



24-HOUR **Metabolic** **Fat Burning SWITCH**



Disclaimer	3
How to Trigger Your Metabolic Fat Burning Switch	4
The Benefits Of Intermittent Fasting	6
A Nobel Prize-Winning Lifestyle “Hack”	10
Gain Incredible Mental Clarity	12
Shed Fat and Lose Inches	15
Supplementing Your Fast	19
#1 - Preparing for Success	23
#2 - Setting the Foundation	26
#3 - Going the Distance	29
Starting Your First Keto Fast	30
Step 1: Set Yourself Up for Success	33
Step 2: Pick Your Fasting Window	38
Step 3: Break Your Stall the Right Way	39
Sources	43

DISCLAIMER

The author and publisher provide this book, and its content on an “as is” basis and make no representations or warranties of any kind concerning this book or its contents.

FDA and Medical

The U.S. Food and Drug Administration has not evaluated any of the statements made about products and services. The statements in this book are not intended to diagnose, treat, cure, or prevent any condition or disease. No guarantees relating to your health or wellness have been made or provided in this book.

Please consult with your physician or healthcare specialist before making any of the dietary or lifestyle suggestions and recommendations made in this book.

You understand that this book is not intended as a substitute for consultation with a licensed health care practitioner, such as your physician. Before you begin any program or change your lifestyle in any way, you will consult your physician or another licensed health care practitioner to ensure that you are in good health and that the examples contained in this book will not harm you.

Allergen Warning: Konscious Keto cannot take into account all possible allergies. You are solely responsible for avoiding or modifying recipes as may be necessary to avoid allergic reactions.

Affiliate Links

Be aware that some of our recipes contain affiliate links to ingredients or tools and that we may receive compensation when you purchase items through these links.

How to Trigger Your Metabolic Fat Burning Switch

Wouldn't it be nice if burning fat, losing weight, and reversing aging was as easy as flipping a switch? If you could eat delicious, drool-worthy meals and still fit into your summer shorts?

Well, guess what... it can be.

Turning your body's inherent fat-burning switch ON (and keeping it on) may be easier than you think.

It's called intermittent fasting, and it's an age-old practice that's millions of people are participating in because they've seen and felt the benefits.

Your body's ability to burn fat comes down to a few simple factors:

1. Hormonal control
2. Energy usage
3. Inflammation
4. Metabolism

All of these factors can be addressed and regulated simply by abstaining from food for a specific period of time. This so-called “metabolic switch” we’re talking about actually refers to switching your body’s fuel source from glucose to fatty acid-derived ketones, representing a shift in metabolism from fat production and fat storage to fat mobilization and fat burn. Basically, you’re allowing your body to do a 180, all while preserving muscle mass and function.

And the way we can do this isn’t some crazy 40 day fast like we’ve read about in history books. Or even a 3-day fast like many people choose to do for health reasons.

Simply put, reducing food intake for anywhere from 8 to 16 hours on a regular basis will help you to burn fat, lose weight, optimize physiological function, enhance performance, and slow aging and disease processes.

How does this all happen? We’re going to explain it to you.

A woman is shown from the chest up, drinking water from a clear plastic bottle. She is wearing white earbuds with a visible cord. The image has a dark, brownish tint. Overlaid on the image is the text "the benefits of intermittent fasting" in a white, lowercase, sans-serif font.

the benefits of intermittent fasting

There's no doubt that fasting has become all the rage lately--and there's a good reason for it! This ancient way of eating has actually been popular in Eastern cultures for hundreds, if not thousands of years. Jesus of Nazareth? Even he fasted!

Jesus went without food and water for 40 days and 40 nights. It seems like a far stretch, but the truth is that humans are capable of extraordinary feats and accomplish them every single day. Fasting is really no different.

Now, we're not saying you should stop eating--actually far from it--but there is a lot to be said for trying something outside of the box if you're looking to melt away pounds and get that youthful glow back... especially if you've been doing the same low-fat low-calorie diets and getting nowhere.

Many people wind up fasting not because they feel they have something to prove, but because they *love* the feeling that fasting provides and the benefits they see.

Some call it energizing, others euphoric, but one thing people who fast have in common is that they quickly see that we weren't designed to be eating 3 square meals a day.



