

# Egg Fast Rules

- Eat at least 6 whole eggs every day
- Eat an egg-based meal within 30 minutes of waking up
- Eat an egg-based meal every 3 to 5 hours
- Eat a meal even if you are not hungry
- Eat 1 tablespoon of butter or healthy fat per egg
- Eat up to 1 ounce of full-fat cheese per egg
- Stop eating 3 hours before bedtime

