



# **FASTING**

*For Women*

**Unlocking the Secrets to Losing the  
Last 15lbs and Keeping it Off**

# TABLE OF CONTENTS

Jump Start

Common Mistakes

Common Side Effects

How to Start a Fast

Fasting Plans

Quality Foods Cheat Sheet

Plan your Break Meal

Reflect and Respond

Nutrition Cheat Sheet

Swap This for That

Reflect and Respond

Sleep Hygiene Self-Assessment

Reflect and Respond

Toxin Clean Out

SMART Goals

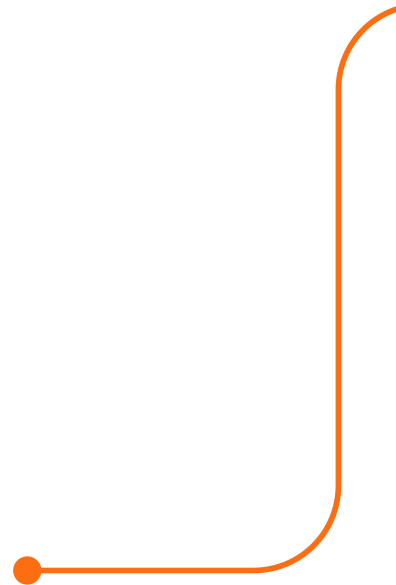
Weekly Activity Tracker

Reflect and Respond

Relaxation Activities

Reflect and Respond

My Custom Fasting Plan





**JUMP**  
*start*

# JUMP START

Take a moment to be grateful for the men and women in your life. Think about your relationships with them, how you are similar, and how you are different. Then make a list below of things you can do better than your male counterparts.

Keep this light-hearted and fun! I've gone ahead and kicked off this list with one thing that you can do better than men, you're welcome!

## THINGS I DO LIKE A WOMAN

*Burn more fat during fasting.*

Blank list area for writing items.

A woman with her hair in a bun, wearing denim overalls over a pink shirt, is shown in a state of distress. She has her eyes closed and is holding her right hand to her forehead, suggesting a headache or physical pain. The background is a soft, warm gradient of orange and light blue.

# MODULE

*Two*

# COMMON MISTAKES



**FASTING DURING YOUR LUTEAL PHASE**



**BREAKING YOUR FAST WITH ALCOHOL**



**EATING MINDLESSLY**



**SNACKING**



**EATING TOXIC OR INFLAMMATORY FOODS**



**NOT GETTING ENOUGH SLEEP**



**USING TOXINS INSIDE YOUR HOME**



**CHRONIC STRESS**



A person is shown from the chest up, holding a baby. The image is heavily blurred and has a warm, orange-toned overlay. The person's face is partially visible at the top left. The baby is held in front of the person's chest. The text 'MODULE' is in a bold, dark blue, sans-serif font, and 'Three' is in a white, cursive script font, both centered over the image.

**MODULE**  
*Three*

# COMMON SIDE EFFECTS



The diagram consists of two overlapping circles. The left circle contains the text 'Mental Clarity' and 'Increased Energy'. The right circle contains the text 'Hunger', 'Tiredness', 'Dizziness', 'Dehydration', 'Headaches', and 'Constipation'. The overlapping area in the center is empty.

**Mental Clarity**  
**Increased Energy**

**Hunger**  
**Tiredness**  
**Dizziness**  
**Dehydration**  
**Headaches**  
**Constipation**



# HOW TO START A FAST

**Today's Date**

**Today's Day in your monthly menstrual cycle  
(choose a number, 1-28).**

**Still trying to figure it out? Use the tools  
below.**

## How to calculate the day in your menstrual cycle

To work out when your next period will be, take note of the first day of your last period and add 28 days. This will give you an approximate date of when your next period will start.

First day of last period + 28 days =

Using the calculated date of your next period, write down the corresponding dates for each phase of your cycle below (i.e. July 13-25)

Calendar Dates	Menstrual Cycle Phase	Fasting Recommendation
<i>Example: July 13-24</i>	<i>Days 1-12</i>	<i>Okay to start</i>
<i>Example: July 23-27</i>	<i>Days 11-15</i>	<i>Okay to start</i>

Calendar Dates	Menstrual Cycle Phase	Fasting Recommendation
	Days 1-12	Okay to start
	Days 11-15	Okay to start
	Days 15-19	Okay to start
	Days 21-28	Do not fast this week

WEEK YOU'LL START A FAST:

FAST DATE:

# FASTING PLANS

## FOR MOST WOMEN

16:8 A great place to start if you are new to fasting.  
With 2 non-fasting days a week.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Eat						Eat
Lunch - 11 am	Eat	Eat	Eat	Eat	Eat	Eat	Eat
Dinner - 7 pm or earlier	Eat	Eat	Eat	Eat	Eat	Eat	Eat

