

Fall 2021

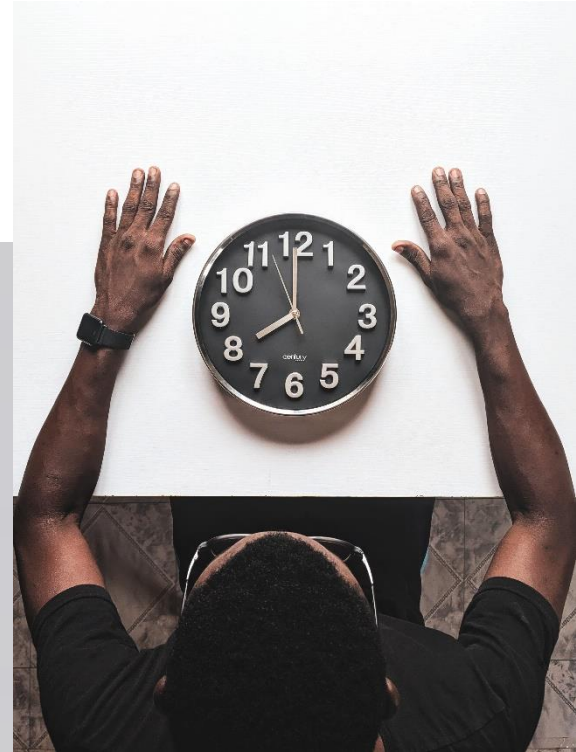
# Jump Starting Fat Loss Through Fasting



Metabolic Testing & Weight Loss Center  
Fall 2021

# What is intermittent fasting?

In short, intermittent fasting is the process of purposefully not eating for a specified period of time. There are several accepted spacing parameters for this practice. 12 hour, 16 hour, 18 hour and in some cases 24 hour fasts are observed. Each having their own purposes, and benefits. When it comes to fasting know the facts. Learn more at [www.mtandwlc.com](http://www.mtandwlc.com)



## 5 Facts about intermittent fasting.

1. Fasting has been shown to reduce weight when followed for more than 2 weeks.
2. Fasting has been shown to regulate and in some cases lower blood sugar.
3. Fasting has been shown to help repair, rebuild and in some cases increase vital hormone levels.
4. Fasting has been shown to reduce inflammation in the body.
5. Fasting has been shown in some studies to potentially help fight disease.

## Is intermittent fasting right for you?



There are benefits to intermittent fasting along with drawbacks. Starting off slowly to work yourself into it, to see if it is right for you is going to be the best. Do your research, know your goals and listen to your body. When it comes to losing weight there is NO one size fits all method.

## Get Metabolically Tested

Find out your RMR (resting metabolic rate) the number of calories you burn at rest. Discover your fuel burning body type (Carbohydrate burner or Fat burner). Find out this and more by contacting a

specialist at [www.mtandwlc.com/contact](http://www.mtandwlc.com/contact) calling: 678-889-2559 or email: [info@mtandwlc.com](mailto:info@mtandwlc.com)

# Weight loss Jump Start

## 16:8 Fast

Example day: Fast 8 pm -12pm

Fast 7 a.m. – 12 noon

7 a.m. Wake up 20 - 32 ounces of cold lemon water

Fast broken 12 noon Hour 0: 1 veggie, 1 Fruit, 1 protein, 24 ounces of water

Fast broken 2 p.m. Hour 2: 1 protein 16 ounces of water

Fast broken 4 p.m. Hour 4: 1 veggie, 1 fruit, 1 protein, 32 ounces of water

Fast broken 6 p.m. Hour 6: 2 veggies, 0 fruit, 1 protein, 32 ounces of water

Fast broken 8 p.m. Hour 8: 1 protein 20 ounces of water before bed.

Food Allergy warning: If you have an allergy or intolerance to any foods listed below, or not listed below do not consume such foods. Do not consume meat that is unsafe to eat, raw, under cooked, or not served at the correct internal temperature or not properly handled. If you are unsure about your food intolerances, contact your primary care physician to be tested.

### Food Bank

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**Protein options (meats grilled, boiled, broiled or baked) Servings sizes 2-5oz**

Chicken, beef, pork, fish, crustations.

DO THE IMPOSSIBLE."

**Veggies: (veggies eaten raw, steamed, sauteed, boiled or broiled) Serving Sizes 1 cup**

Broccoli, Spinach, Arugula, Bok choy, Cauliflower, Asparagus, Romaine, Iceberg, Cabbage, Collard greens, Mustard Greens.

**Fruits: Serving Size ½ Cup**

Small Apple, Blackberries, Raspberries, Blueberries, Cherries, Strawberries, Grapes, ½ banana.

\*This is a weight reduction, calorie restricted plan, consult your physician before beginning a calorie restricted plan to determine if you are healthy enough to go on such a plan. This plan does not contain dairy, gluten, tree nuts or peanuts or wheat. These are suggestive guidelines and are not meant to cure, treat or prevent any diseases.