Our caveman predecessors didn't eat regularly, or even every day and neither should you. Your body benefits greatly from periods of both feasting and fasting. You listen to and tune into what your body needs and when it needs it, and if you're not hungry, don't stress out about not eating--it's doing you good.

If you are constantly eating, you will always be in a recovery phase. You know that tired, sluggish feeling you get after eating? That's your body processing food. When you fast, your body is in GO mode. You feel energized and alive. It seems counter-intuitive to go against everything we've been told by snack companies and most big-box food manufacturers that we've forgotten what being human can feel like.

Keeping your body guessing is not only a great way to break the monotony, but it offers a ton of health benefits that you have to experience for yourself to truly believe. **Weight loss is just one of the surface benefits...**

What if skipping a meal here and there could help you melt away fat, shed inches, rejuvenate your cells, reduce blood pressure, improve insulin resistance, turn your skin's clock back 20 years, lower cholesterol, increase brain function, *and* help you live longer, would you be interested?

You'd be crazy not to be!

Each of our team members at Konscious Keto uses some intermittent fasting variation that corresponds to their personal health goals. Some do it for the health benefits, others for the weight and fat loss.



But something we can all agree on is that weight loss is possible regardless of whether you choose to skip meals (intermittently fast) or not. You just have to find what works for you and your lifestyle.

Intermittent fasting can be a great addition to your lifestyle practice toolbox that has a huge impact on improving your overall health and well-being, and we want you to try it out and see what you think.

The benefits are virtually endless and span far beyond just lowering caloric intake and possibly reducing the number on the scale (although that's something we do all appreciate).

And if you're someone who stresses about what to eat and when to eat, you may find some semblance of stress relief by intermittent fasting. You no longer have to worry about regimented eating times.

If that wasn't enough, "starving" the cells of food that occurs in periods of fasting triggers the physiological process of autophagy.

Knowing that you have a restricted period to eat can also make your day more structured and a little less stressful. But the most exciting possibility? It can help you live longer.

As a proven age-defying technique, intermittent fasting is a hot topic among the wellness community and people looking to hack their genes and reverse the aging clock to feel their absolute best, regardless of age.

Here's what the science has found so far:

A Nobel Prize-Winning Lifestyle “Hack”

Fasting and calorie restriction have long been linked to lowered disease risk and longevity, but no one has ever really understood why or how--until now.



A Japanese doctor by the name of Dr. Yoshinori Ohsumi won the 2016 Nobel Prize for Physiology or Medicine for his study on “self-eating” cells. Sounds a bit crazy, right?

In a more ‘appealing’ sense, this term is actually what we call autophagy—a process whereby cells renew themselves; they digest and recycle their old, damaged, or dysfunctional proteins and other cellular components to enable better and faster energy production. Without autophagy, cells would not survive. With it, our bodies can remain active, healthy, and youthful.

Autophagy promotes a faster metabolism, less fatigue, smoother and clearer skin, and possibly even protection against chronic diseases like cancer.

And perhaps the best part is you don’t really need to do anything to activate it. This process works kind of like an essential survival technique. When cells are stressed or starved, it allows them to make their own fuel.

One of the easiest ways you can activate this process is through intermittent fasting. By intentionally depriving your body of energy for a set period, you flip the ON switch for this cellular autophagy feature.

With all of this mind-blowing magic going on at a cellular level, you’re also going to start to notice how it affects your overall well-being—from the inside out.



Gain Incredible Mental Clarity

Clearer thoughts, less brain fog, and overall better cognitive function is often the fastest acting benefit of intermittent fasting. Give yourself just one week, and you'll start to notice the effects on your head.

Ever get home from a busy day at work where it was go-go-go, and you just need to sit? Your nervous system needs that, too. It's always on the go, but fasting allows your nervous system a much-needed (and well-deserved) break. All of that energy your body would typically use to digest food can go towards rejuvenating your brain instead.

Normally your brain runs on sugar (glucose) as its main fuel, but when there's no fuel coming in, your body boosts the production of ketones, which can help protect brain cells and reduce brain fog.

It's like trying to run a marathon on zero fuel. You need to give your body what it needs to power up and run, or else you're going to be in trouble. For athlete's that's generally carbs; for the brain, it's ketones. A brain powered on ketones has much better focus since it's not distracted by manic hormonal shifts and insulin fluctuations (something you can't avoid when burning glucose).

