

Intermittent Fasting Diet

Your fast track diet to staying strong & lean

Nick Klein



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Hey everyone!

There are many ways to eat for longevity. The goal is to find a nutrition approach that works for your lifestyle. Let's talk about intermittent fasting!

If you can digest the information with an open mind, implement the strategies and techniques I'll be sharing with you, this approach could work as it has helped many others.

Let's get into the juicy part and get you burning more fat than ever.

Do you want to know the #1 reason most people cannot get in shape?

The answer comes down to one thing: COMPLEXITY

Let me ask you a question.

If I told you that you needed to eat clean every three hours to get seriously lean, would you do it?

I'd suppose you would right?

Most people would try...but guess what?



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After 10 days, studies show that 88% of you would give up.

Excuses range from 'the environment wasn't right' to 'I had business lunches to attend.'

We live in a world where resistance comes knocking at our door everyday.

Where one mistake means the end of the world.

How many times have you attempted a diet and jumped off the bandwagon completely because you cheated one night?

The reason why I'm bringing all this up to you is because I'm going to show you a bulletproof way to give up on all your excuses.

I'm going to give you guidelines so simple to follow that you'll be able to shred fat and build muscle on autopilot.

Over the many years as a coach, I've definitely had my fair share of different diets:

- Carb cycling
- Fat cycling
- Mediterranean
- Clean eating
- Whole 30
- Intermittent Fasting
- Paleo
- Ketogenic diet
- The 5:2

In combining what I saw work with simplicity I concluded that intermittent fasting diets worked extremely well for most people. Why? Well, its much easier to plan 2 solid meals per day with a snack than it is trying to eat 4-5 smaller meals each day. So, if time is your biggest obstacle than you need to read more! Remember, diets only work if they can be followed and adhered too.

The aim: Create a diet so simple and easy to follow that anyone could stick to the plan and achieve great results without giving up on life.

You see, I believe the perfect diet needs to not only be sustainable but also adaptable. Life is experienced best when balance is achieved.

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This means that if you go on holidays, out for business meetings, dinner with your girlfriend, you're still in control, and you still know exactly what you can and can't eat, and more importantly, when you should and shouldn't eat.

All too often, I see people fail because they've fallen out of their comfort zone.

When they aren't at home meal prepping or when the conditions aren't perfect, they can't accommodate because they simply don't know what to do or how much to eat.

I'M GOING TO BE SHOWING YOU HOW TO STAY IN CONTROL AT ALL TIMES!

Are you ready to learn some of my secrets?

Before we do, can I ask that you go into this protocol with a completely open mind - it might be worth disregarding everything you know as sometimes "extra" knowledge can hold you back.

If you're ready then keep reading. You're going to discover two important things I need you to understand about this diet.

"When to eat" and "What to eat"

Once you master this, you become a master of your own body and my team and I look forward to walking the journey with you.

Let's get started!



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The Methodology

In this section you're going to learn WHEN TO EAT.

When I ask clients how often they feel like breakfast in the morning, nine times out of ten the response is:

"I don't feel like breakfast first thing in the morning. I want to get started on my day, and I'm not even hungry."

My solution is to not skip breakfast but instead push it back 3 hours from when you first awake. From a hormonal standpoint we always want cortisol to be highest first thing in the morning and when we skip breakfast (push back a few hours), cortisol production is increased giving you more energy.

I personally love breakfast, but I want to show you how to eat smart (protein & healthy fat).

The truth is, fat loss comes down to two things:

The amount of calories you eat versus the amount of calories you expend. BUT most people fail to realize food selection dictates calorie expenditure as well.

Plus, the balance of your hormones which includes your thyroid, adrenal, cortisol, insulin, testosterone and estrogen to name a few.

Let me share an example.

In a recent study, a group of men were given 2,000 calories a day in food.

One group was given 2,000 calories from fats.

Another group was given 2,000 calories from protein.

And the last group was given 2,000 calories from carbohydrates.



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After 30 days, the first two groups saw around 5 pounds of fat loss (more weight loss eating fats/proteins).

However, the group that ate 2,000 calories from carbs gained 5 lb of weight.

This just shows you the importance of macronutrients (protein, fats and carbs).

CONTROLLING INSULIN AND MANAGING CORTISOL ARE THE TOP TWO TIPS I CAN PROVIDE YOU WITH FOR ACHIEVING WEIGHT & FAT LOSS.

Now that you've pushed back breakfast, I want you to think about shifting your eating times to only TWO times per day.

Set in your mind that you will be consuming two big meals per day.

