

Intermittent FASTING GUIDE



THE BENEFITS

Why intermittent fasting?

1. Weight Loss
2. Fat Burn
3. Heart Health
4. Brain Health
5. Improved Metabolism
6. Inflammation Reduction
7. Increased Human Growth Hormone
8. Cellular Repair (Autophagy)
9. Enhanced Longevity
10. Disease Prevention
11. Insulin Sensitivity
12. Reduced Blood Sugar

HOW TO

do it right



- Recommendation is a 16:8 ratio (16 hour fasting, 8 hour eating window) (Can also work up to 18:6)
- Black coffee and water only during the fast
- Always eat 30g of protein first, every time you eat: protein shake, chicken, cottage cheese, eggs, nuts, etc.
- No naked carbs (i.e. carbs that contain no protein or fiber)(toast, pretzels, etc.)
- Eat every couple of hours during the 8-hour window
- Other items IN your diet should be mostly whole foods. (80/20 or 90/10 rule in a week - 90% whole foods and 10% of the time healthier processed foods)