

MODULE 3 | LESSON 2

# INTERMITTENT FASTING

Katie Rodriguez, Nutritional Consultant

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WHO'S INTERESTED IN LOSING  
WEIGHT?

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BETTER THAN ANY WEIGHT LOSS DRUG.



# Why Intermittent Fasting is Better Than Any Weight Loss Drug

- Maximizes fat burning
- Implementing is easy
- Fasting is FREE
- Extremely energizing
- Appetite suppressing



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"FASTING SLOWS METABOLISM AND  
LEADS TO DIETARY BACKLASH."



# I've been telling my clients to...

- ✓ **Eat Breakfast**
- ✓ **Eat 6 Mini Meals a Day**





# I could have blamed...

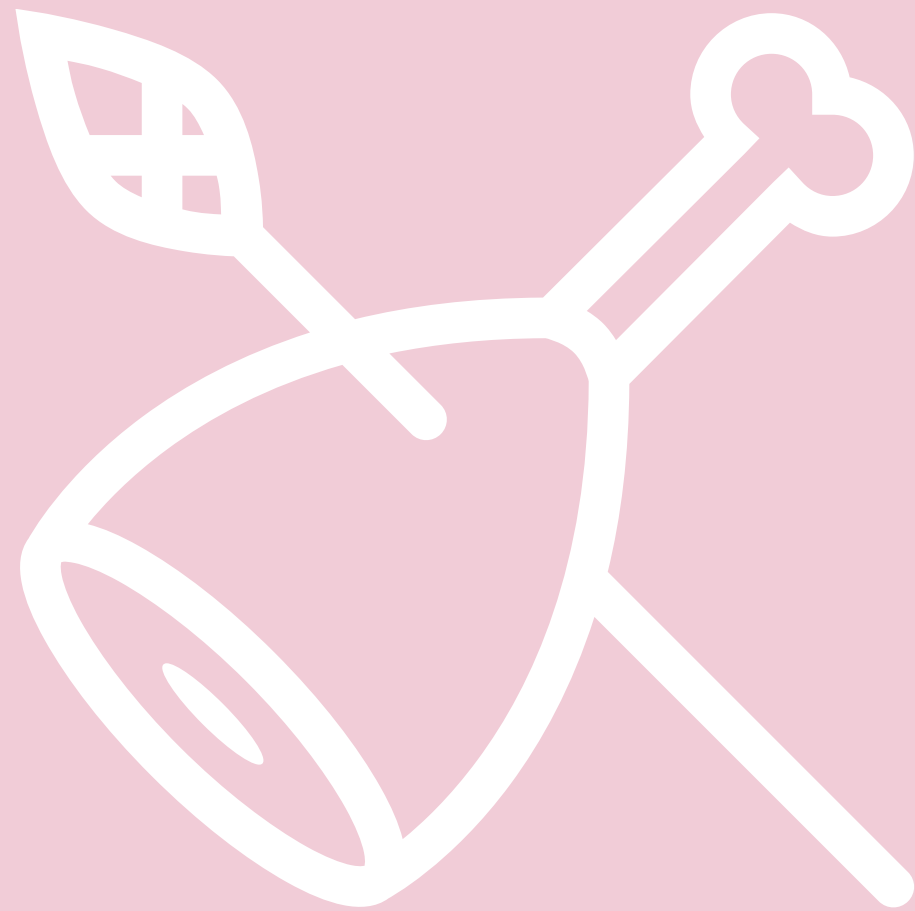
- ✓ Genetics
- ✓ Hormones
- ✓ Stress



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I DON'T RESPOND WELL TO NOT  
EATING.





# I.F. IS A PALEOLITHIC WAY OF EATING

For hundreds of thousands of years our Paleolithic ancestors relied on ketones for energy when glucose sources were scarce.



## HEALTH MYTH #1

**Breakfast is the most important meal of the day.**

- Energizes you
- Sets you up for success
- Boosts metabolism

SO WHAT YOU'RE SAYING IS, DON'T  
EAT BREAKFAST?





## HEALTH MYTH #2

**Eating 6 small meals a day will help boost metabolism.**

- Curb appetite
- Combat cravings
- Boost metabolism



# What is Intermittent Fasting?

Intermittent fasting is an eating pattern that cycles between periods of fasting followed by periods of feasting.



