



**A Beginner's Guide  
to the 16/8 Method  
for Men and  
Women, How to  
Lose Weight  
Quickly,**

# **INTERMITTENT FASTING 16/8**



**Boost Energy and  
Control Hunger  
While Still  
Enjoying your  
Favourite Foods**

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# Table of Contents

## **Intermittent Fasting 16/8:**

A Beginners Guide to the 16/8 Method for Men and Women

How to Lose Weight Quickly, Boost Energy and Control Hunger While Still Enjoying Your Favorite Foods

## **Introduction**

What You'll Find In This Book

*Keto Method # 1*

*Keto Method # 2*

Calorie Goal & Macro Guidelines

Calorie Counting Versus Micros

## **Chapter 1: Introduction to Intermittent Fasting**

*Benefits for Your Health*

Know When You Have Reached Ketosis: Side Effects

## **Chapter 2: 16/8 Intermittent Fasting**

What Is the 16/8 Method?

How the 16/8 Intermittent Fasting Diet Works

How to Easily Follow the 16/8 Diet

People Who Cannot Fast on the 16/8 Plan

Scientific Facts About Intermittent Fasting

Myths About Intermittent Fasting

Keto 16/8 Diet Don'ts

### **Chapter 3: Other Types of Intermittent Fasting**

Eat-Stop-Eat or the 24-Hour Protocol

14:10 Method

20:4 Method - Warrior Diet

Alternate Day Diet Method

Spontaneous Skipping Meals Method

Fat Fasting Method

### **Chapter 4: Foods & Drinks to Enjoy/Avoid**

Best Food to Eat

*Vegetables*

*Delightful Fresh Fruits*

Other Keto Food Options

*Healthy Fats*

*Protein Products*

*Spice It Up*

*Drinks to Enjoy While Fasting*

Foods for Occasional Consumption

Foods Not Recommended

### **Chapter 5: Breakfast Delights**

*Almonds & Chips Breakfast Cereal*

*Almost McGriddle Sausage & Egg Casserole*

*Bacon & Cheese Frittata*

*Belgian Style Waffles*

*Breakfast Burrito*

*Brunch Brownie Muffins*  
*Cheesy Italian Omelet*  
*Chocolate Loaf*  
*Corned Beef & Radish Hash*  
*Flaxseed Waffles*  
*Fluffy Scrambled Cinnamon Pancakes*  
*Hot Cross Buns*  
*Lemon Waffles*  
*Omelet Wrap With Avocado & Salmon*  
*Pesto Scrambled Eggs*  
*Pumpkin Pancakes*  
*Scallion Pancakes*  
*Spinach Quiche*  
*Traditional Bacon & Eggs*

## **Chapter 6: Lunchtime & Dinner Salad Favorites**

*Amish Cauliflower-Broccoli Salad*  
*Chicken BLT Salad*  
*Chicken Salad With Feta & Kiwi*  
*Chopped Greek Salad*  
*Easy Red Cabbage Salad - Instant Pot*  
*Egg Salad*  
*Jalapeno Popper Chicken Salad*  
*Shrimp Avocado Salad With Tomatoes & Feta*  
*Steak Salad Specialty*  
*Thai Pork Salad*

