cup beet roots, 1 cup asparagus, 1 cup broccoli, 2 ounces of jerky, 4 slices of watermelon, some macadamia nuts, 2 hardboiled eggs, 2 tbsp of peanut butter, and 3 tbsp of potato salad, 1 pear.

**9/19/2018 - refeed day 11**

4 ounces bison with onion and garlic, 4 ounces ground beef 80/20 grass fed with onion and garlic, 2 tbsp kerrygold butter, 1 cup beet roots, 1 cup asparagus, 1 cup broccoli, 2 ounces of jerky, 4 slices of watermelon, some macadamia nuts, 2 hardboiled eggs, 2 tbsp of peanut butter, and 3 tbsp of potato salad, 1 pear

\*\*had my fourth BM\*\* \*\*solid easy\*\*

**9/20/2018 - refeed day 11**

4 ounces bison with onion and garlic, 4 ounces ground beef 80/20 grass fed with onion and garlic, 2 tbsp kerrygold butter, 1 cup beet roots, 1 cup asparagus, 1 cup broccoli, 2 ounces of jerky, 4 slices of watermelon, some macadamia nuts, 2 hardboiled eggs, 2 tbsp of peanut butter, and 3 tbsp of potato salad, 1 pear.

**9/21/2018 - refeed day 12**

Ate 2 big burrito supremes from a local taco shop, 1 cup of broccoli, 1 cup of asparagus. 1 pear, 8 pieces of beef jerky.

\*\*had my fifth BM\*\* \*\*solid easy\*\*

\*\*only drank water or snake juice throughout this\*\*

\*\*I only semi followed my plan that was drawn up\*\*

\*\*I screwed up with fast food, and did not gain much weight.\*\*

\*\*ended the fast with 188.2lbs/14.1% fat/161.6lbs lean/26.6lbs fat\*\*

\*\*ended the refeed with 201.1lbs/13.9% fat/173.2lbs lean/27.9lbs fat\*\*

\*\*most of this is water weight and excess which will shred easy on the next fast\*\*