

HOW TO DO A 14 HOUR FAST

14 Hour fasting also called intermittent fasting involves a daily fast avoiding food and calories, and then eating for 8 hour period. It's great for your metabolism if you make good food choices and also follow a training program.



WAKE UP AROUND 6AM

Get at least 16-8 hours sleep every night. Wake at 6 am and enjoy a hot cup of coffee. A splash of milk is acceptable. Replace coffee with green or black if you prefer.



DRINK LOTS OF WATER

It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Aim for 8-10 glasses of fluid per day



08 AM = BREAKFAST

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.



12 PM - 6 PM = LUNCH SNACK & DINNER

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.



10PM = TIME FOR BED

HOW TO DO A 16 HOUR FAST

16 Hour fasting also called intermittent fasting involves a daily fast avoiding food and calories, and then eating for 8 hour period. It's great for your metabolism if you make good food choices and also follow a training program.



WAKE UP AROUND 6AM

Get at least 16-8 hours sleep every night. Wake at 6 am and enjoy a hot cup of coffee. A splash of milk is acceptable. Replace coffee with green or black if you prefer.



DRINK LOTS OF WATER

It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Aim for 8-10 glasses of fluid per day



11 AM - 12 PM = LUNCH

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.



3 PM - 7 PM = SNACK & DINNER

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.



10PM = TIME FOR BED