*Tuna Salad & Chives*

## **Chapter 7: Lunchtime & Dinner Soup - Sandwiches & Sides**

*Broccoli - Curry Soup*

*Chicken Cauliflower Rice Soup*

*Crockpot Chicken Chowder*

*Green Soup*

*Shirataki Soup*

*Spring Soup With a Poached Egg*

*Unstuffed Cabbage Roll Soup*

Sandwich Specials

*Ham & Swiss Poppy Seed Sliders*

Sandwich Rolls

*Italian Sub Roll-Up*

*Turkey Club Egg Wraps*

Side Dishes

*Asparagus & Garlic*

*Broccoli & Cheese Casserole*

*Cauliflower Mac & Cheese*

*Cauliflower Mushroom Risotto*

*Creamy Garlic Pasta*

*Garlic Parmesan Fried Eggplant*

*Green Beans & Almonds*

*Marinara Zoodles*

*Parmesan Onion Rings*

*Pesto Roasted Cabbage & Mushrooms*

## **Chapter 8: Dinner Recipes: Seafood & Pork**

### Seafood Choices

*Chipotle Fish Tacos*

*Creamy Salmon Pasta*

*Fish Cakes*

*Lemon Garlic Mahi-Mahi*

*Zesty Shrimp*

### Pork Favorites

*Crack Slaw - Pork Egg Roll in a Bowl*

*Crockpot Carnitas*

*Honey Mustard Ribs*

*Jamaican Jerk Pork Roast*

*Luau Pork & Cauli Rice*

*Pork-Chop Mushroom & Onion Fat Bombs*

*Skillet-Fried Pork Chops*

## **Chapter 9: Dinner Recipes: Poultry & Beef**

*Jambalaya*

### Poultry Options

*Buffalo Chicken Burgers*

*Chicken & Mango Sauce*

*Chicken Mozzarella & Pesto Casserole*

*Garlic - Parsley Chicken Breast*

*Greens & Creamy Chicken*

*Hasselback Fajita Chicken*

*Kung Pao Chicken*

*Roasted Chicken & Tomatoes*

*Sesame Chicken Egg Roll in a Bowl*

*Skewered Chicken*

*Stuffed Chicken With Asparagus & Bacon*

Beef

*Barbacoa Beef – Instant Pot*

*Beef & Bacon Cabbage Stir Fry*

*Chuck Steak – Slow Cooked*

*Ranch Meatloaf*

*Spaghetti Bolognese*

*Spinach & Mozzarella Stuffed Burgers*

## **Chapter 10: Tasty Snacks**

*Avocado Tuna Melt Bites*

*Bacon Guacamole Fat Bombs*

*Bacon-Wrapped Mozzarella Sticks*

*Caprese Skewers*

*Chocolate Dipped Candied Bacon*

*Cucumber Bacon Bites*

*Peanut Butter Power Granola*

*Pizza Bites*

*Smoked Salmon & Cream Cheese Roll-Ups*

*Tomato Chips*

Delicious Dips

*Avocado Ranch Dip*

*Eggplant Dip*

*Keto-Friendly Mayonnaise*

*Ranch Dip*

*Ranch Seasoning*

## **Chapter 11: Delicious Desserts**

### pudding & Mousse Options

*Almond Blackberry Chia Pudding*

*Avocado & Chocolate Pudding*

*Chocolate Hazelnut Avocado Mousse*

*Cinnamon Roll Mousse in a Jar*

*Pumpkin Almond Pudding*

*Slow-Cooked Lemon Custard*

### Other Options

*Blueberry Cream Pie*

*Blueberry Cupcakes*

*Chocolate Chip Cookies*

*Chocolate Zucchini Cake*

*Coconut Almond Cake*

*Coconut Cranberry Crack Bars*

*Key Lime Bars*

*Mixed Berry Cake Bars*

*Peanut Butter Cookies*

*Slow-Cooked Sugar-Free Fudge*

*Chocolate - Peanut Butter Smoothie*

*Strawberry Smoothie*

### Smoothies - Up a Notch

*Carrot Lover Smoothie*

*Orange Mango & Pineapple Smoothie*

**In Conclusion: Hacks to Success**

Know What the Cravings Mean

**Index of Recipes**

# Introduction

Congratulations on purchasing *Intermittent Fasting 16/8*, and thank you for doing so.

The following chapters will discuss the many ways you can use the intermittent fasting program. The 16/8 method is the most popular method used, but you can use other versions as well, which will also be explained.

I wrote this book to better inform you of the many benefits you can achieve while fasting. The keto diet is compatible with the goals in the fasting program with its structured program. You need to understand the ketogenic diet to begin intermittent fasting.

