

# fasting lifestyle guide

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*Lose weight by incorporating  
intermittent fasting into a  
healthy lifestyle.*

Have you struggled with your weight for years?

Have you tried every diet under the sun?

Have you counted calories to lose weight, only to gain the weight right back?

Have you plateaued in your weight loss journey and cant seem to tip the scale no matter what you try?

If you answered YES to any of these questions, this lifestyle guide is perfect for you. In the past, I struggled with my weight. After having my first child, the struggle became very REAL. I exercised like a crazy, cut calories, tried the infamous lemonade(Beyoncé) diet, the cabbage soup diet, pills, and the list goes on...and on...AND ON.

After years of struggling with my weight, and reaching my highest weight of 215lbs, I realized that I needed to make a lifestyle change in order to achieve and maintain my weight loss goals. After prayer and extensive research, I discovered intermittent fasting, and was able to unlock the door to a lifestyle without dieting, meal planning, or obsessing over calories. #PRAISBREAKINSESSION

I have since lost over 55lbs and have maintained my weight for almost two years. This guide will give you the fundamental steps to incorporate intermittent fasting into your lifestyle.

All the best,

*Alexis*

Creator of Fast Down the Pounds

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2

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# Fasting Lifestyle Guide

So what the heck is intermittent fasting? It is simply a timed eating schedule. It is not a program that dictates what you eat. It is not a system for tracking macros, calories, or points. Intermittent fasting is just what the name says; fasting intermittently. In a 24 hour day, you will fast (not eat or drink any calories) anywhere from 12-16 hours. Longer fasts are an option, but if you read the last sentence and thought to yourself "no food for 16 hours? This chick is crazy!", then you are probably not up for a 24-36 hour fast anytime soon. Now out of a 12-16 hour fasting window, you are sleeping anywhere from 6-8 of those hours, at least hopefully. So congratulations, half your fast is already complete! That was easy right? Now for the hard part. During this last half of your fast, you should only drink water, herbal teas (NO SUGAR), or coffee (NO CREAM NO SUGAR) However some exceptions can be made to help you get through a fast (**See additional tips**). And you may eat....drumroll please...ABSOLUTELY NOTHING. Sounds crazy I know, but before you close this document thinking this sounds like some unhealthy fad diet, let me assure you, it's healthy, and as we established before...its not a diet...its a schedule. The trick to fasting is when you abstain from eating for long periods of time, it allows your body to tap into your fat stores to **burn fat** for energy. When you consistently eat, for example, 3 meals per day plus snacks, you cause your body's **insulin** to spike constantly, which eventually causes your body to **store** more fat. It is a process we all go through each time we eat, but if you have struggled with your weight long term, its very possible that you are a fat-storing machine, vs a fat burner. Fasting changes the game.

Once you incorporate regular fasts into your schedule, you start the process of training your body to burn fat by tapping into you fat stores. **The tips provided in this guide are not to be used as medical advice. You should always consult your physician before making changes to your**

## **Commit.**

Fasting is not easy, so you will need to determine why losing weight and getting healthy is important to YOU. Is your goal to fit into a size 8? Write down how fitting into that size 8 will make you feel. Buy a dress or pair of jeans in that size and picture yourself in them. Is your goal to run a marathon? Think about the feeling you will have when you complete a 5k for the first time. Write these feelings down in a journal or on a post-it note and refer back to them regularly.

## **Pick your Fasting Schedule.**

If you have never fasted before, it is best to pick a schedule that is fairly simple to follow. I recommend the 16:8 schedule for this reason. This means that you will eat during an 8 hour window, usually 2 normal sized meals, and for 16 hours you will fast. As I stated before, you will sleep a large portion of this time. You can ease your way into this schedule by fasting for 12 hours at first then gradually working your way up; or you can go all in. Listen to your body and do what feels good. An example of a 16:8 schedule looks like this: Last meal/dinner at 8pm. No food until 12pm the next day. From 12pm-8pm you may eat. After 8pm, the fasting begins again. With this schedule, you are basically skipping breakfast, however, you can adjust it to fit your lifestyle in order to make it easier for you.

## **Clean up your diet.**

Just incorporating fasting into your lifestyle is a huge step in the right direction. However, you should make changes to your diet in order to maximize weight loss AND improve your health. What you eat matters if you want to live a healthy life, fasting is only a tool to help you manage WHEN you eat. The best place to start making changes is to drastically cut out sugars and processed carbs. These culprits spike your insulin the highest and fastest which in turn cause fat storage.

## Exercise.

Pairing regular exercise with the tips provided above will help the process along, but should not be depended on solely. You don't have to get crazy in the exercise department either. As a mother and a wife, I understand how finding time to workout can be difficult. Spending hours in the gym isn't convenient for most people, and in my opinion isn't really necessary unless you are an athlete or bodybuilder. Keep it simple. Incorporating some resistance training or weights has been shown to increase lean muscle mass, decrease blood sugar levels, and improve coordination. Cardio exercises are also great for your cardiovascular system, stress reduction, and improved heart health. 30 mins of exercise 3 to 4 times a week is a great addition to an improved diet. You can workout while in a fasted state, this is harder for some than others. Listen to your body and stay hydrated. To err on the side of caution, schedule workouts within your feeding window if possible.

### ***Additional Tips.***

Fasting does take some adjusting and getting used to. You will feel hungry, grumpy, or tired initially. If you find it hard to complete a full 16 hour fast, you can ease your way into fasting by incorporating the following into your fasting window:

***Drinking homemade bone broth.*** [\(Click for Recipe\)](#)

***Adding 1 to 2 teaspoons of heavy cream (not milk) to your coffee.***

***Adding 1 to 2 teaspoons of grass-fed butter to your coffee.***

***Drinking 2 tablespoons of apple cider vinegar in 8 oz of water.***

***Drinking green tea or coffee to help with hunger.***

***STAY HYDRATED with lots of water.***

The key is to keep your insulin as low as possible to allow the body to access fat in the body for energy. Last, but not least, if you feel sick or weak, EAT and consult your doctor. You will not perfect fasting overnight, and are not a failure if you don't complete a full fast. As mentioned above, you can start small, 12 hours is a good starting point, then work your way

up

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5

# ARE YOU READY TO LOSE THE WEIGHT FOR GOOD?

Trust me when I say, YOU CAN!

Once you understand why your body is working against you despite all your efforts, I can help you identify how to make the lifestyle changes necessary to lose the weight and keep it off for good. You are not a failure. You are not doomed to live in a body you are not comfortable with for the rest of your life. You can make the changes necessary to get in control of your body.

In my program Fast Down the Pounds, I teach you how to lose weight by pairing Intermittent Fasting with a healthier diet. You will receive evidence based education on how your body works and what steps you need to take in order to trigger fat loss. You will also receive the support you need in a step by step process on making Intermittent Fasting and healthy food choices a lifestyle, not a temporary quick fix.

With your dedication and commitment to the process, by the end of this program you WILL:

1. Lose 10-20lbs
2. Be able to make healthier food choices.
3. Incorporate regular exercise into your lifestyle.
4. Incorporate regular fasts into your daily life.
5. Be able to overcome obstacles that prevent you from sticking to a healthier lifestyle.
6. Develop healthier eating habits and patterns.

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