



A Consistent Meal Plan

Benefits of Intermittent Fasting

By alternating your cycles of fasting and eating, intermittent fasting takes your diet game to the next level. Rather than focusing on *what* to eat, this philosophy tells you *when* to eat. If you want to give this energy-raising and morale-boosting diet a go, we have some tips and benefits for you to consider.




MOST COMMON SCHEDULE

Eat normally from 12 PM - 8 PM

Fast from 8 PM - 12 PM the next day



Fight the belly rumble by incorporating high fiber, moderate protein and healthy fats into your meals. These components will make you feel fuller for longer.



Don't panic if you feel dizzy, sleepy or irritable—it's **NORMAL AT FIRST!** You're just getting used to this new routine.



Intermittent fasting increases levels of growth hormones by five times!

HIGHER LEVELS
OF GROWTH HORMONES



MORE FAT
BURNING



INCREASED
MUSCLE GAIN



Intermittent fasting leads to higher energy levels.