



FIVE STEP CHEAT SHEET: Intermittent Fasting for Fat Loss

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1) Determine Your Eating to Fasting Window Ratio:

- **12 Hours Fasting/12 Hours Eating** - Great way to begin fasting, likely the easiest; but you burn less fat.
- **16 Hours Fasting/8 Hours Eating** - Benefits of Fat loss, Autophagy (clearing of old cells), Growth Hormone increase, Increased Stem Cell Production
- **20 Hours Fasting/4 Hours Eating (Warrior Diet)** - Fastest Fat Loss; Increased Stem Cell production; Save time Preparing food, but some people experience more hunger

2) List of Approved Drinks During Your Fasting Window:

- **water**
- **sparkling water** (with no calories/sweetener)
- **herbal tea**
- **green tea**
- **black tea**
- **regular and decaf coffee** (black only)
- **No-calorie Vitamin waters** (limit these, as the Stevia or no-calorie sweetener can spike your insulin)

3) Increase Your Fat and Weight Loss:

- a. Follow a keto-style diet during your eating window;
- b. Begin your fast at least 3 hours before bedtime;
- c. Make your first meal at the end of your fast higher fat and protein with low carbs;
- d. Make your fasting window at least 16 hours
- e. Exercise during your fasting window
- f. Add Acetyl L-carnitine to your workouts - increases energy and fat-burning capability in the muscles

4) Tips to Handle Those Pesky Cravings:

- a. Drink Green Tea and Coffee - both are a natural appetite suppressant, and the caffeine in both of these will also help you burn fat!
- b. Add Fiber or Eat More Fiber to your last meal - Fiber is a bulking agent that takes longer for your stomach to digest and process. This means that your stomach feels fuller, longer.
- c. Eat More Fat at Your Last Meal - Fat also takes awhile to break down, and doesn't spike insulin, so you don't experience the blood sugar spike and resulting crash.
- d. Add a 'Crave Buster' supplement during your eating window that contains one or more of these nutrients:
 - Chromium,
 - Low-dose 5-HTP,
 - Relora (Magnolia and Phellodendron),
 - Ashwaganda,
 - P5P
 - Acetyl L-Carnitine

5) How to Take Your Supplements during IF:

- a. Fasting-approved supplements: Water-soluble vitamins such as B-vitamins, Vitamin C and Minerals, such as Magnesium, Potassium, and Calcium
- b. Avoid these during fasting: Collagen, BCAA's, Workout Blends, Protein powders, Fat-soluble vitamins such as Vitamin D3, Vitamin A, Vitamin E, Fish oil

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