

EATLIVETHRIVE DIET

A LIFESTYLE PLAN to REV UP YOUR
MIDLIFE METABOLISM

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TIPS TO MAKE I.F. A SUSTAINABLE LIFESTYLE

Try Different Timing Options: It may take a week or more to discover which fasting and eating times work best for your body and schedule. For some, eating the last meal of the day earlier – like 5pm works great.

Be Flexible: If you decide to fast for 16 hours and you're hitting the wall at 14 hours, break your fast early. Always listen to your body and respond. You can always try for a longer fast on another day when your body has adapted better.

Be Patient: Whether it takes you a few weeks or a couple of months, increase your fast to the maximum result range of 16+ hours over time. You may only be able to fast 16+ hours a couple times a week. You'll still get benefits. It will get easier as time goes on.

Rewire Your Thought Process: Think of fasting as taking a break from eating rather than a period of deprivation.



Appreciate the Time Saved: Fasting saves you time in both meal prep and eating. This is the mindset that will allow you to follow a fasting plan long-term.

The Busy Factor: It may seem counterintuitive, but the best plan is often to start when you're busy — not on a day when you'll be sitting on the couch wanting to snack.

Exercise: Pairing intermittent fasting with consistent exercise will help you get better results. It doesn't have to be hardcore or crazy. A brisk walk and light weight workout will improve your circulation and may even make the last couple hours of your fast easier. Exercise tends to diminish your appetite for an hour or so afterwards.

Drink Plenty of Water: Staying well hydrated will make the fasting periods much easier and essential for health

Enjoy these Beverages While Fasting:

- Coffee - regular or decaf
- Tea
- Sparkling Water
- Bone Broth or Bullion (stay under 30 calories)*
- Small amounts of unsweetened almond or coconut milk, or 1 tablespoon of half and half (no more than 30 calories) can be added to coffee or tea, but not more than once every 3 hours. It should not cause an insulin/blood sugar change in most people or have an impact on your fasting state.

Try [Lovidia](#): This cutting-edge hunger control supplement can be a very effective tool to help you make Intermittent Fasting a consistent part of your lifestyle.

LeanHealthyAgeless.com and EatLiveThriveDiet.com

For Questions

Email: Support@LeanHealthyAgeless.com