



**Chef V's  
Intermittent Fasting With Green Drink:  
Your Healthy Diet Guide**

Congratulations! You've just made one of the best purchases of your life. My Intermittent Fasting Program is the ultimate fat-melting program.

Within weeks from now, if not mere days, you're going to notice that your pants fit looser. I hope you have a leather hole puncher to add another hole in your belt because you're gonna need it!

You're also going to have way more energy without feeling amped up like you do on coffee and sugary energy drinks. Within just a few days, you're going to have natural, rock-steady energy throughout the day. And you're also going to save money because you're not going to eat out as much and as often as you do now.

Without further ado, let's jump right into it and learn how to shrink your waistline with intermittent fasting....



## Chapter 1: Chef V's Intermittent Fasting Plan

My Intermittent Fasting Program plan is so simple. Basically, it can be summed up in 5 easy steps:

- Only consume food and drinks that have calories during an 8-hour “feeding” window every day of the Program. (For example 12 p.m to 8 p.m.)
- Don't eat or drink anything with calories the other 16 hours.
- Break the 16-hour fast with 16 oz. of Green Drink (wait 30 minutes before eating)
- Follow my Healthy Eating Guidelines (I'll tell you exactly what to eat and how much in this guide.)

That's it! It's so simple. End of guide. Good luck! Let me know how you do....

Just kidding!

Even though the Program you just purchased is a phenomenal value, I want you to get far more out of it than merely an awesome deal on my Green Drink. It's my hope that this guide will serve as a valuable resource that will establish healthy eating and lifestyle habits for many years to come....

Now, before you're ready to start with the 5 easy steps I just listed above, let's talk about the Intermittent Fasting Plan.

Everybody seems to be talking about intermittent fasting these days. If you'll excuse the hyperbole, it really seems to be blowing up the Internet.

So what is it? Is it a trendy fly-by-night weight loss fad?

Nope. People have been doing intermittent fasting for tens of thousands of years. Think about it. Our distant ancestors didn't eat breakfast, lunch and dinner every day. They ate when they had access to food. They ate sporadically (intermittently).

But the reason it's only become popular as a weight loss diet as of late is because it's one of the first weight loss approaches that doesn't so much restrict what you can eat. Instead, it restricts when you eat.

Modern research reveals that the way our distant ancestors ate offers significant health benefits such as reducing the risk of cancer.

I've been doing intermittent fasting now for several months. So has my husband, Brandon. We've both had great success with it and love how it makes our lives easier. Instead of having to spend time making breakfast in the morning, we can quickly start the day with laser-sharp focus. Your morning becomes way more productive and healthier with intermittent fasting.

Plus, research also reveals that intermittent fasting may increase your lifespan.

### **Why Does Intermittent Fasting Work For Weight Loss?**

Your body is still hard-wired like a primitive caveman. You see, when you don't provide your body with calories for 16 hours, it puts your body in a mild state of stress. Stress might not sound good, but when it comes to weight loss, it's a great thing. That's because your body burns stored body fat for energy. After several hours of fasting, it no longer has available carbohydrates (sugar) to use as fuel.

People who have been doing intermittent fasting for a while quickly lose belly fat because that's where most of your stored body fat tends to accumulate. And doing intermittent fasting everyday taps more and more into your body fat storage.

The great thing about intermittent fasting is it's so easy to do. You're not starving yourself and you're not being told to avoid any specific types of food.

# CHEF V'S INTERMITTENT FASTING PLAN

 EATING     FASTING     SLEEPING/FASTING



## **How do you do Intermittent Fasting?**

To see how easy it is, let's use this schedule as an example.

- Sleep from 11 p.m. to 7 a.m.
- Eat between 11 a.m. and 7 p.m.
- Fast between 7 p.m. and 11 a.m.

Not eating for 16 hours might sound extreme at first. But think about it. You're only fasting for four hours during the time you're awake in the morning. Then, for the next 8 hours, you can eat a sensible, filling lunch and dinner (and a snack if you need it). And if you have a satisfying healthy dinner, you won't even think about the other 4 hours you're fasting before bed.

Sounds easy right?

Now, if you selected the Three Month Intermittent Fasting Program, you can gradually break into the intermittent plan by going the first week doing a 12-hour fast. You can bump it up to a 14 hour fasting period the second week and then 16 hours for week 3 and beyond. But if you selected the one-week or one-month Program, I strongly suggest you try going right into the 16-hour fasting window.

