

Intermittent Fasting

3 meals per day followed by a fasting period

Start your first meal at 12:00 noon - Fresh Juice or Protein smoothie or Protein plus veggies

Next meal at 3:00 pm - Fresh Juice or Protein smoothie or Protein plus veggies

Next meal at 6:00 pm - Balanced meal

1. A portion of a lean protein source (like chicken, grass-fed beef, wild salmon, turkey, eggs)
2. A half cup of a nutrient-packed complex carbs like half a sweet potato, quinoa, barley or beans
3. A cup or two (eat all you want really) of fibrous veggies like asparagus, broccoli, cauliflower, peas or a dinner salad. (Use a bit of olive oil and seasonings to flavor.)

Drink at least 8 large glasses of water per day (important)... and enjoy a cup of green tea or organic coffee most mornings. Then, one day a week, take a day "off " and eat regular meals all day. Do this for 30-days and then take a full week off and repeat.

