

How to turn on *the switch*...

- Intermittent fasting—trips the **metabolic switch**
 - Alternate day fasting
 - Time restricted feeding or calorie restriction (30-40% less calories than ad lib diet)
 - Consecutive day fasting

- Training 'low'
 - Workout before eating or 4 hours after a meal
 - Refuel after workouts

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#1 Intermittent Fasting—Time Restricted Eating

- 12 hour fast—every night
- May extend to 14-16 hours

Normal eating day


- 7-9 am may break the fast
- Breakfast
- Lunch
- Dinner

- 6-7 pm
- Begin 12 hour Fast



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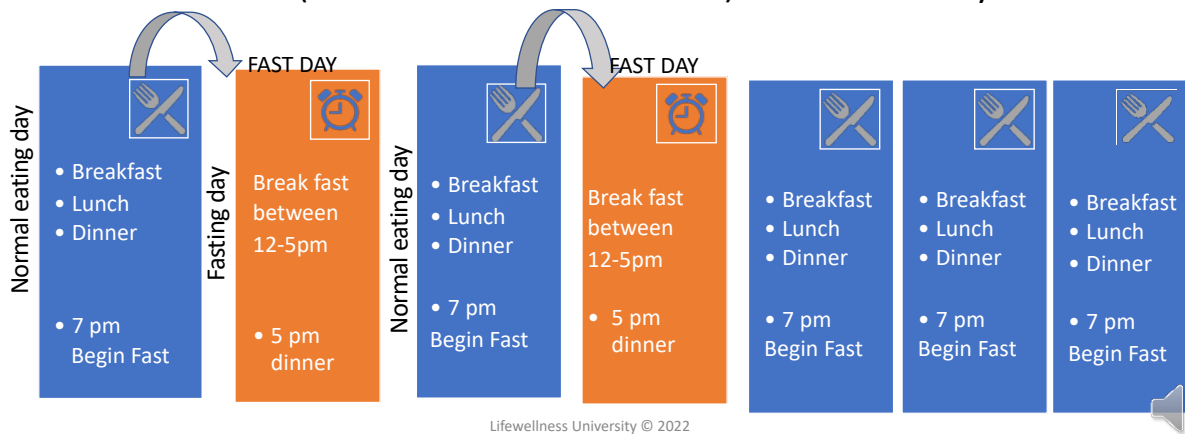


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#2 Intermittent fasting-Alternate Day

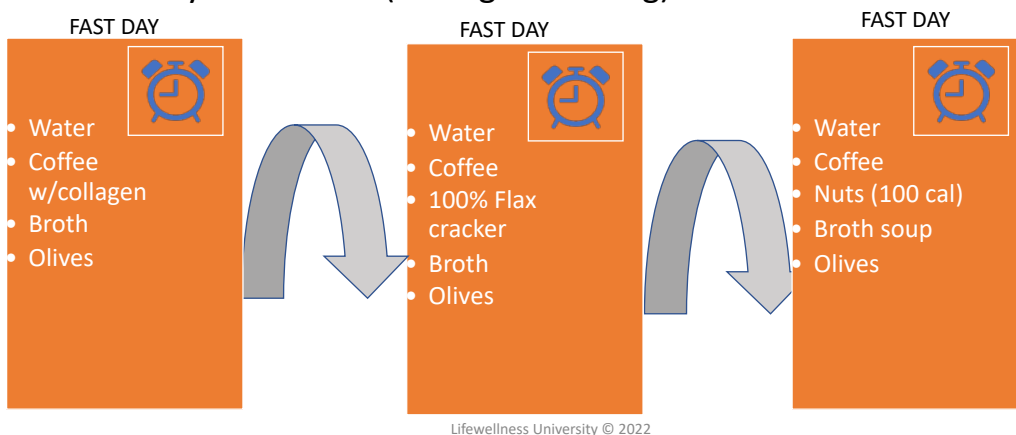
- 12 hour fast
- Caloric restriction (20-40% less than ad lib diet) on alternate days



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#3 Periodic fasting

- Consecutive days of fasting (3-5 days)
- Water or very low calorie (fasting mimicking)



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Best Choices for meals

- Lean protein and plant-based protein:
 - Beans, nuts, seeds, chicken, fish, eggs
 - Dairy, if tolerated
- Vegetables and fruits—4-5 cups per day
 - Leafy greens, roots and shoots!
 - Squashes, tomatoes, chilies
 - Herbs
 - Berries, apples, citrus
- Healthy fats
 - Fatty fish, avocado, nuts, seeds, olive oil
- Whole grains---**very little refined flour**
 - Perhaps no gluten
 - Oats, quinoa, brown rice, ancient grains, millet, amaranth, farro, etc.



