

# Intermittent Fasting

## Quick Start Guide

by Rach Burton | @suchaloveyred | rach@suchaloveyred.com

With intermittent fasting, you only eat during a specific time.

### Tips

- **Eat enough protein and fat in each meal to feel satisfied and happy.** Agree to nourish yourself at each meal versus eating junk food that is more about dopamine addiction than providing you with nutrients.
- **Break fasts with good fats and protein.** Having fat first will shut off your body's hunger hormone (ghrelin). Try an avocado with sea salt, or some Greek yogurt. For protein try eggs, lean meat, or black beans.
- **Add 2-3 tbsp. of healthy fat** like coconut butter or avocado oil, in the last meal of the day to keep blood sugar levels steady overnight.
- **Probiotic-rich foods replenish your gut microbiome,** which plays a key role in regulating your blood sugar. Try fermented foods like kefir or kimchi.
- **If you eat fruit, keep it whole.** Smoothies break down the fiber in fruits in a different way. Consume fruit at the end of your meal, to avoid insulin spikes getting too high.

### 16:8 Schedule

#### Eating Window: 11:00 AM to 7:00 PM

Most people start with a 16:8 fasting protocol and an eating window of 11:00 AM to 7:00 PM, but you can choose any time frame.

An 16:8 protocol is 16 hours fasting and an 8 hour eating window in a 24-hour cycle. This is comfortable for most people and very common for those just starting out. It feels like skipping one meal a day! Sixteen hours may sound like a long time to go without food, but your sleeping hours count toward your fast.

**10:00 AM**

#### FASTED WORKOUT

Even if you don't exercise regularly, take a brisk walk to reap fat burning gains. Even just around the house.

**11:00 AM**

#### MEAL #1

Your window opens! If you're still hungry afterwards, drink some water and delay your cravings until the next meal.

**5:30 PM**

#### MEAL #2

Be sure to eat enough lean protein, fat, and fiber to keep you feeling sated and strong in the next fast.

**7:00 PM**

#### START FASTING

Your fast starts now! Drink unflavored water and plain coffee or tea if you want, until your fast ends.

### While Fasting

No food is allowed during the fasting period, but you can drink water, coffee, tea and other non-caloric beverages. Drink only plain, unflavored water, mineral water, plain black coffee, plain black or green tea. Taking supplements is generally allowed while fasting, as long as there are no calories in them.

This is my experience and not medical advice. Discuss any concerns with your doctor.