

INTERMITTENT FASTING

THE BASICS

We are incorporating intermittent fasting for even better results in weight loss, blood sugar balance, and overall hormonal balance. If you have a certain health condition, please consult with me. Intermittent fasting has been proven to provide numerous health benefits.

The idea behind intermittent fasting is to go a specific number of hours without eating. It can range anywhere from 12 to 16 hours between your last meal of the day and your first meal the following day.

The trick with Intermittent Fasting (or IF) is to figure out what feels good with your body, how long is too long for the overnight fast, and whether you want to include coffee with your fast. You will have a smaller eating window if following Intermittent fasting so you can adjust your meals accordingly. You can have two meals and snacks. You may find it too difficult to eat frequently, so space your meals and meal size accordingly.

HERE'S HOW IT WORKS

You are going to eat as you regularly would, but you are going to stop eating at a specific point in the evening (say 7 pm).

Then, you are not going to start eating the next day until a specific period of time has passed (you can have Coffee before the fasting period is over - see below).

I recommend a 12-16-hour fast. That would mean you would have your first meal the following day at 7:00 a.m. up to 11a.m. and complete your meals through the next 8 hours.

You can move your start and end times according to your schedule (work and social).

During your fasted hours you can (and should) drink as much water as possible, and you can also make and drink a simple electrolyte lemonade by mixing the juice of one lemon into a bottle of water and adding sea salt to taste. This makes sure your electrolytes stay on point during your fast and helps keep you feeling great. Other options are BCAA's.

A fast shouldn't be a miserable experience, so if you start feeling very uncomfortable, it's okay to break your fast a little early.

Remember: you're aiming to figure out what feels (and works) best in your own body, which is different for everyone.

THIS IS FOR SAMPLE PURPOSES ONLY. PLEASE CONSULT YOUR SPECIFIC MEAL PLAN

DAY 1

- 7 am: Coffee, herbal tea, water, BCAAs.
- 12:00 pm: Egg and egg white scramble with lots of veggies
- 3 pm: Tuna over mixed greens with assorted veggies, olive oil and balsamic
- 5 pm: Snack
- 7 pm: Turkey with asparagus and leafy greens
- Fast begins
- Water or electrolyte lemonade, herbal teas

DAY 2

- 7 am: Coffee
- 9 am-12:00 pm: Electrolyte lemonade, water, herbal teas, black coffee, BCAA's
- 12 pm: Avocado & Egg salad
- 3 pm: Fat Bomb
- 6 pm: Protein with veggies
- 7 pm: Snack
- 8 pm: Fast Begins
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IT IS HIGHLY RECOMMENDED TO USE INTERMITTENT FASTING ON HIGHER CARB DAYS.