The following pages will provide you with the groundwork that will be essential for success using the ketogenic diet plan while fasting. Before you begin the journey to ketosis, here is a bit of insight into how the diet plan was discovered.

During the era of the 1920s and 1930s, the ketogenic diet was prevalent for its role in epilepsy therapy treatments. The diet plan provided another method other than the uncharacteristic techniques of fasting, which were victorious in the treatment plan.

During the 1940s, the process was abandoned because of new therapies for seizures. However, approximately 20 to 30% of the epileptic cases failed to reach control of the seizures. With that failure, the Keto Diet was reintroduced as a management technique.

The Charlie Foundation was founded by the family of Charlie Abraham in 1994 after his recovery from seizures and other health issues he suffered daily. Charlie—as a youngster—was placed on the diet and continued to use it for five years.

By following the guidelines provided, you will begin the process of putting your body into a state called ketosis. It sounds complicated, but it's a natural healing process. Your body will adapt to burning the ketones instead of glucose. Fruits, starches, sugar, grains, and other foods contain sugar/glucose. When your body has zero glucose, it will burn fat stored in your body.

## **What You'll Find In This Book**

You will find that in many cases, you are currently burning glucose as your 'fuel' source, which in turn - changes your food into energy. The remainder of the glucose develops into fat and is stored in your body to be consumed at a later time.

The ketogenic/keto diet will set up your body to deplete the stored glucose. Once that is accomplished, your body will focus on diminishing the stored fat we have saved as fuel. The new technique will begin with 5% for carbs, 75% fats, and 20% for protein daily. Many people don't understand that counting calories don't matter at this point since it is just used as a baseline.

Your body doesn't need glucose which causes these two stages:

*The Stage of Glycogenesis:* The excess of glucose converts itself into glycogen, which is stored in the muscles and liver. Research indicates that only about half of your energy used daily can be saved as glycogen.

*The Stage of Lipogenesis:* If there is an adequate supply of glycogen in your liver and muscles, any excess is converted to fat and stored.

Your body will have no more food (much like when you are sleeping), making your body burn the fat to create ketones. Once the ketones break down the fats, which generate fatty acids, they will burn-off in the liver through beta-oxidation. Thus, when you no longer have a supply of glycogen or glucose, ketosis begins and will use the consumed/stored fat as energy.

The Internet provides you with a keto calculator at "[keto-calculator.ankerl.com](http://keto-calculator.ankerl.com)." Begin your process by making a habit of checking your levels when you want to know what essentials your body needs during the course of your dieting plan. You will document your personal information, such as height and weight. The Internet calculator will provide you with essential math.

When the glycerol and fatty acid molecules are released, the ketogenesis process begins, and acetoacetate is produced. The Acetoacetate is converted to two types of ketone units:

*Acetone:* This is mostly excreted as waste but can also be metabolized into glucose. This is the reason individuals on a

ketogenic diet will experience a distinctive smelly breath.

*Beta-hydroxybutyrate or BHB:* Your muscles will convert the acetoacetate into BHB, which will fuel your brain after you have been on the keto diet for a short time.

You will discover how flexible the ketogenic methods are when coupled with the intermittent fasting techniques. Each will lose weight differently, and other people may not have the same goals as you.

For now, if you are a beginner, you will begin by using the first method, as shown below. This is an important step; you must decide how you want to proceed with your diet plan. It is always best to discuss this essential step with your physician. These are the four methods, so you better understand the different levels of the keto diet plan:

### **Keto Method # 1**

The standard ketogenic diet (SKD) consists of high-fat, moderate protein, and is low in carbs. The standard ketogenic diet (SKD) provides you with a moderate protein, high-fat, and lowcarbohydrate method. If you maintain a low-to-moderate intensity lifestyle as far as activity goes, the ketogenic SKD plan is what you need. You can lose weight quickly by performing activities such as yoga, cycling, walking, or possibly light weight lifting.

