

Intermittent Fasting

Intermittent fasting are periods of voluntary absence of food for personal or spiritual reasons.

Mostly done for 2 reasons:

- Spiritual
- Health

It is a compressed eating window (8 hours)

Should be done 1-2 times a week, depends on how you feel; use your intuition

Avoid sugar, grains, excess proteins and industrial oils

Must first get into ketosis – check with glucose blood monitor not urine strips

Continuous ketosis for at least 14 days ideally 21 days

Should be able to eat only 2 meals/day and feel energetic and great cognition

Sleep should be good- sleeping through the night

Stress is under control

Not losing hair

The opposite of intermittent fasting would be a carb refeed day

A great way to break a weight loss plateau

Do if you feel you don't have the excitement or stamina for your workouts

If you are taking too long to recover from workouts

Muscle and joint pain

Find what works for you and use non gluten sources for carb refeed days

Ideally the sweet spot for women is about every 7 days but you may find that every 10 or 14 days works for you; be intuitive

The 2 most common refeed strategies for women are:

- Protein fast for 24 hours which means as close as possible to zero protein, high fat and approximately your weight in grams of carbs e.g. 150 lbs. lady would consume about 150 grams of carbs which should come from *primarily fruits, starchy vegetables and non-gluten grains*, no sugar or alcohol; sometimes even 100 grams is sufficient

- Carb refeed with your weight in carbs (*as mentioned above*), e.g. 150 lbs. lady will consume 150 grams of carbs or 7.5 keto carb points, high fat (what you found was your sweet spot the first 3-4 weeks) and moderate to low protein which can be about 60-80 grams or 6 to 8 keto protein points.

The above refeed strategies are simply guidelines and you may find that increasing or decreasing the macros work best for you. Once again the goal is develop an intuitive eating plan for you! It will be changing as you are changing.