The first meal should be consumed 3 hours after you awake.

The second can be 6-7 hours later with a snack in between meals.

At first, this might sound crazy.

In fact, you might be thinking, "Nick, I'm going to get hungry throughout the day by just eating two meals", but let me assure you that after helping over a thousand clients get into shape, I found that this approach helped them curb their hunger.

No one complained about being famished!

Also, the feedback from nearly all the clients that took on this way of eating was that this suppressed any of their cravings.

Why is this approach beneficial?

It is simply easier to say no to food than it is to have a little bit throughout the course of the day.

Usually a little bit turns into a long binge and if it doesn't, it'll take a constant toll on you mentally.

Pushing back breakfast allows cortisol to be higher in the morning and in the absence of insulin your body will become more efficient at oxidizing fats.



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- It allows you to backload more of your calories around your workout times making it more beneficial for muscle recovery (especially meal #2).
- Following an approach like this is a lot easier to follow on holidays or when you are away from home.

The method is simple

I personally have 2 meals per day, but start my day off with 2-3 teaspoons of healthy fat (I found that organic non salted butter or coconut oil works best) mixed in 1-2 cups of coffee along with heavy whipping cream. This cocktail has been shown to decrease your appetite first thing in the morning and create a thermogenic effect creating fat loss. It also is a great way to increase energy in the morning. I highly suggest researching the benefits of mct oil (coconut oil & butter contain mct oil).

My first meal is then at 10:30am and my second meal is around 6:30pm.

I find that these two times work the best considering I workout around the mid afternoon. You can add a shake post workout on training days as well.

You'll need to come up with your two eating times a day.

If the meals are done correctly appetite and cravings should be controlled and you'll achieve about a 16 hour fast each day. The other important factor for success is establishing and being compliant to your fasting and eating windows.



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What foods should I avoid at all cost?

Simple. Cut out sugar. It's the #1 culprit for fat storage in men over 30.
Also, reduce any packaged foods. Think twice before eating anything that is packaged.

One cannot eat 2,000 calories from purely carbohydrates and expect to lose weight.

I'm not saying this to demonize carbohydrates but rather, to give you a better understanding to why macronutrients are so important in determining fat loss.

I believe eating should encompass your health as well as your fitness.

The more chemicals you put in your body, the more toxins you'll naturally find in your blood work. More toxins means you'll have a very poor transfer network as you find your blood clogged up like peak hour traffic in New York City.

This means inefficient nutrition delivery, inefficient recovery and inefficient repair and regeneration. So, it will impact your performance and your body's ability to oxidize fat effectively.

While I don't recommend a restricted diet whatsoever, I do want to make recommendations to what foods you're putting inside your body.



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Your Typical Intermittent Fasting day:

Pre meal 1:

Be sure you hydrate yourself right away in the morning with a large glass of water.

I would like you to indulge in a couple cups of organic coffee mixed with 2-3 teaspoons of non salted organic butter or coconut oil with heavy whipping cream. Be sure you buy the coffee organic because coffee beans are among the most sprayed crops in the world and are loaded with pesticides.

Also do your best to avoid Keurig coffee makers for their plastic containers must be heated at high temperatures to create a cup of Joe. Anytime plastic is heated it releases harmful environmental estrogens into the food/beverage increasing disease risk.

Meal 1:

3 hours after you awake. Should always be your cleaner meal.

As a preference, you should ALWAYS try to make this meal a LEAN protein, healthy fat and vegetable meal.

My favorite combination here is short cut bacon, free range organic eggs, ground meats, spinach, tomatoes with guacamole or a handful of walnuts. Eat! You must have large meals if you're only going to have 2 meals per day.

Meal 2:

6-7 hours after meal 1. This is where all the fun begins.

Imagine being able to eat out without having a worry in the world knowing that you're still going to accelerate your fat loss and gain lean muscle tissue.

Meal two is possibly the best meal anyone could ask for. Abuse it, and it will bite you in the ass; nurture it and it will pay off with high dividends. Now, I'm not saying you can head over to the all you can eat buffet every night and build a fat burning machine.



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What I am saying is that you can finally say goodbye to those late night salads, chicken breast, and broccoli that you've been having.

Imagine having

- Burgers
- Wraps
- Pasta
- Stir fry

For dinner and still being able to see your body lean up day after day.

Sound good? Well let me tell you how...

Rule 1

Always consume an equal amount of portion of carbohydrate to protein in meal 2. I usually judge this be the size of my fists.