If you choose to use the SKD dietary approach, you will probably be taking in an average of 30 grams or fewer carbs daily. This will allow you to stay in ketosis, which is one of the primary purposes of the restriction of your

carbohydrates. Your carbohydrates will vary from person to person. As a general rule, it's good to avoid starches, added sugars, and other food items that are high in carbohydrates. Your primary source of carbs on the SKD plan will be provided with seeds, nuts, vegetables, and high-fat dairy products.

## **Keto Method # 2**

Workout times will call for the targeted keto diet, which is also called TKD. The process consists of adding additional carbohydrates to the diet plan during the times when you are more active.

The targeted keto diet (TKD) will provide you with the nutrients needed during workout times or at other times when you're more active. The primary goal of the TKD method is to maintain muscle glycogen and blood sugar at a moderate level for training. You may discover you need to advance to the TKD diet if you are using the SDK plan for approximately five weeks. You should begin by introducing 20 to 30 fast-acting carbs approximately 30 minutes before your workout time. That should help you when you lift weights on a non-competitive level.

*Keto Method # 3:* The cyclical ketogenic diet (CKD) entails a restricted five-day keto diet plan followed by two high-carbohydrate days. The cyclical ketogenic diet (CKD) is a unique method used with a restrictive 5-day keto diet plan during the times of the day when you're more active. Bodybuilders and athletes are prime examples of people that would be using the CKD method. They have a high-volume and intensity, which is needed for trying to optimize

their performance. They cannot train properly without the help of carbohydrates.

For that reason, it is imperative to implement the carbohydrate refeeding days one to two times a week to help keep the glycogen in storage at an adequate amount of sugar to fuel their training workouts.

CKD diet is excellent for a competitive level of bodybuilding. It helps if the TKD method is not supplying you with enough energy during your long workout times. You can 'carb up' with the complex carbs for one to two days a week. You perform workouts to deplete your glycogen storage levels.

*Keto Method 4:* The high-protein keto diet is comparable to the standard keto plan (SKD) in all aspects. You will consume more protein. The high-protein keto diet (HPKD) is relative to the SKD plan, with the exception of higher counts of protein. You should be consuming additional carbs approximately 30 to 60 minutes before your workout times and follow the SKD plan at all other times. You will need to maintain the high-intensity exercise performance and promote the replacement of your glycogen at the same time without interrupting ketosis for long periods of time.

Two different types of people can benefit from the HPKD program. The first group of individuals who are just starting an exercise program and aren't ready to perform an abundance of exercise jobs to optimize the CKD diet plan. The second set of individuals that can use the method are the ones using carbs to fuel their exercise performance, but cannot *or* will not take and carb loads of CKD.

Just keep in mind that this CKD and the TKD plan are for individuals who are pushing their bodies to the limits and not just for craving suppression.

## Calorie Goal & Macro Guidelines

***Ketogenic 0-20 Carbs Daily:*** Generally, this low level of carbs is related to a restrictive medical diet whereby the patient is restricted from 10 to 15 grams each day to ensure the proper levels of ketosis remain. The Charlie Foundation is one of the plans used to promote the treatment of epilepsy.

***Moderate 20-50 Daily Carbs Allowed:*** If you have diabetes, are obese, or metabolically deranged, this is the plan for you. If you are consuming less than 50 grams daily, your body will achieve a ketosis state which supplies the ketone bodies.

***Liberal 50-100 Daily Carbs Allowed:*** This option is best if you're active and lean and are attempting to maintain your weight.

## Calorie Counting Versus Macros

The short of counting calories is that they don't tell the whole story. You can fill up on the 'right' calories, and you may also lose muscle mass. For example, you count one hundred calories of avocado (a fat), which is better than (1) one-hundred-calorie cookie (carbs). That is why keto counts the macros (fat, protein, and carbs), not the calories.

