



Guide To

**INTERMITTENT
FASTING**

FASTer Way to Fat Loss

You've heard people talk about intermittent fasting, and are a little curious what all the rage is about. Not eating for periods of time seems strange, and you aren't quite sure how this practice fits into a healthy lifestyle. You are skeptical, and rightly so, since the diet industry is full of ridiculous products and false promises that promote a yo-yo lifestyle.

But intermittent fasting is different.

A little over three years ago, I began to implement intermittent fasting into an already healthy lifestyle and the results were significant. As I dug into the research, I was amazed at the science behind this strategy and knew it was something I had to share with my clients, as it not only helps women burn fat more effectively, it also helps them live healthier lives.



What is intermittent fasting?

Intermittent fasting is not a type of diet, but an eating schedule. Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make burning fat a challenge. However, in the fasted state (8-12 hours after your body finishes digesting), your insulin levels are lower and your body is better able to reach into fat stores for energy.

WHEN YOU LOSE CALORIE BURNING MUSCLE, YOU LOWER YOUR METABOLIC RATE AND MAKE IT HARDER FOR YOUR BODY TO BURN FAT.



People rarely go into a fasted state throughout the day. In fact, the traditional theory of several small meals per day keeps us from ever reaching the fasted state. In addition, that type of eating schedule regularly spikes our insulin levels which also hinders fat loss. So, while eating several small meals per day can lead to weight loss, (calorie deficits always do), you will likely be losing both muscle and fat. When you lose calorie burning muscle, you lower your metabolic rate and make it harder for your body to burn fat. You also might become frustrated because you never feel toned and fit, even though you are working out and eating clean.

The Science Behind Intermittent Fasting

Intermittent fasting encourages the body to burn fat while maintaining lean muscle mass, but because you're mixing higher calorie consumption with lower calorie consumption periods, you don't get as hungry as when you're not eating. And, unlike restricting calories, intermittent fasting doesn't lower the body's basal metabolic rate long-term; in fact, it increases it. This makes intermittent fasting an incredibly effective weight loss strategy, even for obese people. It also has been shown in scientific studies to be a more effective form of weight loss than calorie restriction alone. And, intermittent fasting is better at helping people maintain lean muscle mass than diets that simply restrict calories.

So how does intermittent fasting work? After you eat, your body works hard to digest your meal. As you break down your meal in your digestive tract, nutrients are released into your bloodstream. That means your body often has excess fuel and that excess gets stored as fat. When you fast, your body has to rely on its energy stores by burning fat and glycogen. So, through intermittent fasting, you train your body to burn fat instead of storing it. Intermittent fasting affects the body's hunger hormones: leptin, ghrelin and insulin. Some studies have shown that intermittent fasting may impact the hypothalamus, which then causes the fat loss benefits we see.

Intermittent fasting has health benefits in addition to weight loss. It can reduce the risk of coronary heart disease, as well as reduce insulin resistance, which can reduce the risk of developing Type II Diabetes. The Cleveland Clinic notes both of these benefits for patients who fasted in some way.

The Benefits of Intermittent Fasting

Biomarkers of brain aging can be slowed down by intermittent fasting. An intermittent fasting diet has also been shown to reduce Alzheimer's-like behavioral changes and even extend lifespans in animals. According to research by a Johns Hopkins neuroscience professor, fasting not only wards off Alzheimer's, but also other neurological diseases like Parkinson's Disease. The study also showed fasting can improve memory and mood. The professor says getting your brain to work even without food for a while, can help train your stress response to cope with disease and protect neurons against the plaques that doctors often find in Alzheimer's patients.

The benefits of intermittent fasting include, but are not limited to the following:

- Improved hormone profile
- Increased life expectancy
- Maintenance of skeletal muscle mass
- Decreased blood glucose levels
- Decreased insulin levels and increased insulin sensitivity
- Increased lipolysis (breakdown of fats) and fat oxidation
- Increased uncoupling protein-3 mRNA (important for the production of energy inside the cell)
- Increased norepinephrine and epinephrine levels, which increases fat breakdown
- Increased glucagon levels, which breaks down fat
- Increased growth hormone levels, which preserve muscle mass



Intermittent Fasting + Metabolism

While the health and wellness industry has long taught that the best way to keep your metabolism revved up is to eat several small meals throughout the day, there is actually little to no research to back up this myth. In fact, metabolism has little to do with eating periods, and is most closely related to muscle mass. The more lean muscle you have, the faster your metabolism. This is why we utilize strength training workouts in the FASTER Way so that clients are able to effectively build muscle that will increase their metabolic rate.

