

# 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.

## Tip 1 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		
	6am - 10am		6am - 11am	Fasting
	10am - 6pm		11am - 3pm	Eating
	6pm - 10pm		3pm - 10pm	Sleeping & Fasting
	10pm - 6am		10pm - 6am	

## Tip 2 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.



### Avoid These Foods



## Tip 3 Stay Hydrated

### WATER

- YOU CAN ADD**
  - Carbonation
  - Lemon/lime
  - Cucumber slices
- AVOID ADDING**
  - Artificial sweetener
  - Crystal light



### TEA & COFFEE

- YOU CAN ADD**
  - Cinnamon
  - Nutmeg
  - Stevia
- AVOID ADDING**
  - 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 l-theanine) can enhance the benefits of fasting while making fasting windows easier and more enjoyable.

### UPON WAKING



- 1-2 cups black/oolong**
- Bergamot Black Fasting Tea
  - English Breakfast Black Tea

### MORNING



- 1-2 cups black/oolong**
- Fermented Pu'er Black Tea
  - Sacred Lily Oolong

### MID-DAY



- 1-2 cups green**
- Ginger Green Fasting Tea
  - Matcha Green Fasting Tea

### AFTERNOON



- 1-2 cups green/white**
- Bergamot Green Fasting Tea
  - White Peony

### EVENING



- 1-2 cups herbal**
- Cinnamon Herbal Fasting Tea
  - Ginger Digestion Elixir

## Tip 5 Break Your Fasts Gently



## Tip 6 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.



## Tip 7 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