## **What Can I Have While I'm Fasting?**

During your 16-hour fasting window, you can't eat anything. Until scientists figure out a way to make food contain zero calories (yet trick us into think we're having calories), you'll have to avoid eating food altogether.

And that includes refraining from having extra Green Drink or even the most other nutritious-dense foods on the planet like broccoli. Even though a whole cup of broccoli contains just 30 calories, eating it during the fast can interfere with the process by which your body is burning up your fat for fuel.

Technically, it might be up for debate whether or not having, say, 15 calories will wreck your fat-burning. However, for best results, it's best if you don't even go there. Snacking on apple slices is healthy during your

8-hour eating window. But having apples during your fast might not only halt the fat-burning mechanism, it may lead to cravings for more calories.

So, to repeat, don't eat anything during the 16 hours. You'll hopefully be sleeping for half that time anyway. And you'll hopefully be full for four other hours. Remember, it's really only four hours in the morning you have to worry about.

Which brings me to what you **can** drink during the 16-hour fast.

Here's what you can drink:

- Water
- Black coffee (cold-brew is best because it's lower in acidity; you can use natural zero-calorie sweetener like stevia or monk fruit extract but be careful because sweetener may cause cravings for calories)





## Non-Caloric Electrolyte Drinks

There is one drink I do want you to have during your 16-hour fasting window. I call it my Electrolyte Cocktail. Here's what's in it:

- 12 oz water
- ½ tsp Sea Salt
- ½ tsp Cream of Tartar.
- Optional: 1 tbsp Apple Cider Vinegar, ½ Lime and/or Lemon.

If you've never heard of cream of tartar, don't be grossed out. It's nothing at all like tartar sauce, which would indeed be disgusting to drink. When you mix the cocktail well, you won't taste the cream of tartar at all. It's very similar to baking soda. The reason why I recommend it is because it's rich in electrolytes, which are trace minerals. You can think of electrolytes as spark plugs that provide the energy for your cells.

Drinking this electrolyte cocktail 1-3 times during your fasting window will keep your energy levels up. And when your energy is rock-steady, you won't be tempted to break your fast.



12 oz water

1/2 tsp cream of tartar

1 tsp apple cider vinegar  
or 1/2 lime or lemon

1/2 tsp Sea Salt



Lime, Lemon or  
apple cider vinegar'



cream of tartar



sea salt

So there you have it, the intermittent fasting plan in a nutshell.

For more resources, check out these articles I've written about Intermittent Fasting on my website:

[Intermittent Fasting: The Diet That Tells You When To Eat, Not What to Eat](#)

[Intermittent Fasting Results: How Long Does It Take?](#)

[Intermittent Fasting Plan: How Often Should I Eat?](#)

[Intermittent Fasting Benefits](#)

[Intermittent Fasting Weight Loss](#)

Let's move on to the next chapter where you'll learn the best way to break your fast....



## **Chapter 2: Breaking Your 16-Hour Fast**

If you're used to having a midnight snack and then eating in the morning, shortly after you wake up, a 16-hour fast might sound like an eternity. But it's really not torture at all. In fact, most people quickly get used to it in just 2-3 days.

But even if you find going 16 hours in between eating, the key to feeling great all day is knowing how to break your fast.

And this is where the second component of my program—cleansing—comes in to play.

You don't want to ruin your fat-burning fasting success by breaking your fast with a greasy sausage breakfast sandwich or a carb-heavy bagel or a sugar-infested donut that will cause your blood sugar to rise real fast and then crash big time.

If you want to increase your fat-burning potential even more, you have to give your organs the nutrients they need to gently and safely Program.

And there's no easier way to do that than by having 16 oz of Green Drink.

**So every day you are on the Intermittent Fasting Program, break your fast with 16 oz. of Green Drink. Then, wait at least 30 minutes before eating food. (I'll share with you what you should eat for "break-fast" in just a bit.)**

I selected the seven certified-organic green-leafy veggies in my Green Drink formula years ago because they are all nutrient-dense and are best for aiding your body in the detoxification process.

Sure, having a high-protein meal with natural fats and low carbs is healthy. But if you haven't been eating healthy lately or if you have been drinking too much alcohol, your liver and kidneys, which are your main detox organs, are probably overtaxed.

