

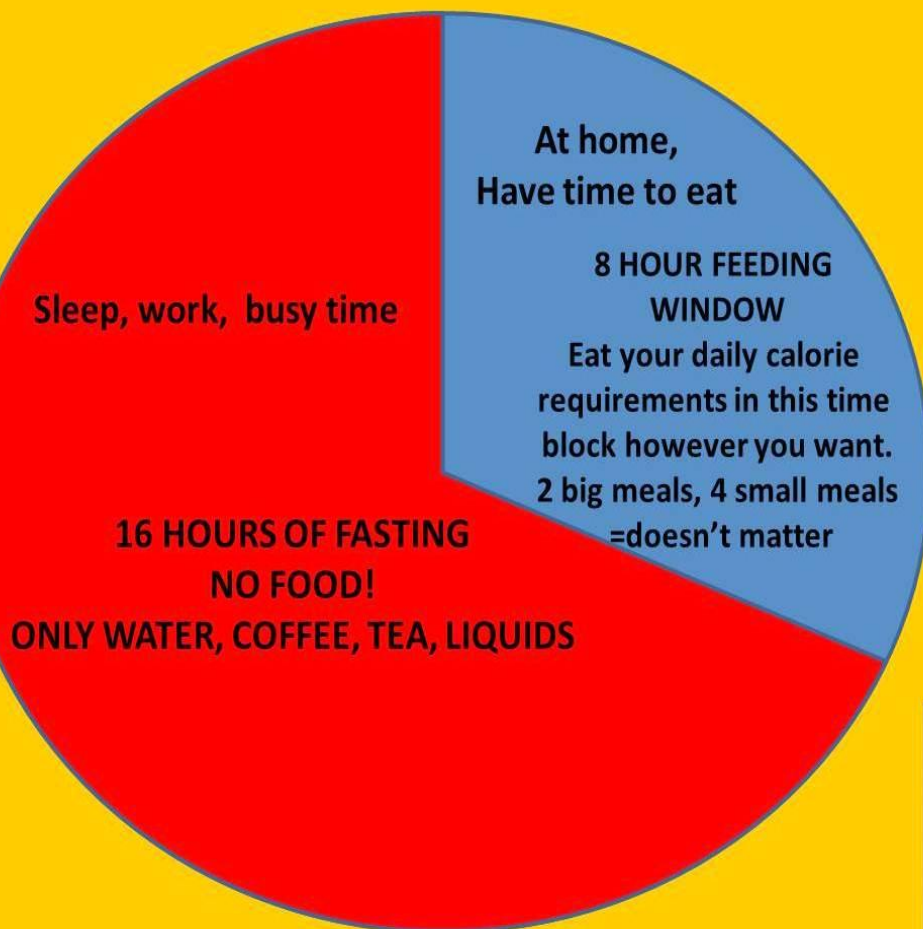


Free Intermittent Fasting Handout



This is an example of the Lean Gains IF Method that I use

Intermittent Fasting (IF) 101



Example Schedule:

This is what I use.

10pm-2pm Fast

2pm-10pm Eat

Use whatever

Times that work

with your schedule

But you still have to eat
the right amount of the
right stuff during your
feeding window

Preferably you are not fasting post workout
but its not a show stopper



3 Popular IF Methods

Lean Gains

Fasting window
Men: 16 hours
Women: 14 hours

Feeding window:
Men: 8 hours
Women: 10 Hours

Warrior Diet

Fasting window
20 hours

Feeding window:
4 hours

**They recommend
one large feast at the
end of the day.
However, You can eat
however you like in the 4
hour window**

Eat Stop Eat

Fasting window
**24 hours, conducted 2-
3 times per week**

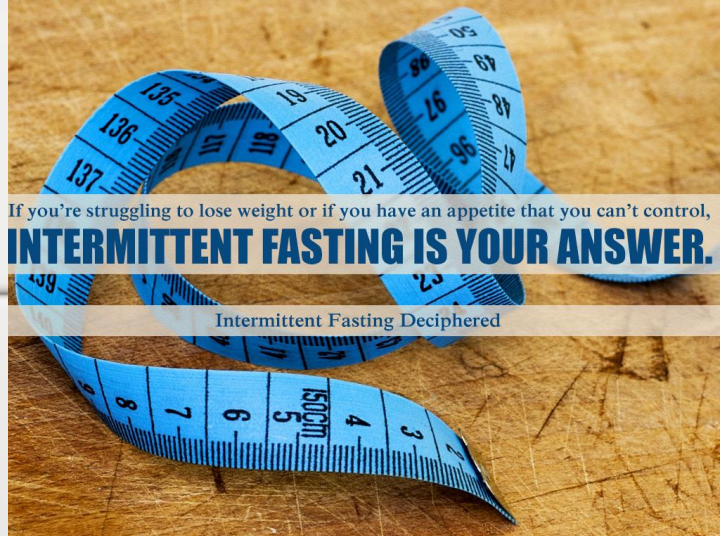
Feeding window
**Normal eating
however you prefer on
the non-fasting days**