One fist = protein

The other fist = carbohydrates

Rule 2

Reduce 'excess' sides. Things like chips, extra mayonnaise and cheese will more likely do you more harm than good. Eliminate them.

Rule 3

Desserts good - only 10 minutes after your 2nd meal. Remember, listen to your body. Allow yourself 10 minutes post meal 2 to properly assess if you need a decent desert.

If so, have it...If not, save it for another day.



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One thing to remember is to make sure that the second meal is consumed after your weight training workout. If you are not training that day, please ONLY eat healthy carbs in meal 2 along with your protein. Healthy refers to the carbs that effect blood sugar the least, so low glycemic carbs such as brown rice, sweet potato, quinoa, veggies, and thin skin fruit are suggested.

A strength workout is preferred as this will prime your body for utilizing carbohydrates better by increasing insulin sensitivity.

If you can't seem to get a workout in, studies have shown that doing 3 minutes straight of body weight squats and pushups before the meal is enough for your muscle cell channels to open up and better utilize this meal.

Once again, try to stick to the list where possible, but don't be a social outcast.

Steak, burgers, wraps are all completely fine.

Just stay away from the bad stuff like soft drinks, carbs, beers, fried chips (fried anything really).

If you're morbidly obese or you're highly inactive, I highly recommend that you reduce your carbohydrate intake and when consuming carbs stick to only the healthy (low glycemic) ones. You'll not only see better results but you'll accelerate your fat loss drastically. It helps if you are choosing anti-inflammatory food over pro-inflammatory food.

As an example my second meal might be:

-Steak hamburger (no cheese, no mayo)

-2 pieces of chicken thigh (grilled)

-Veggies

-200 grams Greek yogurt

-1/2 cup brown rice



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Frequently Asked Questions:

What about Cheat Meals?

If you're looking to shred fat quicker, it's also a great idea to go into a bit of ketosis. Go a few days limiting your carbohydrates then on the 4th, 5th, or 6th day (depending on what you choose), have a cheat meal in meal 2 after your workout. If you are serious about results I would limit these cheat days to only 1-2 times per week and stick to the lower glycemic carbohydrates in meal 2 the rest of the time (brown rice, sweet potato, quinoa, veggies, thin skin fruit, gluten free certified oatmeal).

How much should I be eating?

Great question and truth be told that it will vary.

I hate to give you a set meal plan as this will cause you to be confined within a certain boundary, and you'll be a lost puppy when you're thrown on a holiday.

However, the first meal you should always aim to have a decent sized breakfast and eat ONLY until you are full. This will allow you to have a bit more fun inside meal 2 where you'll be able to get away with more food.

Remember - the key here is to reconnect with your body and listen to it. If you're hungry then eat, if you're not hungry then stop eating. We must know the difference between a mouth and a vacuum. You'll know you've eaten too much when you think "Crap! I shouldn't have done that."

Truth be told, play around with these two meals for one week until you dial in your portion sizes that yield the best satiety throughout the day.

In the first meal, keep it clean and simple, in the second - you're free to have more variety.

Can I gain muscle with this?

Absolutely! If you're a hard gainer, you need to be making sure you're having more carbohydrates in meal number 2. Keep carbs clean and stick to sweet potatoes, brown rice, quinoa and fibrous carbs.



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Where does alcohol fit into all this?

Truth be told, alcohol doesn't fit into the equation.

It blunts your testosterone production for up to 72 hours and it impedes on your body's ability to burn fat. If you must, keep it clean - straight vodka, lime, ice OR a glass of red wine.

Can I drink anything around my fasted times?

Of course you can. I recommend sparkling water, green tea, or coffee. Stay away from 'sugar free' drinks as the artificial sweeteners can mimic sugar causing insulin to raise.

I work at odd hours, how can I apply this to my work schedule?

Easily. Choose two times to eat within 6-7 hours apart and stick them into your phone as a reminder. If you're up at 1am, have your first meal at 4am and your second at 10am. Feel free to add a snack in between feedings just as long as its in your daily eating window.

Authors note:

Well there you have it. Simple wins every time. Go on and try it for 7 days and report back with the results.

All in all, if you can grasp these concepts of WHEN TO EAT and WHAT TO EAT you'll be much further ahead and it will be a lot more sustainable in the long run. It takes a lot of discipline and willpower to stop eating tiny bits of food which is why I'd much rather you say no.

At the end of the day, we're not looking for the best method. We are looking for the method with the lowest failure rate. It doesn't matter what the best method is; it matters that you're consistent with your approach.

Health & Happiness,

Nick Klein



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