## SHRINK YOUR EATING WINDOW

LL - Lunch Later with 2 non-fasting days a week.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast				Eat			Eat
Lunch - 1 or 2pm	Eat	Eat	Eat	Eat	Eat	Eat	Eat
Dinner - 7 pm	Eat	Eat	Eat	Eat	Eat	Eat	Eat



# OTHER FASTING PLANS

**INTERMITTENT FASTING** 12-16 HOURS OF FASTING

**WARRIOR FASTING** 20 HOURS OF FASTING

**OMAD** 22 HOURS OF FASTING

**24 HOUR FAST**

**36 HOUR FAST**

**48 HOUR FAST**

**72 HOUR** FAST, OR 3-DAY WATER FAST

# QUALITY FOODS CHEAT SHEET

## HEALTHY FATS

*KILLS HUNGER HORMONE*

Avocado  
MCT Oil  
Ghee (Grass-fed)  
Nut butter  
Flaxseed oil  
Coconut oil  
Ghee  
Olives

## LIQUIDS

Green Drink/Smoothie  
Bone Broth  
Chia pudding Protein smoothie  
Yogurt  
Kefir

## PROBIOTICS

*Bacteria helps regulate blood sugar. Microbiome matters for weight-loss*

Sauerkraut  
Kimchi  
Yogurt

## PROTEIN

*MORE MUSCLE = FASTER METABOLISM*

## SEAFOOD

Salmon  
Seafood  
Scallops  
Shrimp  
Sardines  
Tuna

## PLANT-BASED

Nuts  
Nut Butter  
Vegan  
cheese

## ANIMAL-BASED

Bacon  
Sausage  
Eggs cooked with healthy fats

# PLAN YOUR BREAK MEAL

Use the plate below to plan a meal that you would enjoy as a meal to break your fast. Choose foods and beverages from the high-quality food list. Include protein, healthy fats and some fruits and vegetables





# REFLECT AND RESPOND

Using the space below, reflect and respond to the prompts.

When learning about timing and how it affects your fasting experience, what was one thing that surprised you? Fill in the blank below.

**I was surprised that**

Think about your body and the time you've spent with it on earth, reflect on when you have felt at home in your body, and write about that time below. If you haven't felt at home, or in love with your body just yet - envision a future where you feel comfortable, at home and in love with your body.

**I felt/feel at home in my body during the year**

Express gratitude for your body. Gratitude for its ability to carry you and support you without any thought.

**What are the things that your body did/does for you?**

**Where did/does your body take you?**

**What did/does your body look like?**

**Who are the people your body was/is around?**

Fill in the blank below, and read it back to yourself three times:

**My name is**

**I am grateful for my body.**

The background is a soft-focus photograph of a kitchen. A hand is seen from the top, dropping small, light-colored ingredients into a dark pan on a stove. The scene is bathed in a warm, orange-toned light, creating a cozy and inviting atmosphere. The overall image has a dreamy, artistic quality.

# **MODULE** *four*



# NUTRITION CHEAT SHEET

## **PROTEIN -**

*AIM FOR 30G OF PROTEIN PER MEAL*

Plant-Based  
Grass fed Animals  
Seafood

## **CARBOHYDRATES -**

*AIM FOR 100MG PER DAY*

Fruits  
Vegetables  
Legumes

## **FAT -**

*AIM FOR 45-78G OF FAT PER DAY*

Avocados  
MCT Oil  
Ghee



# SWAP THIS FOR THAT

Using the space below, identify the toxic food choices, then using the information you have learned, fill in a healthy swap.

**THIS** *for*

*Example: Peanut Butter*

**THAT**



*Example: Almond Butter*

*Fruit Juice*



*Margarine*



*Chips*



*Soda*



*Sports Drinks*



*Pancakes with syrup*



*Protein Powder shake*



*Cheeseburger and French Fries*





# REFLECT AND RESPOND

Using the space below, reflect and respond to the prompts.

When learning about food and fasting, what was one thing that surprised you? Fill in the blank below.

**I was surprised that**

After learning about quality foods, which new food are you eager to try?

**I'm most excited to try**

**which will be a new food for me!**

**Think about this for that exercise. What food could you make a healthier swap for? And why would that swap be a healthier choice?**



**MODULE**  
*five*

# SLEEP HYGIENE SELF-ASSESSMENT

## Bedtime Routine Score

Think about your bedtime routine and answer the questions below. Read the questions and answer them as never, sometimes, or always. Circle the number associated with your response. Answer them honestly and without judgment. Once you've answered the questions, you'll score your current bedtime routine and identify areas for improvement.

Over time as you improve your bedtime routine, come back here and re-take this! You'll be surprised to see how your score positively changes over time.