**INTERMITTENT FASTING IS
EXTREMELY SIMPLE IN CONCEPT.**

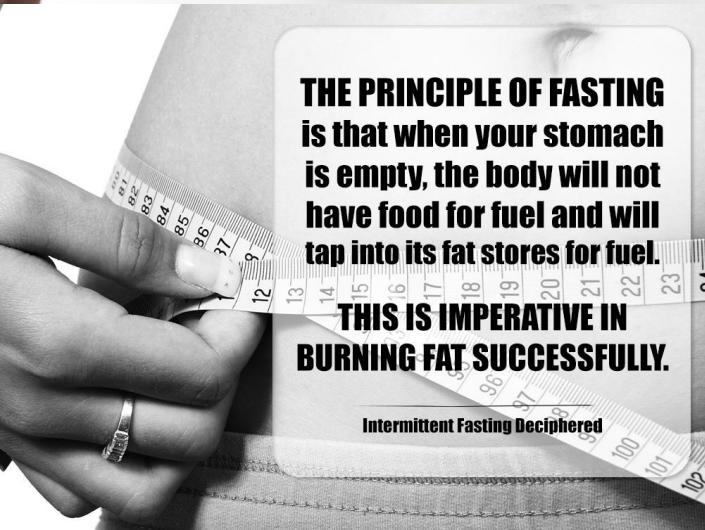
It doesn't involve detoxification,
low carbs, ketogenic dieting, etc.
None of that is an issue...
All you need to do is eat and fast...
that's it.

Intermittent Fasting Deciphered



If you're struggling to lose weight or if you have an appetite that you can't control,
INTERMITTENT FASTING IS YOUR ANSWER.

Intermittent Fasting Deciphered



**THE PRINCIPLE OF FASTING
is that when your stomach
is empty, the body will not
have food for fuel and will
tap into its fat stores for fuel.**

**THIS IS IMPERATIVE IN
BURNING FAT SUCCESSFULLY.**


Intermittent Fasting Deciphered



INTERMITTENT FASTING DOES NOT CONCERN ITSELF WITH WHAT YOU EAT.

The diet is secondary. What really matters is that you **MUST** be compliant during the fasting period. This is when the body will utilize its fat stores for energy.

Intermittent Fasting Deciphered



**INTERMITTENT FASTING
will help you lose weight
and exercise will not only
speed up the process but
in the long run, it will
keep off the fat.**

Intermittent Fasting Deciphered



Unlike a fad diet which only works for a short while,

INTERMITTENT FASTING IS A WAY OF LIFE.

You will be eating real food and getting all the macronutrients you need. There are no restrictions.

Intermittent Fasting Deciphered



I recommend when doing IF, that you eat the right amount of the right protein, fats and carbs during your feeding window to support your goals. Starving or undereating is not recommended.

EVERY SMALL CHANGE HELPS. ONCE YOUR DIET IS ON POINT AND YOU ARE ON THE IF PLAN, YOU WILL BECOME A FAT BURNING FURNACE.

Intermittent Fasting Deciphered



Adopting the IF method
will be difficult initially.

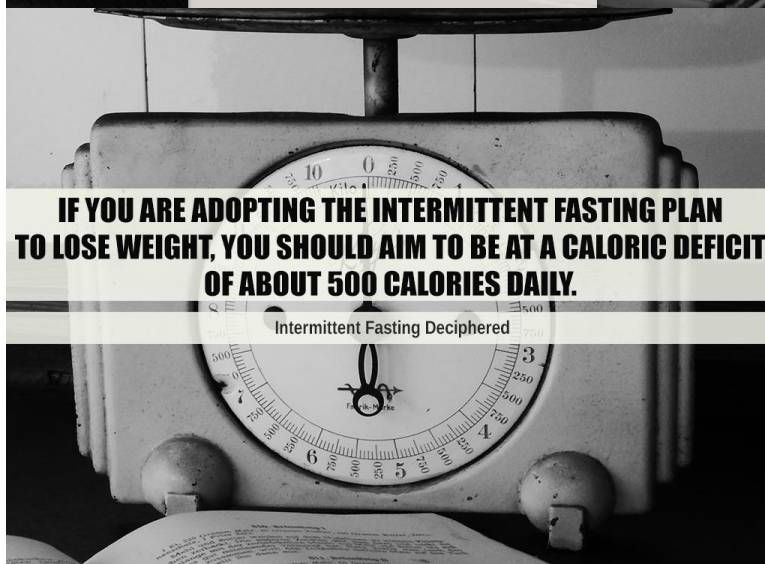
This is a given.

You should mentally prepare
yourself to stay the course
for 2 weeks. Do not throw in
the towel just because you
slip up every now and then.

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**IF YOU ARE ADOPTING THE INTERMITTENT FASTING PLAN
TO LOSE WEIGHT, YOU SHOULD AIM TO BE AT A CALORIC DEFICIT
OF ABOUT 500 CALORIES DAILY.**

Intermittent Fasting Deciphered



**Always check with your doctor before beginning any fitness or
nutrition program. IF is not for everyone. See if it is right for you!**

If you would like more in-depth information on intermittent fasting, my ebook “Intermittent Fasting Deciphered” is available and on sale for a limited time here:

<http://dempseysresolution.com/IntermittentFasting.html>

If you grab it now, I am giving away a free bonus with it. You get my 10 Minute Home Workout 4 Week Program Volume 1 for FREE.