FASTING PERIODS DO NOT NEGATIVELY AFFECT METABOLISM IF CALORIES ARE NOT SEVERELY RESTRICTED DURING A CLIENT'S EATING WINDOW.

The American Journal of Clinical Nutrition published a study in 2000 where subjects went through 4 days of fasting to determine the impact on resting energy expenditure. Resting energy expenditure is simply the amount of energy your body needs to carry out its most basic functions.

This study found that a person's resting energy expenditure, or their metabolism, increased for the first three days. In a similar study, subjects utilized an alternate day fasting protocol for 22 days. That study found that subjects saw no decrease in their resting metabolic rate.

There are countless other studies that provide the same kind of results: **fasting has no negative effect on metabolic rate, but has significant positive effects on overall health and wellness.**

As clients allow their body the time it needs to rest and repair itself, while building lean calorie building muscle through effective workouts, they will see an increased metabolic rate and significant change to their overall body composition.

<http://ajcn.nutrition.org/content/71/6/1511.full>

How to Get Started

There are several different intermittent fasting protocols, however, the one I recommend most is the daily 16/8 method. This protocol calls for 16 hours of fasting per day, with an 8 hour eating window.

This allows for your body to daily reset itself, without feeling too restrictive, which makes it a strategy that is easy to sustain long term. There are times when I have clients do a 24 hour fast to give the body a more significant rest period, but for the most part we stick to the 16/8 protocol.



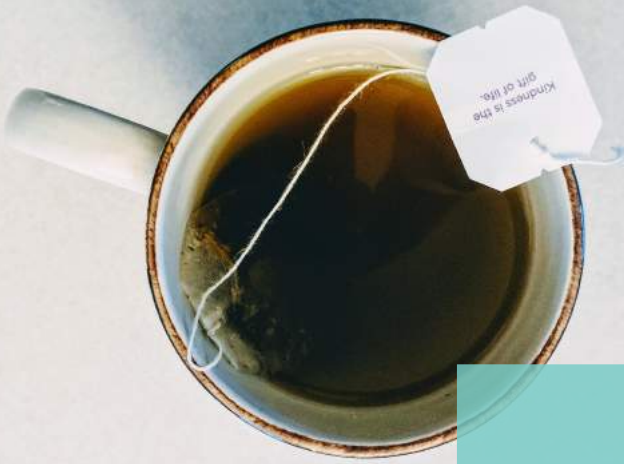
Thinks this sounds a little crazy?

GIVE IT A TRY! HERE'S HOW:

This Sunday, skip your breakfast. Don't eat anything until lunch time. Then, be sure to eat a balanced meal full of whole foods. After that, go ahead and eat your dinner normally (you will probably be able to eat more since you skipped breakfast) and stop eating by 8pm.

Once you've done that, try it again on Monday. If waiting until lunch is too much, that's fine. Start eating at 10am, then keep moving it back until you've reached a 16 hour fasting window.





Tips for Fasting

1 **During your fasting window you can consume the following:**

Water, herbal tea, black coffee, BCAA's.

2 **During your eating window track your macros.**

We are not restricting calories through intermittent fasting, so it is important to get in all of your macronutrients (proteins, fats and carbohydrates) during your eating window. I have clients use MyFitnessPal to track their macros, not their calories. We usually aim for 50% carbs, 30% fats and 20% protein, but this can be changed based on your activity level and goals. The focus should be on whole foods, not processed options.

3 **Workout while fasted.**

If at all possible, work out while fasted as this will maximize your hormonal output and increase your metabolic rate. However, if you can't get your workout in during that window, don't stress.

