

# Fasting

## Accelerate Your Weight Loss

Before you begin your 28 day meal plan, we suggest a clear liquid fast for 24 to 48 hours. The clear liquid fast works by helping your body get rid of excess sugars. Our recommended clear liquids are water, coffee, unsweetened tea, diet sodas, flavored waters, and broth. You can choose to do a clear liquid fast occasionally throughout your program as well.

Intermittent fasting on a daily basis has also been shown to lead to successful weight loss. In order to do this: eat your last Personal Trainer Food meal at dinner time, then wait 12 to 14 hours before eating breakfast the next morning. You may consume clear liquids during this time.

## Benefits of Fasting

- Jump-starts your weight loss by providing an easier transition to fat-burning mode.
- Decreases sugar withdrawal symptoms your first week.
- Gives your digestive system a break.
- Helps you bust through weight loss plateaus.

## Will I be Hungry?

It is normal to experience some hunger or cravings during your fast, especially if this is your first fast.

While it seems unheard of in our society to “not eat,” the benefits of fasting have been known for thousands of years. Your body can use the break to draw on its own reserves in a beneficial manner to improve your health. In fact, many of our customers report feeling empowered by how much energy they have when fasting.

## Tips to a Successful Fast

1. Begin your fast with a large meal of Personal Trainer Food or meats and vegetables. This will keep you feeling full and reduce cravings during your fast.
2. Stay hydrated during your fast. When you feel hungry, take a few sips of clear liquids to help curb your hunger.
3. Add variety with warm and savory liquids. They will give your stomach a full sensation. Try a mug of warm broth when meal time comes around.

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*Fasting is a very powerful tool because it gives your body some downtime so it doesn't have to constantly work at digesting food and breaking things down. Fasting is something that I do every few weeks.*

*Give it a try! I'm certain you will see all the healthy effects that fasting will bring into your life.*

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**- Mike Starks**  
CEO and President  
Personal Trainer Food™

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*Fasting was the key to my weight loss success; and finally breaking my sugar addiction.*

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**- Amanda G.**  
Lost 35 pounds & 34 inches in 10 weeks!



**BEFORE**

**AFTER**