Breaking your fast by doing a gentle Program with a 16 oz serving of Green Drink will get your detox organs working more effectively. Combining intermittent fasting and Green Drink is the most effective fat-burning and detox strategy.

But just because you're fasting for 16 hours a day and having my Green Drink doesn't mean you can eat fast food and sugary snacks during your 8-hour eating window.

In fact, to have the most success with weight loss and improved focus and energy, you need to eat a cleansing diet. So let's move on to the next chapter and look at what you should eat for breakfast....

### **Chapter 3: What To Eat For Breakfast**

Wait a sec. If you're not eating until 11 a.m. or even later, or you even eating breakfast at all?

Well, you can call it brunch if you want. But no matter what time of day your first meal is, let's just call it breakfast.

And remember, before you eat your first meal of the day, you're going to break your fast with 16 oz. of Green Drink. Then, you're going to wait for about 30 minutes until you have anything else. Why do you need to wait? It's because you want your body to fully absorb the nutrients from my Green Drink and kick-start the detox process. If you were to eat right after you finished the Green Drink, it could interfere with nutrient absorption.

With that in mind, let's talk about what you can have after you've had your Green Drink.

Although a bowl of oatmeal may sound healthy, when it comes to cleansing, you want to avoid heavy carbs. Oatmeal might not be as bad as, say, a donut, but one of the purposes of doing my Program is to normalize your blood sugar levels. Just one cup of cooked oatmeal has nearly 30 grams of carbs. That high amount won't lower the amount of insulin your pancreas needs to release to control your blood sugar.

So what should you have for your first caloric indulgence of the day (besides my Green Drink)?

How about a antioxidant-rich smoothie? You might think that by now, 16 ½ hours or so after not having a meal, you'll be dying for a three-egg omelette. (Certain animal proteins are hard to digest so that's why I don't recommend eggs while you're cleansing. In the next chapter I'll show you what animal protein you can have while on this gentle Program.)

But you'll be surprised by how much the Green Drink fills you up (without bloating you) and satisfies your appetite.

Personally, I don't eat breakfast, I drink it!





Here are some smoothie recipes I created that you can have during your Program. The smoothies will enhance the detox process and keep you healthy because they're super loaded with vitamins, minerals, and antioxidants.



## Chef V Smoothies!

### Chef V's Citrus Green Smoothie

2 large pieces of organic kale  
¼ cup pineapple (fresh or frozen)  
¼ cup mango (skinned, fresh or frozen)  
½ cup of ice  
¼ cup Chef V 7 Greens  
¼ cup unsweetened coconut milk  
1 serving of vegan protein powder

Directions:

Blend all ingredients for 1-2 minutes until smooth. Bon Appétit!

### Chef V's Chia Mango Smoothie

½ cup Mango  
½ cup Pineapple  
½ cup unsweetened coconut milk  
½ cup of ice  
1 tsp. chia seeds  
1 serving of vegan protein powder

Directions:

Place chia seeds in ½ cup of unsweetened coconut milk. Let sit for 10 minutes. Add Milk to blender and blend with the remainder of ingredients. Blend for 1-2 minutes until smooth. Bon Appétit!

## Chef V's Favorite Green Protein Smoothie

- 1 large piece of organic kale
- 1 piece of organic chard
- ½ cup of ice
- ½ cup organic unsweetened almond milk
- ¼ cup chopped pineapple (fresh or frozen, not canned)
- ¼ cup of raw cashews, soaked in water for an hour.
- 1 serving of vegan protein powder of your choice

Directions:

Drain cashews and blend all ingredients for 1-2 minutes until smooth. Bon Appétit!

## Chef V's Super Smoothie

- ½ organic pear, ripe
- ¼ avocado, skinned
- ½ organic cucumber
- ½ lemon, juice
- ¼ cup chopped cilantro
- 1-2 pieces organic green kale
- 1 tsp. fresh ginger, minced
- ½ cup unsweetened coconut milk
- 1 serving of vegan protein powder

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

## Chef V's Beet-It Smoothie

- ½ cup organic blueberries (fresh or frozen)
- ½ cup organic raspberries (fresh or frozen)
- ¼ cup diced organic red beet, raw & skinned
- 1 piece organic red chard
- ½ cup ice
- 1 cup organic unsweetened almond milk
- Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