4 **Have a plan.**

Plan for what you will eat during your eating window. Stay busy during your fasting window. Being prepared is the best way to ensure your success. To learn how to maximize the effectiveness of intermittent fasting, consider joining the [FASTer Way To Fat Loss](#), my 6 week online bootcamp. The FASTer Way is a comprehensive fat loss plan that is easily fit into even the busiest of lifestyles.

FASTer Way to Fat Loss

In the FASTer Way, I pair intermittent fasting with carb cycling, strength training and HIIT to ensure clients get the very best results. While all of these strategies have significant scientific backing, the testimonials from the thousands of women who have gone through my program speak louder than the white lab coats ever could. **These women have truly changed their lifestyles, and are happier, healthier and a whole lot leaner.**

The reason this program is so incredibly successful is because I have strategically paired a food cycle based on IF and carb cycling with specific workouts to maximize the effects of our food cycle. If you want guidance and accountability while implementing these strategies so you can effectively turn your body into a pro fat burner, then the [FASTer Way to Fat Loss](#) is the very best program available to help you do that.

FASTER WAY TO FAT LOSS



A M A N D A T R E S S

WELCOME

My name is **Amanda Tress** and I'm the creator of the **FASTer Way to Fat Loss**. Through the FASTer Way to Fat Loss, I've helped thousands of women get leaner, stronger and more energized than they've ever been before. After tweaking and improving the program for years, I have finally found the perfect balance of nutritional strategies and effective workouts to get women the results they are looking for.



As a business owner, personal trainer, wife and mother, I know how difficult it can be to plan and prep healthy meals for you and your family. With everything you juggle, thinking through meal plans can add an extra layer of stress to living a healthy lifestyle.

After several rounds of the FASTer Way I realized that implementing this program into a busy lifestyle would be even easier if clients had simple, delicious, nutritionally rich recipes to use during the program and beyond.

So, I've partnered with my personal chef to create a free cookbook full of amazing meals to make the FASTer Way Lifestyle easier to live.

WELCOME

The dinner recipes you see in this cookbook were created in partnership with **Chef Donna Giamanco-McCain**, a Licensed and Insured Personal Chef.

This cookbook can absolutely be used on its own. However, when paired with the 6 week FASTER Way to Fat Loss program in its entirety, the results from the cookbook will be exponentially better.



There truly is no program out there as effective as the FASTER Way to Fat Loss. If you haven't ever gone through it, I highly recommend you hop in the next round! After 6 weeks together, you will be more in control of your food choices, more fit, and more focused. You will also feel stronger, leaner and more energized than you ever have before! Sign up below and join the thousands of women who've found the strongest, healthiest version of themselves through this program!

SIGN UP HERE

If you are already a member of the FASTER Way, use this cookbook to simplify the process and take the grunt work out of meal planning!

Once again, thanks for purchasing and congratulations on taking a step towards a healthier lifestyle.

Now, let's get cooking!

Amanda

ABOUT Chef Donna



Chef Donna Giamanco-McCain is a Licensed and Insured Personal Chef. After 25 years of cooking for friends and family Chef Donna G. graduated with high honors from the Culinary Arts program at Le Cordon Bleu. Chef Donna G. works at the Sandpearl Resort in Clearwater Beach as is now directing her attention to the Personal Chef Industry.

Chef Donna G. is a member of the American Private and Personal Chef Association, holds a Food Safety Handlers Certification from Serve Safe, and the National Environmental Health Association (NEHA), and a Food Allergen Certification from AllerChef including Gluten allergies, and other food sensitivities.

Chef Donna G is originally from the Boston Area; moving to Florida in 1996. She has traveled to Italy, France, Austria, Germany, Alaska, Hawaii, Mexico, and Puerto Rico and spent three years in San Diego County. She has also traveled around the states enjoying and sharing in the food of that culture and region.

Chef Donna G's focus is to create delicious and healthy home cooked meals, customized for your needs and preferences, and to alleviate the daily task of menu planning, shopping and cooking.

A close-up photograph of a roasted chicken on a white plate. The chicken is golden brown and garnished with fresh rosemary. It is served with roasted potatoes, carrots, and a grilled lemon slice. The plate is set on a grey cloth against a dark blue background.

