
Anabolic Fasting

Real results happen here

Quick Start Guide

- Groceries + Meal Prep
- Order supplements (optional)
- Choose YOUR timeframe
- 12 Day Jump Start
- 6 days on/1 day off

Groceries

- **PROTEIN:**

- Lean red meats
- Turkey
- Chicken (boneless/skinless)
- Protein Shakes

- **Veggies:**

- Leafy Greens
- Egg Plant
- Squash
- All green vegetables

- **FATS:**

- Avocado
- Seeds
- Almonds/cashews
- Coconut Oil

- **Carb Spike:**

- Banana
- Sweet Potato
- Greek Yogurt

Supplements

30 Day System



Performance System



Timeframe

- Fast from 8pm-12pm = 12-16 hours of fasting
- Eat from 12pm-8pm = 8 hour feeding
- Choose 12-16 hours of fasting that work for best for you.

12 Day Jump Start

	6am – Wake up	7 am – Workout	12pm- 1 st meal	4pm – 2 nd Meal	8pm – Last Meal
Day 1 - 12	<input type="checkbox"/> E Shot <input type="checkbox"/> CFL <input type="checkbox"/> ½ Gal Water	<input type="checkbox"/> Power Recover <input type="checkbox"/> ½ Gal Water	<input type="checkbox"/> Shake w/seeds or nuts OR <input type="checkbox"/> Serving of meal <input type="checkbox"/> Bag of Veggies (4 servings) <input type="checkbox"/> Serving of nuts/ avocado	<input type="checkbox"/> Protein shake <input type="checkbox"/> Bag of Veggies	<input type="checkbox"/> Protein Shake <input type="checkbox"/> CFL
Day 13	<input type="checkbox"/> E Shot <input type="checkbox"/> CFL <input type="checkbox"/> ½ Gal Water	<input type="checkbox"/> Power Recover <input type="checkbox"/> ½ Gal Water	<input type="checkbox"/> Sweet Potato <input type="checkbox"/> Greek Yogurt <input type="checkbox"/> Cheese <input type="checkbox"/> <u>Cheat meal</u>	<input type="checkbox"/> Cheat Meal	<input type="checkbox"/> Protein Shake

6 Days ON/ 1 Day OFF

	6 am	7am	12 pm 1 st Meal	4 pm 2 nd Meal	8 pm Carb Spike
6 Days On	<input type="checkbox"/> E Shot <input type="checkbox"/> CFL <input type="checkbox"/> ½ Gal Water	<input type="checkbox"/> Power <input type="checkbox"/> Recover <input type="checkbox"/> ½ Gal Water	<input type="checkbox"/> Shake w/ seeds or nuts OR <input type="checkbox"/> Serving of meal <input type="checkbox"/> Bag of Veggies (4 servings) <input type="checkbox"/> Serving of nuts/avocado	<input type="checkbox"/> Protein shake <input type="checkbox"/> Bag of Veggies	<input type="checkbox"/> Banana <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Protein Shake OR <input type="checkbox"/> serving of meat
1 Day OFF	<input type="checkbox"/> E Shot <input type="checkbox"/> CFL <input type="checkbox"/> ½ Gal Water	<input type="checkbox"/> Power <input type="checkbox"/> Recover <input type="checkbox"/> ½ Gal Water	<input type="checkbox"/> Cheat Meal 1	<input type="checkbox"/> Cheat Meal 2	

Rules of Anabolic Fasting

- 12 Days of 0 carb spikes or cheats
- Drink about **1 gal of water before 1st meal**
- Drink ISAGENIX supplements during AM Training
- Choose a timeframe that works best for you
- Be PATIENT with yourself if you slip up
- MUST eat 8 servings of veggies per day
- AFTER 12 days → 1 HIGH carb day
- 6 days on + 1 day off → weight loss
- 5 days on + 2 days off → maintenance
- LISTEN to your body, everyone is different so you might have to tweak the schedule to make it work for you

WTF is a Carb Spike + Why at night

- Carb Spike is:
 - 2-3 pm “wall” people experience
 - Low after eating processed foods, high carbs or junk
 - Tricks your body into thinking it’s tired and hungry
- When you spike at night, not only are you rebalancing your hormone levels, but you’re also achieving a deeper level of sleep.
 - Deeper, better sleep = quicker weight loss + more recovered