## Chef V's Super Antioxidant Smoothie

½ cup organic blueberries (fresh or frozen)

½ cup organic raspberries (fresh or frozen)

¼ cup pomegranate seeds

¼ cup diced organic red beet, raw

2 pieces of organic green kale

½ cup ice

½ cup coconut water

1 serving of vegan protein powder

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

## Chef V's Alkaline Smoothie

½ organic pear

¼ avocado, skinned

1 cup spinach

1-2 small pieces green kale

1 cup almond milk

1 tsp. chia seeds

1 serving of vegan protein powder

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

## Chef V's Berry Smoothie

¼ cup organic blueberries (fresh or frozen)

¼ cup organic raspberries (fresh or frozen)

½ cup organic unsweetened almond milk

½ cup of ice

¼ cup raw cashews, soaked in water for an hour

1 serving of vegan protein powder

Directions:

Blend all ingredients for 1-2 minutes until smooth. Bon Appétit!

## Chef V's Super Green Smoothie

1-½ cups filtered water

1-cup ice

1 small avocado, skinned and pitted

2 large pieces kale

1-cup spinach

2 medjool dates, pitted

Juice from 1 lemon

Dash of cinnamon

1 tbsp. chia seeds

Directions

Blend all ingredients together in a Vitamix for 2 minutes or until smooth.

## Chef V's Ginger Apple Berry Smoothie

½ Fuji apple

½ cup blueberries

½ cup raspberries

2 small pieces organic red chard

1 tbsp. fresh ginger, minced (I use a garlic presser)

1 cup ice

¾ cup almond milk

Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

## Chef V's Morning Mojito Smoothie

½ cup ice

2 cups organic spinach

¼ cup fresh or frozen pineapple (skinned and chopped)

¼ cup lime juice

¼ cup lemon juice

5-10 mint leaves (depending on how minty you like it!)

1 serving of vegan protein powder

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Add ¼ cup filtered water if necessary. Bon Appétit!

## Chef V's Green Goddess Smoothie

2 large pieces of organic green kale

½ Granny Smith apple

¼ avocado

½ organic cucumber

¼ cup chopped cilantro

¼ cup lime juice

1 medjool date

½ cup ice

½ cup organic unsweetened almond milk

1 serving of vegan protein powder

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

## Chef V's Ginger Apple Berry Smoothie

Ingredients

½ Fuji apple

½ cup blueberries

½ cup raspberries

2 piece organic green kale

1 tbsp. fresh ginger, minced (I use a garlic presser)

1 cup ice

½ cup almond milk

Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

## Chef V's Vanilla Nut Shake

- 1 tsp. real vanilla
- ¼ cup raw cashews, soaked in water for an hour, drained
- 1 tbsp. chia seeds
- ½ cup almond milk
- ½ cup of ice
- 1 tsp. raw coconut nectar
- Dash of cinnamon
- 1 serving of vegan protein powder

Directions:

Soak chia seeds in almond milk for 10 minutes. Add milk and the remainder of ingredients to a blender. Blend for 1-2 minutes until smooth. Bon Appétit!

\*If you get bored of smoothies or want to switch it up:

## Chef V's Easy Cereal

- ¼ cup crushed almonds
  - ¼ cup crushed walnuts
  - ¼ cup organic blueberries
  - 1 tbsp. coconut flakes
  - ½ cup almond or coconut milk
- Mix the ingredients together in a bowl and pour milk substitute over the cereal.

## Chef V's Toast with Avocado

- 1 slice gluten free bread (I like Udi's)
  - ¼ avocado
  - dash of lemon juice (optional)
  - dash of balsamic vinegar (optional)
- Toast lightly and spread avocado into the toast, like butter. You may need to smash the avocado up a bit before spreading. For extra pizzazz, add a dash of lemon juice and balsamic vinegar on top.



So there you have it ... 14 delicious smoothies—technically it's just 13; the last recipe is a shake—to help you gently Program, further enhance your fat-burning potential, provide you with steady energy and boost your immunity.

And if you absolutely have to have something to eat, my easy cereal or healthy toast with avocado will hold you over until it's time for your next meal.

Speaking of which, let's move on to find out what you can have for lunch and dinner while you're doing my Intermittent Fasting Program.