# 5 Methods of Intermittent Fasting

- 1. 16/8 Method**
- 2. 5:2 Diet**
- 3. Eat Stop Eat**
- 4. Alternate-Day Fasting**
- 5. Spontaneous Meal Skipping**







# METHOD #1

## 16/8 Method

**16 HOUR WINDOW OF FASTING  
FOLLOWED BY AN 8 HOUR  
WINDOW OF FEASTING**

- Best for beginners
- Best for natural breakfast skippers





# METHOD #2

## 5:2 Diet

EATING NORMALLY FOR 5 DAYS  
OF THE WEEK AND RESTRICTING  
YOUR CALORIE INTAKE TO 500-  
600 FOR 2 DAYS OF THE WEEK

- 500 calories for women
- 600 calories for men





# METHOD #3

## Eat Stop Eat

INVOLVES A 24-HOUR FAST ONCE  
OR TWICE PER WEEK

Highly effective, but can be quite  
challenging for beginners.





# METHOD #4

## Alternate-Day Fasting

INVOLVES FASTING EVERY  
OTHER DAY

- Best for experienced fasters
- Great method paired with Keto or Carnivore diet





# METHOD #5

## Spontaneous Meal Skipping

INVOLVES RANDOMLY SKIPPING MEALS

- Most flexible
- Best for non-routine eaters





# Which Method is BEST?

THIS DEPENDS ON YOU!

- Your schedule
- Your appetite
- Your lifestyle



WHICH HOURS ARE BEST FOR  
FASTING?

# My 16/8 Window



## 16/8 METHOD

A day in the life with Coach Katie

### 7am Wake-up

Double shot  
espresso with  
ONNIT Shroom Tech  
Cordyceps

### 8am Workout

40oz water with  
Superieur  
electrolyte  
supplement

### 11am Feast

Bulletproof  
coffee with Brain  
Octane MCT oil

### 2pm Feast

HUGE keto-  
friendly lunch

### 5pm Wine-down

Keto-friendly dinner  
with a glass of red  
wine

\*Remember to drink plenty of water throughout the day



# THE IMPORTANCE OF A HEALTHY DIET

As with ANY dietary plan, the quality of the food you're consuming plays an important role in the success of your diet.



WHY FAST?

# Top 10 Benefits of Intermittent Fasting

ACCORDING TO DR. JOSEPH MERCOLA

1. Suppresses hunger
2. Accelerates weight loss
3. Increases rate of HGH production
4. Lowers triglyceride levels
5. Combats cravings
6. Supports digestion and gut health
7. Boosts immune system
8. Protects brain function
9. Increases metabolic rate
10. Improves insulin resistance



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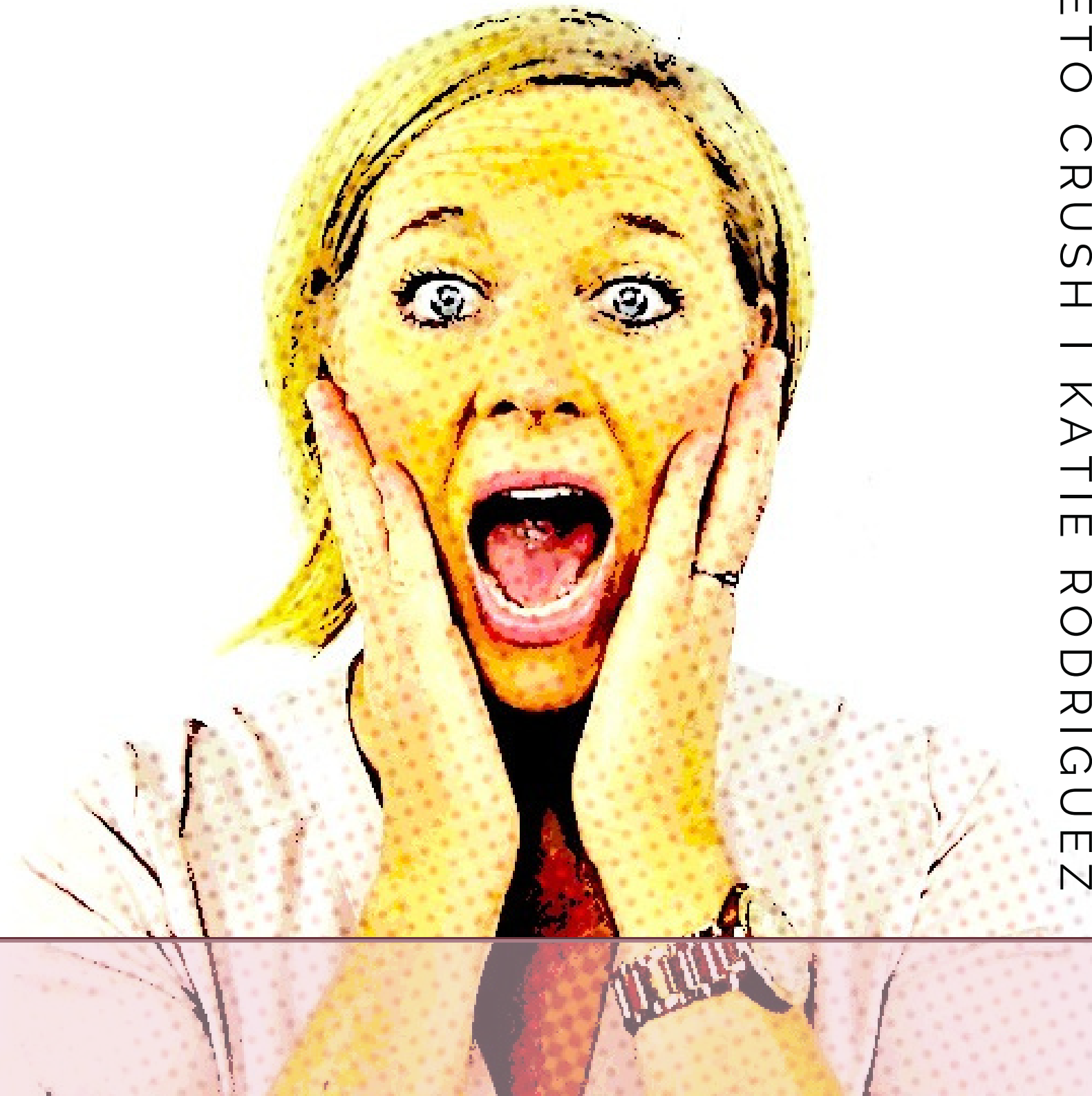