QUESTION	NEVER	SOMETIMES	ALWAYS
I go to sleep at the same time every day.	0	1	2
I take naps during the day.	3	2	1
I spend 30 minutes winding down before bed.	0	1	2
I get daily exercise.	1	2	3
I use electronic devices in my bed.	3	2	1
I restrict activities in my bed to only sleeping and sex.	1	2	3
I drink caffeine late in the afternoon.	3	2	1
I get plenty of sunlight.	1	2	3
I keep my bedroom dark and cool.	0	2	2
	Subtotals	<input type="text"/>	<input type="text"/>
		Total	<input type="text"/>

# BEDTIME ROUTINE SCORE

**Less than 10** - it's only up from here!

**11-20** - you've got some good routines down, but there is always room for improvement.

**20+** you're a bedtime routine rockstar. Keep doing what you're doing and make adjustments when necessary.

**If you scored less than 10, commit to making one change this week.**

Pick one bedtime routine adjustment that you'll make this week.

**If you scored 11-20, follow the reflection prompts below.**

What is one positive bedtime routine habit that you are committed to?

What is one bedtime routine that you could improve upon? How will you commit to improving this over the next 7 days?

**If you scored 20+, follow the reflection posts below.**

How has your bedtime routine positively impacted your life?

What is one new bedtime routine habit that you would like to develop?

How will you incorporate this into your routine over the next 7 days?



# REFLECT AND RESPOND

Using the space below, reflect and respond to the prompts.

When learning about your sleep, what was one thing that surprised you?

Fill in the blank below.

**I was surprised that**

**In the space below describe your ideal bedtime routine. What time will you go to bed? What temperature will your thermostat be set to? What will your wind-down routine look like?**



# MODULE

*six*



# TOXIN CLEAN OUT

Use this list below to check your home for toxic goods, and dispose of them. Choose healthier alternatives instead.

Toxin	Common Sources	Healthy Alternatives
BPA plastics	Water bottles, Food Storage Containers, Baby Bottles, Teethers, Food and Beverage Can Liners, Eye Glasses	Glass storage containers, Glass water bottles, BPA-free baby bottles, teethers, fresh foods vs canned
Phthalates	Air Freshener, Nail Polish, Detergent, Fragrance, Personal Care Products	Open windows for fresh air, natural manicure, essential oils
Atrazine	Herbicide	Manual weed removal
MSG, Monosodium Glutamate	Packaged Soups, Sauces and Dressings, Seasoning Blends, Chips, Frozen Meals	Homemade soups, sauces and dressings, fresh herbs, fresh fruits and vegetables, homemade freezer meals
Soy protein isolate	Protein Powder, Protein Bars, Trail Mix, Meat Alternative Proteins	Natural sources of protein, animal or plant



# SMART GOALS

Craft your own SMART goal. What habit do you need to adjust to be successful in fasting?

Below, you'll set SMART goals to break up with this habit. SMART goals are specific, measurable, achievable, relevant and timely.

For example if I want to quit my cream and sugar routine;

- S** I will drink my coffee black
- M** every morning
- A** for the next 7 days
- R** so I can prepare myself for fasting
- T** on next thursday

Use the space below to fill in your SMART goal that will help you be successful in fasting.

	Goal
<b>Specific</b>	
<b>Measurable</b>	
<b>Achievable</b>	
<b>Relevant</b>	
<b>Timely</b>	





# REFLECT AND RESPOND

Using the space below, reflect and respond to the prompts.

When learning about toxins, what was one thing that surprised you?

Fill in the blank below.

**I was surprised that**

**Think about the SMART goal you wrote and reflect on its impact on your fasting success. As you work towards this goal, and reach it; how might you maintain this as a habit?**

**Can you foresee any struggles or hurdles you might encounter with this SMART goal?**



# **MODULE**

*seven*

# RELAXATION ACTIVITIES

Using the list below, circle 3-4 relaxing activities that you plan to engage in. Then, find time on your calendar and schedule them. Then write down the dates and times that you have scheduled your relaxation time for.

## Circle 3-4

Massage  
Spa time  
UV sauna  
Mental health therapy

Hot baths  
Sex/physical affection  
Time with pets  
Leisure walking (not  
power walking)

Restorative yoga (not  
power yoga)  
Tai Chi  
Naps  
Meditation

Activity	Date and Time



# REFLECT AND RESPOND

Using the space below, reflect and respond to the prompts.

When learning about stress and relaxation, what was one thing that surprised you?

Fill in the blank below.

**I was surprised that**

**Think about the relaxation activities you chose and scheduled, how can you maintain these activities so they become part of your self-care routine?**

A woman in a red athletic outfit is shown from the waist up, with several arrows pointing to her shoulders, arms, and legs. The background is a gradient of orange and blue. The text 'MY FASTING' is written in a bold, dark blue, sans-serif font, and 'plan' is written in a white, cursive font below it.

# MY FASTING





*plan*



# MY CUSTOM FASTING PLAN

Fasting Goals	Date
Fast Type	Day in my cycle
Meal Plan	Day of the week
	Eating Window
Beverage Plan	

## Results

Activity/Steps 	Relaxation 	Sleep 
Energy circle one 	Hunger circle one <b>LOW MEDIUM HIGH</b>	

Side Effects
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**CONGRATULATIONS!!**