## EAT THIS

## NOT THIS

### **Fruits & Vegetables**

Unsweetened fresh or frozen whole fruits  
fresh squeezed fruit juices, sea vegetables  
(seaweeds), avocados, olives, and raw  
steamed, sautéed, juiced, or roasted vegetables

Oranges, orange juice, grapefruit, bananas,  
strawberries, grapes, corn, creamed vegetables  
nightshades (tomatoes, peppers, eggplant,  
potatoes)

### **Dairy Substitutes**

Hemp, rice, and nut milks (such as almond,  
hazelnut, walnut, etc.) and coconut milk,  
coconut oil/butter

Dairy and eggs: including milk, cheese, cottage  
cheese, cream, yogurt, butter, ice cream,  
non-dairy creamers, ghee

### **Non-Gluten Grains & Starches**

Brown, red, black and wild rice, millet,  
amaranth, teff, tapioca, buckwheat, quinoa

White rice, wheat, corn, barley, spelt, kamut,  
rye, triticale, oats (even gluten-free)

### **Animal Protein**

Fresh or water-packed, cold-water fish  
(trout, salmon, halibut, tuna, mackerel,  
sardines, pike, kippers), wild game  
(rabbit, pheasant, bison, venison, elk, etc.),  
lamb, duck, organic chicken and turkey

Pork (bacon), beef, veal, sausage, cold cuts,  
canned meats, frankfurters (hot dogs), shellfish,  
any raw meats or fish

### **Vegetable Protein**

Split peas, lentils, legumes, bee pollen,  
spirulina, and blue-green algae

Soybean products (soy sauce, soybean oil in  
processed foods)

### **Oils**

Cold-pressed olive, flax, safflower, sesame,  
almond, sunflower, walnut, pumpkin, and coconut

Butter, margarine, shortening, processed oils,  
canola oil, salad dressings, mayonnaise, spreads

<b>Drinks</b>	Filtered water, green, white or herbal tea, seltzer or mineral water, Yerba Mate (preferable post cleanse Only), coconut water, green drink	Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice (unless fresh pressed)
<b>Sweetener</b>	Stevia, coconut nectar, yacon, whole/fresh fruit, dried fruit (in moderation)	Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evaporated cane juice, Splenda®, Equal®, Sweet'N Low®, juice concentrate, agave nectar, brown rice syrup
<b>Condiments</b>	Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw chocolate (dairy and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari and nama shoyu, unsweetened whole fruit jam	Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki, breath mints

## **Chapter 4: What to Eat for Lunch & Dinner & How Much To Eat**

For your convenience, I have created a list of what you can eat and what you shouldn't eat during your 8-hour calorie-consumption period.

Isn't it such a relief when there's no guesswork involved with dieting? The EAT THIS/NOT THAT list above will provide you with enough healthy yet satiety-inducing options that you'll never get bored.

But next comes the question of how much of each item you should eat.

Again, I've done the hard work for you so that there's no guesswork involved with portion control either. Here is my **Healthy Portions Chart**:

# HEALTHY PORTIONS CHART

## Protein

(6oz. serving)

beans  
nuts  
avocado  
Wild salmon  
Fresh tuna  
Mackerel  
Canned tuna  
cold water fish  
Organic chicken  
Organic turkey  
Duck  
Lamb

## Starch

(1/2 cup serving)

Quinoa  
Wild rice  
Brown rice  
Black rice  
Black beans  
Kidney beans  
Lentils  
Pinto beans  
Lima beans  
White beans  
Gluten Free  
corn pasta

## Vegetable

unlimited servings

Any leafy greens  
Broccoli  
Cauliflower  
Green beans  
peas  
Zucchini  
Any squash  
Sweet potato  
Carrots  
Parsnips  
Cabbages  
Onions & bulbs  
Mushrooms  
Cucumber  
Avocado

## Seasoning

6 oz. serving

Garlic  
Ginger  
Basil  
Cilantro  
Parsley  
Rosemary  
Thyme  
Red Chili flakes  
Cayenne pepper  
Black pepper  
No-salt seasoning  
Raw coconut oil 1 Tbsp  
Olive oil 1 Tbsp  
Apple cider vinegar  
Balsamic vinegar  
Coconut aminos  
(soy sauce substitute)

Now that you know exactly what to eat and how much to eat, you're not quite ready to start the Program as I've outlined it here. First, you need to read the next chapter....

