Fasting **Cheat Sheet**

Remember: There are no rules. The key to IF success is listening to your body and finding a sustainable fasting routine that works for you.

Choose Your fasting Schedule

Follow a 16/8 or 20/4 IF schedule. Choose start/stop times that work for your schedule

	16/8		20/4	
0	6am - 10am	0	6am - 11am	Fasting
	10am - 6pm		11am - 3pm	Eating
0	6pm - 10pm	0	3pm - 10pm	Sleeping & Fasting
(zzz	10pm - 6am	(zzz	10pm - 6am	

Shop Smart

Enjoy These Foods

Fasting is more about when you eat than what you eat... but you are more likely to see results if you follow a healthy, whole-foods based diet during eating windows.



leafy greens



vegetables & roots

wild-caught fish



fermented foods (non-dairy)



pastured meat & eggs



sprouted grains extra virgin olive oil & legumes



nuts & seeds

fresh fruit

Avoid These Foods









sugar & artificial sweeteners

refined oils

white flour/ gluten

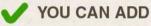
processed. convenience foods

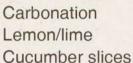
Tip 3

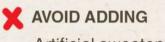
Stay Hydrated

WATER







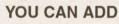


Artificial sweetener Crystal light

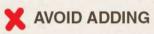


TEA & COFFEE









Milk/cream Artificial sweetener Coconut oil or butter



Tip 4

Follow a Tea Drinking Schedule

The active plant compounds in tea (like polyphenols, caffeine, and I-theanine) can enhance the benefits of fasting while making fasting windows easier and more enjoyable.

UPON WAKING













MID-DAY

1-2 cups black/oolong

MORNING

Bergamot Black Fasting Tea English Breakfast Black Tea Sacred Lily Oolong

Fermented Pu'er Black Tea

Ginger Green Fasting Tea Matcha Green Fasting Tea

1-2 cups green

EVENING



AFTERNOON



1-2 cups green/white

1-2 cups black/oolong

Bergamot Green Fasting Tea White Peony



 Cinnamon Herbal Fasting Tea Ginger Digestion Elixir

Break Your Fasts Gently





Avoid rich,

heavy foods









Plan Go for cooked ahead veggies, not raw

Eat mindfully

and chew

Tip 6

Don't

overeat

Enjoy New Routines

ONLY EAT AT TABLE.

If you have a rule that you can't eat in your car, on the sofa, at your computer or grazing the break room at your office, you'll cut down a substantial amount of mindless snacking.



PRACTICE MINDFUL EATING.

Notice the colors, aromas, textures and flavors of each bite. Put down the phone, shut off the TV, chew and focus. Science tells us we'll actually get full faster this way.



REPLACE YOUR HABITS.

If you were used to sitting down to breakfast at 7 every morning, that comfort can be hard to give up while fasting. Sit down and enjoy a cup of tea or black coffee instead.



STAY BUSY.

We've all had stressful days at work where you're too busy to eat. Distraction works wonders at getting the hunger habit to pass. Keep yourself occupied with work, friends, exercise, self-care or anything non-food related.



Troubleshoot the Challenges



CRAVINGS

Distract yourself Embrace the hunger Walk away from temptation



HUNGER PANGS

Sparkling water Green or black tea Cinnamon Coffee



HEADACHES/ **DIZZINESS**

Water (mineral water helps salt withdrawal)



CONSTIPATION

Eat more fiber during eating windows (fruit, vegetables, soaked chia seeds)



MUSCLE CRAMPS

Consider a magnesium supplement Soak in an epsom salt bath

