WEEK 11

MEAL TIMING & FASTING

THE SWEAT EFFECT

TOTAL TRANSFORMATION PROGRAM
The fact of the matter is, fasting works for some peoples’ schedules and not for others. That being said, it doesn’t necessarily make weight loss progress any faster doing it, especially if you are trying to force yourself to eat during certain times. It is something that I personally like doing because it compresses the amount of food, calories and volume that I am eating into a shorter time frame rather than spreading it out longer throughout the day. It leaves me feeling extremely satisfied, and I never really was a big “breakfast first thing” type of a person anyways. If you listened to Episode #4 of The Butterfly Effect Podcast I talk about how my work and homelife schedule allow for this 12 hour window of fasting.

Some studies have shown that 12 Hour Intermittent Fasting can:

1. Improve Brain Health. Fasting has been shown to support mitochondrial health and anything that supports mitochondrial health also improves brain health. According to research published, there is even some evidence that intermittent fasting may reverse progressive brain disorders.

2. Enhance Detoxification. Your body is constantly trying to detoxify itself 24 hours a day.
The body uses a great deal of energy to detoxify, but it also uses a great deal of energy to digest food. When your body is not busy digesting food, it can focus its energy on eliminating toxins and healing. Giving your body time to focus solely on cellular repair through the process of 12-hour intermittent fasting can be incredibly beneficial for optimizing detoxification.

3. Reduce Inflammation. Fasting “turns on” the NRF2 gene pathway, which not only produces a dramatic increase in antioxidant protection and enhanced detoxification, but can also decrease inflammation.

**Benefits of Fasting**

**Increases**

- Digestion. Giving your digestive system a solid 12 hours of rest allows your body to efficiently process the nutrients you have consumed throughout the day.

- The release of toxins. By refraining from eating for 12 hours and making sure to stay well hydrated, you allow your body to naturally process and prepare toxins for release through sweat and urine.

- Enzymes that burn fat. It is easier to maintain energy levels on a 12-hour fasting schedule daily than an extreme fasting schedule for a longer period of time. While some people feel a temporary energy boost on longer fasts, their energy level comes crashing back to earth as soon as they return to their regular diet and schedule. By consistently following a regular eating pattern with a brief fasting period, your body produces enzymes that burn fat.

- Grehlin levels, aka the hunger hormone which can reduce overeating.

**Decreases**

- Hunger by eating more food over a shorter period of time.

- The risk of common age-related and chronic diseases including diabetes, heart disease and even cancer and encourages healthy insulin levels and leptin sensitivity.

- Inflammation.

- The chance of weight gain.
4. Improve Weight Loss/Weight Management. In general it takes between 6 to 8 hours for the body to burn through its glycogen supply. When glycogen is depleted the body will then turn to the energy stored in fat cells. Eating constantly all day long can make it harder for the body to burn fat. Extending the time between eating with 12 hour intermittent fasting can force your body to tap into stored fat reserves.

As always the most important thing is the amount of calories we are intaking paired with the right amount of protein to optimize our weight loss. As stated above, a 12 hour fasting window may just not work for you and that’s totally ok! However, this program is all about maximizing the tips and tricks that I have, so in the spirit of the program, we will be playing around with this for the next couple weeks to find what works best for you. Remember this is not an excuse to undereat our calories, your protein and calorie goals remain the same as always.

Meal Frequency

How Many Meals Are Best For Weight Loss?

Example: 1800 Daily Caloric Intake

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Total Calories Are The Most Important Element...

NOT Meal Frequency

Choose the number of meals that you enjoy and what works best for YOU!
Take 10 minutes to sit down each night and pre-plan the next day’s meals and snacks into MFP to ensure you hit your personalized protein goal within no less than -5 grams and stay within 50+/- calories of your calorie goal.

Transfer your daily protein and fibre grams from MyFitnessPal as well as your water intake (in cups), daily exercise, weigh-ins and any other information (such as your steps and sleep) that you don’t have synced to the Nudge app.

Be conscious of what time you ate your last meal or snack before bed and what time you ate your first meal or snack when you get up the next day. If your schedule allows for it try stick to a 12 hour eating window. Track how many hours you fasted for each day in your Nudge app.