## **Chapter 5: Post- And Pre-Program Tips**

You can start doing the 16-hour Intermittent Fasting plan right away. And you should also start having a 16 oz. serving of Green Drink to break your fast from day 1 onwards....

But before you start eating according to my healthy guidelines above, there's something you have to know first. I'm going to be completely honest with you. The less healthy your diet has been up until now, the harder it might be to stick to my Intermittent Fasting Program. That's why I highly recommend that you take at least 3 days before starting this Program diet to cut out any simple sugary foods and drinks, including alcohol.

Hey, this is a Program you're doing after all. If you want to reset your metabolism and digestive system, and give your body the best chance to burn fat, it's worth cutting sugar and alcohol out.

You should also take at least 3 days to eliminate quick-burning carbs (which turns into sugar) like bagels and anything else with white flour. Even wheat flour contains a lot of carbs which can interfere with the cleansing process. In general, the only carbs you should be eating are fruits, vegetables and a small serving of whole grains like brown rice.

### **Coffee: Yes Or No While Cleansing?**

You'll notice that on the Eat This Not That chart above, I recommend not having coffee while you're cleansing. But I realize that you may need a tiny bit to prevent caffeine withdrawal headaches (half a cup is really all you need to prevent withdrawal). That's why with this specific Intermittent Fasting Program, you can have black coffee during your 16-hour window.

Now whether you're doing a one-week, one-month or three-month Intermittent Fasting Program, you'll also want to avoid eating high-sugar or high-carb foods for at least a few days after you successfully finish the Program. Then, you can slowly introduce a little bit of one of your favorite indulgences. For example, if you love red wine, three days after your Program is over, you can reward yourself with half a glass. Then a few days later, you can have the full glass if you desire.

But I assure you that no matter how long you Program for, your taste buds will reset. You will be turned off by sugar snacks. They will taste artificial and you'll notice that snacky foods make you feel lousy.

## **Don't Let Your Brain Fool You!**

The reason many of us eat sugary or high-carb snacks is that these unhealthy foods trigger the emotional center of the brain. High carb foods actually work very much on the brain the same way opiate drugs do!

But we're actually not rewarding our brain. On the contrary, it's a misfiring of the reward mechanism. Our brain tells us we'll feel awesome if we eat a pint of ice cream even though we eventually feel lousy for doing so.

Over and over our brain tricks us into eating things that are bad for us. If you keep this in mind, you'll be much less tempted by cravings.

And if you pre- and post-Program without eating high-starch/high-sugar foods and drinks, it'll be much easier for you to stick with my healthy eating guidelines for a long long time after you finish your Program.

## **Detox Symptoms**

Nonetheless, if your diet has been far from healthy lately, it is possible that you may experience some detox symptoms. In more extreme cases, it may feel like you have a mild flu for a few days. Why? It's because when you suddenly go from eating lots of sugar to no artificial sugars, your gut can have a yeast die-off. When too many yeast die off faster than your body can detox, that's when you feel mild flu-like symptoms.

That's why I can't stress how important it is to take at least a few days before you start the Program to wean yourself off of high-sugar and high-carb foods and drinks. For more on this, I encourage you to read [this article](#) on my website.

The most important thing you can do if you're feeling detox symptoms is to breathe. Long, deep inhales and exhales through your nose. If you have ever been to a yoga class, you know exactly what I'm talking about.

## **It's Not a Diet, Or a Program ... It's a Lifestyle**

If you stick with my advice in this guide, doing the Intermittent Fasting Program will be easy. Within days, you should start noticing positive outcomes. And if you stick to this lifestyle, you may indeed need to go do some new clothes shopping. Expect to drop a couple pant sizes at least!

Remember, intermittent fasting isn't a temporary diet. It's a lifestyle transformation. Brandon and I, and thousands of other people around the country have been doing intermittent fasting for months or longer. I no longer even think about it as a diet. It's just something I've gotten used to.

It's as regular to me now as brushing my teeth. Every now and then I might meet some girlfriends for breakfast or for a late dinner. I don't feel guilty about it. The next day, I go right back to my 16-hour intermittent fasting and healthy eating routine I've outlined for you above. But while you're doing the intermittent fasting Program, do try and stick to the program to a T.

Or, as I like to say, stick to it like a "V".

Good luck! And if you have any questions, please email me at [chefv@chefv.com](mailto:chefv@chefv.com).

Much love,

Veronica Wheat, aka Chef V