FASTER WAY TO FAT LOSS

CHICKEN *Recipes*

BOURBON

Chicken

*4 servings***INGREDIENTS**

1/4 cup soy sauce
 1/4 cup bourbon
 1/4 cup brown sugar
 2 tablespoons rice vinegar
 1 teaspoon fresh ginger,
 peeled and finely minced
 2-3 garlic cloves, minced
 2 teaspoons of coconut oil
 2 pounds' boneless
 chicken breasts, cut into
 bite size pieces
 1/4 cup low sodium
 chicken broth
 1 bunch Broccoli, cut into
 florets
 1 bunch scallions, cut on a
 bias

DIRECTIONS

1. Mix together soy sauce, bourbon, brown sugar, rice vinegar, ginger and garlic in a sauce pot. Bring to boil and reduce to a glaze about 15-20 minutes.
2. Heat 1 teaspoon of coconut oil in non-stick sauté pan (with lid) over medium high heat.
3. Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches adding oil as needed. Do not over crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked remove from pan and set aside.
4. Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender drain excess liquid from pan.
5. Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce toss to coat chicken and broccoli.
6. Top with sliced scallions.

40C

10F

59P

467 calories per serving
36 net carbs

SICILIAN

Chicken

4 servings

INGREDIENTS

2 thyme sprigs
 1 rosemary sprig
 1 bay leaf
 1 bunch fresh flat-leaf parsley
 2 pounds' bone-in chicken breasts, deboned
 2 tablespoons blended olive oil
 1 onion, diced
 2 garlic cloves, minced
 2 celery stalks, chopped
 1/2 cup red cooking wine
 1/2 cup low sodium chicken broth
 1 (28-ounce) can chopped tomatoes
 1/2 cup Castelvetrano olives, halved
 1/4 cup capers, drained
 1 bunch fresh basil, leaves torn or roughly chopped

DIRECTIONS

1. Make herb bundle: With cooking string tie thyme sprigs, rosemary sprig, 3-4 parsley stems and bay leaf into a bundle.
2. Debone chicken breasts. Save bones
3. Heat oil in a large non-stick skillet (with lid) over medium-high heat
4. Season chicken breasts with salt and pepper. Place skin side down in pan and sear approximately 4 minutes or until golden. Flip chicken over and brown the other side approximately 3 minutes. Set breasts aside.
5. Add bones to pan and brown on both sides, remove and set aside with chicken breasts
6. Add onion, garlic and celery to the pan and cook until beginning to soften 3-5 minutes
7. Add the red wine, deglaze pan by scraping up the bits stuck to the bottom of the pan. Reduce the wine by half.
8. Add broth, chopped tomatoes, olives, and capers. Bring to boil, and then reduce to simmer.
9. Add bones, cover with lid and simmer 20 minutes
10. Uncover, add chicken breasts skin side up, and simmer until chicken is cooked through, and sauce slightly thickens, approximately 8-10 minutes. Remove and discard herb bundle and bones.
11. Taste, and adjust seasonings with salt and pepper. If tomatoes are little bitter add 1/2 teaspoon of sugar to sweeten.
12. Garnish with torn fresh basil leaves and minced parsley

23C

26F

74P

648 calories per serving
 14 net carbs

FASTer WAY TO FAT LOSS

BEEF *Recipes*



POT ROAST

With Potatoes & Carrots

4 servings

INGREDIENTS

2.5 – 3 pounds' beef chuck roast
 2 teaspoons salt
 1 teaspoon pepper
 2 tablespoons of grapeseed oil or blended olive/canola oil
 2 medium onions, chopped large dice
 1/2 cup red cooking wine
 ½ teaspoon smoked paprika
 4 garlic cloves, minced
 6 medium carrots, peeled
 6 celery stalks
 4 cups low sodium beef broth
 4 small red potatoes, quartered
 1 bunch flat leaf parsley

