

# FORSE LIFESTYLE COACHING

# INTERMITTENT FASTING GUIDE

## INTERMITTENT FASTING BASICS

The 16/8 Method involves fasting every day for 14-16 hours, and restricting your daily "eating window" to 8-10 hours. You can fit in three or more meals within that eating window, so you're still getting all the calories you need. For women, it's generally recommended to only fast for 14-15 hours, as they seem to do better with slightly shorter fasts.

This fasting method can be as simple as not eating anything after dinner and skipping breakfast. For example, if you finish your last meal at 8 PM and then don't eat until 12 noon the next day, you're technically fasting for 16 hours between meals.

Many breakfast skippers instinctively eat this way, so this isn't a challenge. But for people who get really hungry in the morning and like to eat breakfast, it can be hard to get used to.

If you don't want to skip breakfast, simply set your eating window to accommodate your lifestyle. For example: if you eat breakfast at 8 AM, just get all your meals in before 4 PM.

## THE BASICS OF ANY NUTRITION PLAN

Even if you follow these intermittent fasting guidelines, you need to make sure you're also implementing the basics of nutrition as well. These three foundational points are key for success:

### 1. Control energy intake

When we consume less energy (i.e. calories) than we burn, we lose weight (and, ideally, most of that is body fat). Whether you take in less energy by eating frequent small meals or infrequent larger meals is up to you.

### 2. Focus on food quality

Fresh, unprocessed, nutrient-dense food is a must, regardless of which eating style you adopt.

### 3. Exercise regularly

Exercise is a critical part of the equation.

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### BULLETPROOF COFFEE BASICS

One way to help the hunger pains is to supplement with Bulletproof coffee. AKA: add fat to your coffee. This teaches your body to burn fat as fuel instead of carbs and sugars, increases mental focus, and provides sustained energy that lasts! It's optional, but I drink it everyday and it works well for me!

Not only is Bulletproof coffee delicious, but it has powerful anti-inflammatory benefits. Grass fed butter is high in omega-3's and MCT oil is one of the healthiest fats – it fuels your brain, which improves mental focus.

### NATE'S BULLETPROOF COFFEE RECIPE

1. Begin with 8 oz. of boiled filtered water.
2. Add 2 1/2 tablespoons of freshly ground coffee beans. I like [Intelligentsia Coffee](#) because it's organic and delicious. Next, brew using your preferred method. I use a French Press!
3. Then add 1 teaspoon of [Bulletproof® Brain Octane](#) (MCT oil) to the 8 oz. of hot coffee. Increase the amount each day to until you reach 1–2 tablespoons per cup.
4. Next, add 1-2 tablespoons of grass-fed unsalted butter – I use [Kerrygold](#). I also like to add a dash of cinnamon!
5. Put it all in a blender and mix until it froths – about 20–30 seconds.

Enjoy!