

# **‘You Don’t Have to Eat Kale to be Healthy’ High Fat/Low Carb Program!**

## **Week 4 Guide to Intermittent Fasting**

### **The Basics**

At this point in the HFLC plan, you can incorporate intermittent fasting for even better results in weight loss, blood sugar balance, and overall hormonal balance. Incorporating intermittent fasting is completely optional, only do this if it feels right for you.

The idea behind intermittent fasting is to go a specific number of hours without eating. It can range anywhere from 12 to 18+ 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.

### **Here’s How It Works**

On a fast day, 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).

If you decide on a 16-hour fast that would mean you would have your first meal the following day at 11 am. An 18-hour fast would mean your first meal the following day would be at 1 pm.

Then you are going to continue eating normally the rest of day two.

You can repeat fast days as often as you like; two to three times a week works best for most people.

During your fasting 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.

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.

## **Example of a week with two periods of IF of 18 hours:**

### **Day 1 (fast day #1)**

7 am: Coconut Coffee (recipe in meal plan 1) with bacon and eggs

1 pm: Tuna over mixed greens with assorted veggies, olive oil and balsamic

3 pm: Almonds and Coconut chips or Coconut Coffee (recipe in meal plan 1)

6 pm: Salmon with asparagus and butter

7 pm: Fast begins

8 pm: Water or electrolyte lemonade

### **Day 2 (fast day #2)**

7 am: Coconut Coffee (recipe in meal plan 1)

9 am-1 pm: Electrolyte lemonade and water

1 pm: Bacon and eggs (breakfast)

6 pm: Steak with Caesar salad

8 pm: Fat Bomb

### **Day 3 and 4 (regular days)**

### **Day 5 and 6 (repeat fast days)**

### **Day 7 (regular day)**

**Rinse-Repeat**