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1700-1800 Calorie Meal Guide

	Day 1	Sample Menu 1	Sample Menu 2	Sample Menu 3	Tips
Breakfast 300-350 cal	1- cup starchy carb 1 protein (~7 g—just get close or surpass) 1 cup fruit	1 cup almond milk 1-cup berries 1 scoop protein powder 2 Tbsp. ground flax seed leafy greens ok- handful	1 cup plain yogurt OR oatmeal 1/2 cup blueberries 1/3 cup granola OR 3 Tbsp. nuts Coffee black or w/almond milk	1 eggs 1 slice sourdough or whole grain loaf 1/2 avocado Veggies---add to eggs Coffee black or w/almond milk	Daily 2-3 servings (1 whole fruit or 1 cup) fruit a day 1 main dish salad a day 64 oz. water (flat or carbonated) MINIMUM
Morning Snack	None	See Snack handout or tip column for ideas			Afternoon Snack Ideas 200 cal Hardboiled egg + 1 cup fruit 10 crackers + 1/2 cup guacamole Apple + 1 Tbsp. nut butter Beef jerky, 1-2 oz. (check calories) + small apple Trader Joes raw almonds packet
Lunch 450-550 cal	Unlimited veggies 1 starchy carb 2-3 oz. protein 1-2 serving healthy fat	Entrée Salad: 4-5 cups greens of choice 1/2-cup beans or quinoa 1/2 chicken breast or 6 shrimp or 4 oz. salmon or filet 1/3 avocado 2 Tbsp. olive oil-based dressing	1/2 cup rice/quinoa/lentils 2 cups veggies (raw/cooked) 4 oz. chicken/fish		IF YOU NEED a SWEET TREAT: 100 cal 1-2 Sambazon Acai Bites 1/2 cup yogurt 1 cup blueberries 2 Tbsp. whipped cream or coconut or cashew cream Small apple with Saigon cinnamon Small protein bar (Rx Kids or Clif Kids)
Afternoon Snack 200 cal	1 veggie + protein OR 1 fruit/starch + protein	Crudité + 1/2 cup hummus	10 crackers + 1/2 cup guacamole	1 apple + 1 Tbsp. nut butter	Portion sizes to remember: Fruit: 1 cup or 1 small Veggies: 1 cup raw or 1/2 cup cooked, NO LIMIT Protein: 3-4 oz. Meat/cheese (1 oz. Max. on cheese) 2 Tbsp. nuts/nut butter Carbs: 1 slice bread, 7-10 crackers, 1/2 c. rice/quinoa/corn/mashed potato, 1 c. cooked pasta, starchy veg like cut up potato, oatmeal Fat: 1 Tbsp. or about 90 calories
Dinner 450-550 cal	Unlimited veggies 1 1/2 starchy carb 3-4 oz. protein 1-2 serving healthy fat 1 fruit	3-4 oz. of fish 2 cups sautéed vegetables, 1 cup roasted potatoes OR 3/4 c. rice/quinoa 2 Tbsp. olive oil on veggies 1 cup berries with 1 Tbsp. coconut cream or yogurt	Lean and Green-3 days/week 3 oz. Protein of choice 2-3 cups veggies 1 Tbsp. Healthy Fat (avocado/olive oil/tuna/salmon/nuts)		
Evening Snack	None				

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Summary:

- Time restriction, alternate day, periodic fasts
- Reduces caloric intake and controls inflammation
 - Promotes autophagy and cell senescence = less disease, longevity
- Start with 12 hour fast
- Add alternate day fasting
- Periodic fasts at your discretion
- Choose high quality foods---limiting meals, potentially limits nutrients

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