

FREE GUIDE FROM NOCHEFAI

The 7-Day 16:8 Starter Plan

Ease into intermittent fasting without the crash.

THE BASICS

How 16:8 works

Fast for 16 hours, eat within an 8-hour window. Most of the fast happens while you sleep.

16
HOURS FASTING

8
HOURS EATING WINDOW

EXAMPLE WINDOW

12 PM to 8 PM

DURING THE FAST YOU CAN HAVE

- Water
- Black coffee
- Plain tea
- Sparkling water

CHECK WITH YOUR DOCTOR FIRST IF YOU

- Are pregnant or breastfeeding
- Have diabetes or take blood-sugar medication
- Have a history of eating disorders
- Are under 18

WEEK ONE

Your 7-day ramp

Add about an hour a day. Your body adapts, and you never white-knuckle a 16-hour fast on day one.

1

DAY 1

12-hour fast

8 PM to 8 AM. Easier than it sounds: you sleep through most of it.

2

DAY 2

13-hour fast

3

DAY 3

14-hour fast

4

DAY 4

14 hours + a 20-minute walk

A walk during the fast helps hunger pass.

5

DAY 5

15-hour fast

6

DAY 6

16-hour fast

You've hit 16:8.

7

DAY 7

16 hours, then check in

How are your energy, sleep and hunger? Adjust from there.

INSIDE YOUR BODY

What happens while you fast

A general guide. Everyone is different, and timings vary with what you ate and how active you are.

HOUR

12



SUGAR STORES LOW

Stored sugar (glycogen) runs low, and your body starts reaching for fat.

HOUR

16



FAT BURNING RAMPS UP

Insulin is low and fat burning ramps up. This is where 16:8 lands.

HOUR

18



KETONES CLIMB

Ketone levels rise. Many people say hunger fades here.

HOUR

24



CELL CLEANUP

Autophagy may increase. Research in humans is still early.

DAY AFTER DAY

How to break your fast

Lead with protein and fibre, and go easy on sugar. Your first meal sets up the rest of the window.



01

Greek yogurt bowl

Plain Greek yogurt with berries and a spoon of chia seeds. Protein-rich and gentle on the stomach.



02

Spinach omelette & toast

Two eggs with a handful of spinach and a slice of wholegrain toast.



03

Chicken rice bowl

Grilled chicken, rice and roasted vegetables. A full meal if you break your fast at lunch.

PUTTING IT TOGETHER

A sample eating day

One easy rhythm for a 12 PM to 8 PM window.

12:00 PM

Break your fast

One of the three meals from the last page.

4:00 PM

Snack

Cottage cheese with fruit, or a small handful of almonds.

7:30 PM

Dinner

Salmon or chicken, vegetables, and rice or potatoes.

8:00 PM

Window closes

Water, black coffee or plain tea until tomorrow at noon.

TIP

Aim for protein at every meal. It keeps you full and protects muscle while you fast.

MAKE IT STICK

5 rules to stay on track

1

Hydrate

Drink water through the fast. Add a pinch of salt if you feel light-headed.

2

Sleep counts

Most of your fast happens in bed. A good night makes the morning easy.

3

Stay busy when hunger peaks

Hunger comes in waves and passes. A walk or a task helps it fade.

4

Don't overeat to make up for it

Eat normal, balanced meals in your window. Fasting isn't a licence to binge.

5

Consistency beats perfection

A 14-hour day still counts. Pick it back up tomorrow.

YOUR NEXT STEP

Track every hour, free.

NoChefAI shows your fasting stage live, logs your meals with AI and builds recipes that fit your eating window.



Download NoChefAI · Free

On the App Store · search “NoChefAI”

This guide is general information, not medical advice.