DIRECTIONS

1. Preheat oven to 325 degrees
2. In a large Dutch oven or pressure cooker heat oil over medium high heat, add beef and sear browning beef on all sides approximately, 3-5 minutes on each side. Once beef is browned remove and set aside.
3. Add one chopped onion to pot, cook over medium heat until onion begins to soften and brown.
4. Add wine to pot, deglaze by scraping up the brown bits on the bottom of pan. Reduce the wine by half.
5. Stir in the smoked paprika and minced garlic, cook 1 minute.
6. Chop two carrots and two celery stalks into large chunks and add to pot.
7. Add the seared beef and the beef broth.
8. **Dutch Oven Method:** Bring pot to boil, transfer to oven for approximately 3 to 3 1/2 hours or until beef is tender and shredding apart using two forks.
Pressure Cooker Method: Attach lid, cook at 15 PSI for one hour with natural release. Check for tenderness, if needed, cook for another 20 minutes at 15 PSI.
9. Once tender remove beef from pot into a large bowl.
10. Remove cooked vegetables and discard. Spoon off fat from top of sauce or use fat separator to remove excess fat.

Continued next page

POT ROAST

With Potatoes & Carrots

DIRECTIONS

11. Bring sauce to a boil, reduce to a hard simmer.
12. Quarter remaining carrots and celery by cutting in half, and then in half again lengthwise.
13. Add quartered carrots and celery, quartered potatoes and remaining chopped onion to sauce. Simmer until soften approximately 15-20 minutes. Remove vegetables and cover to keep warm.
14. While the vegetables cook; shred beef with two forks removing fat and gristle.
15. Add beef to sauce to reheat.
16. Serve beef with potatoes, carrots and celery. Garnish with chopped parsley.

43C 22F 66P

687 calories per serving
34 net carbs

SPICED RUBBED

Filet Mignon

4 servings

INGREDIENTS

- 2 tablespoons of grapeseed oil, divided
- 3-4 garlic cloves, finely minced
- 1 tablespoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon smoked paprika
- 4 (6 ounce) filet mignons
- 2 tablespoons fresh cilantro, chopped

DIRECTIONS

1. Preheat oven to 350 degrees
2. Combine 1 tablespoon oil, garlic, chili powder, onion powder, salt, pepper, smoked paprika in a bowl and rub all over filets.
3. Let meat marinate at room temperature for 30 minutes.
4. Heat oil in cast iron skillet or other heavy bottom oven-safe skillet over medium-high heat.
5. Sear filet approximately 3-4 minutes on each side or until browned. Transfer skillet into oven and roast until desired temperature is reached. Use a meat thermometer to determine temperature desired. See guide below:

Rare	125 degrees
Medium rare	130 -135 degrees
Medium	135 -145 degrees
Medium well	145-150 degrees
Well	Well 155 +



508 calories per serving
1 net carbs



FASTER WAY TO FAT LOSS

PORK
Recipes

PORK MEDALLIONS

with Caramelized Onions and Mushrooms

4 servings

INGREDIENTS

2 (1-pound) pork tenderloins

3 tablespoons blended olive/canola oil, divided

1 1/2 teaspoons salt

1/2 teaspoon ground black pepper

3 medium onions, thinly sliced

1 (8-ounce) package mushrooms, quartered

1 bunch of fresh flat leaf parsley

DIRECTIONS

1. Cut each pork tenderloin into 8 pieces trimming off excess fat and the removing the sliverskin.
2. Pound pork pieces with a meat mallet until pieces are 1/4 inch thick. Season pork pieces with salt and pepper.
3. Heat oil in sauté pan, and sear pork pieces until browned, approximately 3 minutes on each side. Remove pork and set aside.
4. Cut the ends off the onion, then cut the onion in half lengthwise, peel off skin. Lay cut side down and slice it lengthwise into strips.
5. To caramelized the onions: Heat oil in pan over medium heat. Add sliced onions, season with 1/2 teaspoon salt, stirring frequently, adjusting the heat to prevent burning as the natural sugars are released for approximately 45 to 60 minutes. Once caramelized the onions will be a deep golden color, removed from pan, cover to keep warm.
6. Add half the quartered mushrooms, allow mushrooms to release their liquid and brown. Do not overcrowd the pan or they will not brown.
7. Return pork to pan to warm through.
8. Serve with onions and mushrooms. Garnish with minced parsley