*Remember This Formula:* You will need to calculate your net carbs on some of the recipes you discover on the Internet — some list only the total carbs. If that happens, just take the total carbs listed (-) fiber (=) the total net carbs, which is what you need to track for an accurate count so you can remain in ketosis.

# Chapter 1: Introduction to Intermittent Fasting



## **What Is Intermittent Fasting & How Does It Work?**

Simply stated, the popular fitness and health trend involves alternating cycles of eating and fasting. You don't realize it, but you are fasting every day while you sleep. You can just extend the fasting ties a little bit longer. For example, you can skip breakfast at noon and dine for your last meal at 8 PM. The 16:8 method is the most popular choice.

### **Benefits for Your Health**

Building muscle and losing weight are only two of the many benefits that fasting intermittently can accomplish. It can also help you to find extra time in a busy schedule since you don't have to worry about finding time for breakfast every

day. While giving up on that early morning meal might sound difficult, once new habits begin to form, it will seem like the most natural thing in the world.

***Seizure Reduction for Epilepsy Patients:*** Reductions in seizures have occurred in children who have successfully used the ketogenic diet. The therapeutic keto diet used for epilepsy often restricts the carbs to fewer than 15 grams of carbs daily to further drive up the ketone levels. Don't try to reach these levels unless you have the supervision of a medical professional.

***Lower Blood Pressures:*** It is wise to speak with your doctor about lowering your medications while on the plan. If you begin to feel dizzy, this is an indication that the lack of carbs is working.

***Improvement of your Cholesterol Profile:*** An arterial buildup is typically associated with the triglyceride and cholesterol levels, which have been proven to improve with the keto diet plan.

***Lowered Stress Levels:*** Cortisol production is decreased.

## **Know When You Have Reached Ketosis: Side Effects**

***Induction Flu:*** The diet can make you irritable, nauseous, a bit confused, lethargic, and you may also suffer from a lingering headache. Several days into the plan should remedy these effects. If not, add one-half of a teaspoon of

salt to a glass of water and drink it to help with the side effects. However, you may need to do this once a day for about the first week, and it could take about 15-20 minutes before it helps. Relax, it will go away soon!

***Leg Cramps:*** The loss of magnesium (a mineral) can be a factor that creates pain with the onset of the keto diet plan changes. With the loss of the minerals during urination, you could experience attacks of cramps in your legs.

***Digestive Issues:*** You have made an enormous change in your diet overnight. It's expected that you may have problems, including constipation or diarrhea, when you first start the keto diet. This is yet another reason why you must drink plenty of water because you could quickly become constipated because of dehydration. The low-carbs contribute to the issue. Each person is different, and it will depend on what foods you have chosen to eat to increase your fiber intake. Try reducing new foods until the transitional phase of ketosis is concluded. It should clear up with time.

You may also be lacking beneficial bacteria. Try consuming fermented foods to increase your probiotics and aid digestion. You can benefit from B vitamins, omega 3 fatty acids, and beneficial enzymes as well. Eat the right veggies and add a small amount of salt to your food to help with the movements. If all else fails, try some *Milk of Magnesia*.

***Heart Palpitations:*** You may begin to feel 'fluttery' as a result of dehydration or because of an insufficient intake of salt. Try to adjust your menu plan by trying more carbs, but if you don't feel better quickly, you should seek emergency care.

***Pungent Urine Smells:*** With the high acetone levels, your urine is also a strong clue to ketosis (its darkened color). There is no reason for concern; it's just your body adjusting to the new status.

## Chapter 2: 16/8 Intermittent Fasting



### What Is the 16/8 Method?

The 16/8 Method is another name for the Lean-Gains Method plan, which is used as a routine targeted explicitly for the removal of body fat and to improve lean muscle mass. One of the most noteworthy benefits of this type of fasting is that it's incredibly flexible so that it will work well if you have a varied schedule. This safe program provides a fasting window of 16 hours, with hours of eating at 8 hours.