HOW LONG SHOULD YOU FAST?

# Risk Factors Associated with IF

ACCORDING TO DR. JOSEPH MERCOLA

1. Diabetic
2. Hypoglycemia
3. Pregnant or breast-feeding
4. Suffering from adrenal fatigue
5. Battling Anorexia or Bulimia
6. Malnourished or underweight
7. Under 18
8. Current diet is filled with processed food products



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# How does IF accelerate weight loss?

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- Helps prompt the body into ketosis (fat burning state)
- Once the body is accustomed to ketosis, your appetite will diminish
- Once you're fasting with ease, cravings will dissipate and managing your weight will be much easier





# What is Intermittent Fasting?

Intermittent fasting is an eating pattern that cycles between periods of fasting followed by periods of feasting.



INTERMITTENT FASTING PROMPTS  
THE BODY INTO A STATE OF  
KETOSIS.



# What is Ketosis?

Ketosis is a natural metabolic state in which the body begins fasting on fat stores (rather than glucose) for fuel.



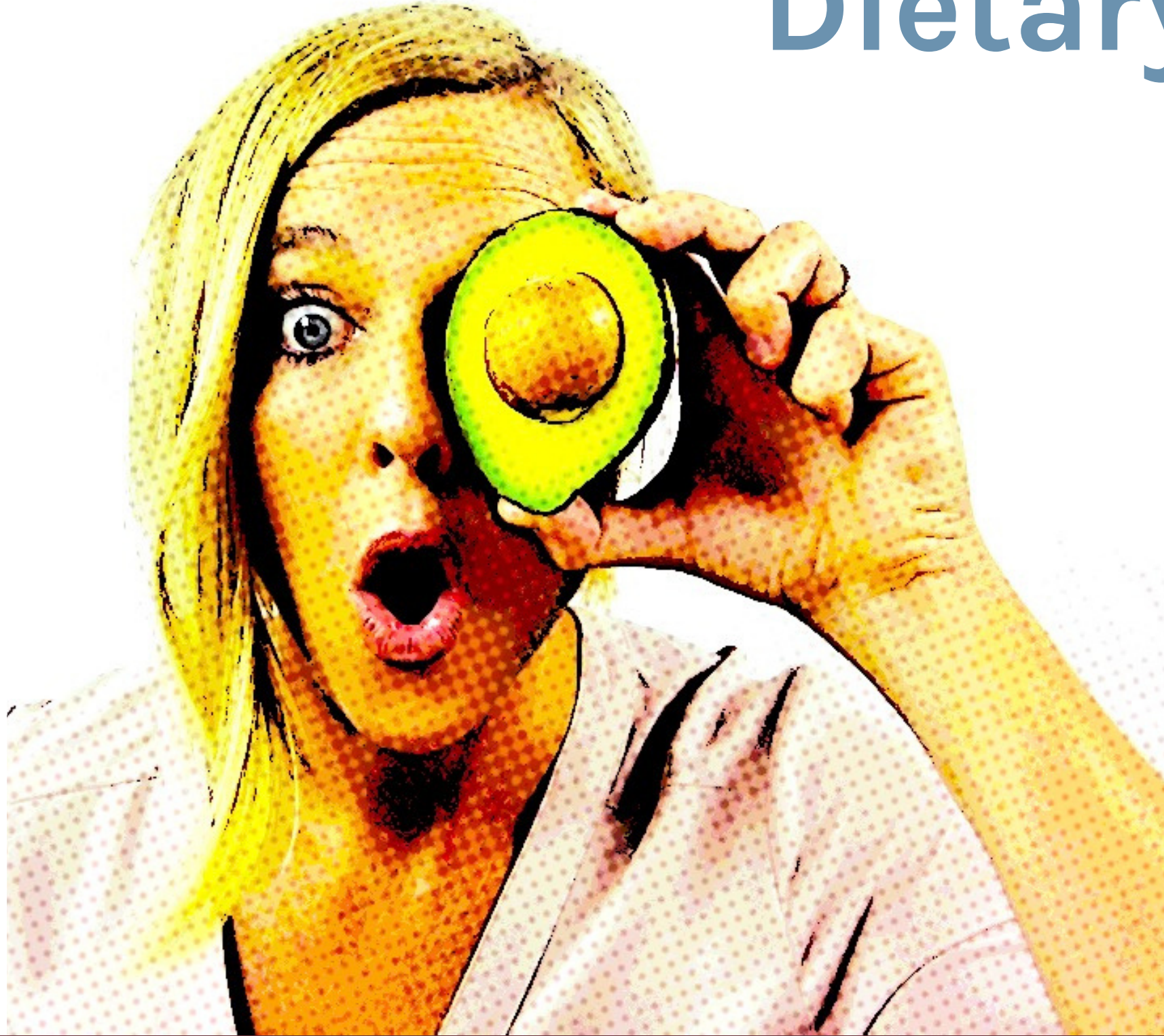
FOR MOST, FASTING IS 100% SAFE

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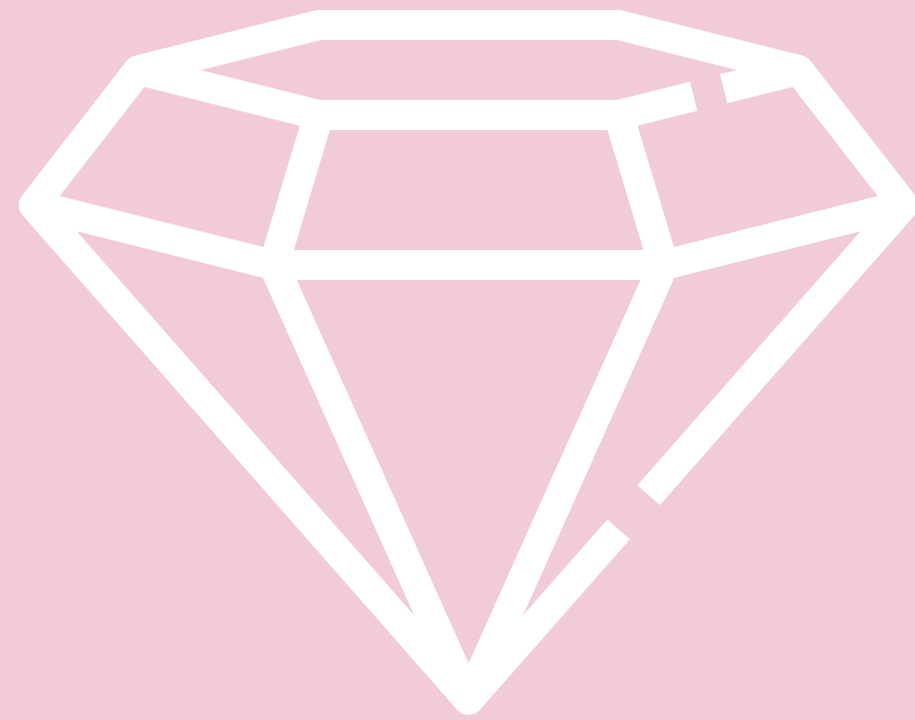




# Dietary Success Secret!

When paired with a well-formulated ketogenic diet, intermittent fasting works as a secret weapon—prompting you into ketosis and working to keep you there.





# TAKE ACTION!

## Experiment with IF

Choose a method of intermittent fasting that appeals to you and give it a try.

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