22C

17F

54P

434 calories per serving
7 net carbs

APPLE

Bacon Burgers

4 servings

INGREDIENTS

1-pound bacon, lardons
3 tablespoons blended oil
or reserved bacon fat
1 small onion, finely diced
1-pound ground pork
1/4 cup applesauce
2 garlic cloves, finely
minced
1 tablespoon ground fennel
seed
2 teaspoons smoked
paprika
1/2 teaspoon salt
Fresh ground black pepper,
to taste
1 ripe tomato, sliced
1 head of red leaf lettuce,
roughly chopped

DIRECTIONS

1. Cut bacon into narrow strips, cook in covered sauté pan on medium heat, stirring occasionally, lowering the heat as the bacon starts to crisp, cook until the fat is rendered and bacon is crispy. Approximately 30 to 40 minutes. Remove bacon lardons from fat onto paper towels to drain and cool. Reserve fat if using.
2. Heat 1 tablespoon oil in a sauté pan, add onions and cooked until soften approximately 5 minutes. Set aside and let cool slightly.
3. Combine in a large bowl ground pork, applesauce, rendered bacon lardons, cooled onions, garlic, fennel, smoked paprika, salt and fresh ground black pepper mix well with hands and form into four patties.
4. Heat 2 tablespoons of oil in sauté or grill pan over medium high heat, cook patties for approximately 4 minutes on each side or until browned and cooked through.
5. Serve with fresh tomato slices and chopped lettuce leaves



693 calories per serving
4 net carbs



FASTER WAY TO FAT LOSS

SEAFOOD

Recipes

FISH TACOS

And Guacamole

4 servings

INGREDIENTS

2 limes, zested and juiced
 1 lemon, zested and juiced
 2 navel oranges, zested and juiced
 2 pounds' Tilapia filets
 1 small head of iceberg lettuce, shredded
 3 Roma tomatoes, diced
 2 teaspoons coconut oil
 8 (6-inch) corn tortillas

GUACAMOLE

3 ripe avocados
 2 tablespoons mayonnaise
 1 Roma tomato, chopped
 1/2 small red onion, diced
 1 garlic clove, minced
 2 tablespoons cilantro
 1 lime, zested and juiced

DIRECTIONS

- Fish Marinade:** Zest and juice 2 limes, 2 oranges and 1 lemon in a bowl.
- Place fish in fruit juice, and place in refrigerator to marinate for 30 minutes
- To make guacamole:** Cut avocados in half, remove pit and scoop the flesh into a bowl. Add the zest and juice from half of one lime. Add mayonnaise and minced garlic. Stir together with spoon or rubber spatula until creamy, leaving some avocado lumps.
- Stir in diced red onion, one diced tomato, chopped cilantro and a pinch of salt and pepper. Taste. Add more lime juice, salt or pepper if desired. Place in refrigerator for 30 minutes to allow flavors to develop.
- Heat coconut oil in a non-stick grill or sauté pan over medium heat.
- Mark in grill pan or sear fish in sauté pan until cooked through and flakes easily.
- Mark in grill pan or heat tortillas in sauté pan until warmed.
- Serve with guacamole, chopped tomatoes, shredded lettuce and whole cilantro leaves picked from stems.

43C 30F 46P

604 calories per serving
31 net carbs

MUSTARD

Glazed Salmon

4 servings

INGREDIENTS

2 tablespoons Dijon mustard

3 tablespoons gluten free tamari

6 tablespoons grapeseed oil, plus 1 teaspoon

1 garlic clove, minced

4 (6 ounce) sockeye salmon filets

DIRECTIONS

1. Place mustard, tamari and minced garlic in a stainless steel bowl. While whisking, slowly pour in oil until combined. Add fish filets, and marinate for 30 minutes in the refrigerator.
2. Heat 1 teaspoon of oil in a non-stick grill pan over medium heat.
3. Grill fish for approximately 4 minutes or until lightly browned. Flip over and continue cooking for 3 more minutes until fish is cooked through and flakes easily.



483 calories per serving
2 net carbs