

How do you figure out calories when intermittent fasting? Do you only eat one meal once you break your fast?

- I do not calculate calories ever, especially when I intermittent fast
- I follow the advice of Dr Fung: Fast when you fast and feast when you feast!
- This does not mean to shove every piece of junk in your face just because it is time to feast.
 - This means:
 - Eat real, whole and nutritious foods that are right for you
 - Eat until satiated, not to hit a specific goal allotted by your calculator
- Regarding only eating one meal once you break your fast
 - This is OMAD- one meal a day
 - OMAD is big in the fasting world.
- I personally do not suggest OMAD if weight loss is your goal.
 - If OMAD feels good for you and you want to use it to maintain, then OMAD it up.
 - I suggest varying your fasting hours to keep your body guessing: maybe 16 hour fast one day, a 20 hour fast the next, only 12 hour on a day you want to eat longer.
 - Everyone is different and the important part is to find a routine that works well for you.

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