Basically, fasting helps to “declutter” or “slow down” brain activity—or at least the activity that isn't necessarily serving you. This means better focus on the task at hand.

Shed fat & lose inches

If you've been struggling to fit into those pants you bought last summer or that tank is a bit too tight, now is your chance to rock them! Not only will intermittent fasting have you thinking more clearly, but you'll also look and feel stronger than ever.

Fasting regularly is one of the easiest and best ways to shed belly fat and finally get rid of that excess weight you've been carrying around and just can't kick to the curb.

The reason why is pretty simple, too: Restricting your eating times (generally) means less calories consumed throughout the day—and you don't even have to think about it!

There's ample research to show that intermittent fasting contributes to significant weight loss (as much as 8% over six months) and less belly fat (up to a 7% loss in waist circumference).

But it's not just about your calorie count.

Intermittent fasting also helps lower insulin levels and increase your metabolism, both of which are essential for burning fat. Inflammation is also part of that equation. Burning fat and losing weight can be nearly impossible when your body is chronically inflamed, but regular fasting helps to curb inflammation and allows you to turn that fat-burning switch ON and keep it on!

Fasting isn't about just reducing food intake and skipping meals. There's a lot more behind-the-scenes work happening that you're probably not even aware—your hormones stabilize, your blood sugar levels even out, and your cells become better equipped to cleanse and detoxify.

Add all of these up, and your body is going to become a fat-burning machine so you can walk around loud and proud with confidence blowing through the clouds.

Intermittent fasting is a huge hype nowadays. From celebrities and athletes to people you'd pass on the street, there's a reason why people are hopping on the fasting train.

If you're following a ketogenic diet, you've likely experienced *some* of the benefits fasting has to offer, but why stop there? Boost them further by combining fasting AND keto.

From increasing ketones to curbing those raging sugar cravings, intermittent fasting (IF) is an age-old and proven way to maximize the benefits of being in ketosis.

And because fasting is a tried and true way to naturally reduce calorie consumption, this could be a fast-track to weight loss without giving up all of the foods you love.

But keep in mind that fasting is more than just skipping meals or not eating. In fact, with IF you are encouraged to eat the foods you love while still getting all the incredible fat-melting benefits.



I mean, if you could eat pizza and cookies and somehow still say goodbye to stubborn belly fat, wouldn't you want to do it?

Pushing the limits on your carb count can be exhilarating (that "you mean I can eat this again?!" kind of feeling), but the scale just doesn't seem to want to budge anymore; hitting the reset button may be what you need.

Maybe you've been wanting to fit into those skinny jeans you bought last summer... or maybe there's this perfect dress you've been wanting to wear for a date night.

Imagine if all it took was a month of hard work and consistency, and BOOM, goal hit. Tick box checked. To-do list is done.

Trust us, the effort applied to your well-being is SO worth the investment.

Take some time and really think about where you want to be in 28 days. Map it out. Make yourself a vision board as a daily reminder and check-in on where you are and where you want to be.

Can you run a mile without stopping?

Are you able to keep up with your kids or grandkids at the park?

Do you have more energy to apply additional effort toward your goals and dreams?

Set out your intention, access your customized meal plan, and get started on the road to weight loss, fat loss, and overall health and wellness today!

Intermittent fasting is for you if you want to:

- Regulate blood sugar levels
- Reverse years of metabolic damage
- Get back the radiant skin you had when you were 20
- Say goodbye to stubborn belly fat
- Flush away excess fat
- Reduce your risk of chronic disease
- And SO much more...

Struggling to get through the day without wanting to consume everything that comes in your path? Can't seem to muster up the energy to get your daily chores done while fasting? We have something for you that might take the edge off...

Ketone supplements are an awesome addition to your day during fasting. We know that energy levels can plummet, and hunger rages so much worse than when you're not fasting, which can leave your motivation falling through the cracks. Using [Keto Activate - Chocolate Truffle](#) during your fast can help sustain your energy and prevent mood swings. It contains 0g fats and 0g carbs, so you don't have to stress about breaking your fast.



[Keto Activate](#) is scientifically patented and contains cutting-edge BHBs that help fuel your day with ketones and give you a heightened sensation of energy and focus. Once you begin to fast with the right tools and techniques, we promise you'll feel phenomenal.



Note: We do not recommend drinking bulletproof coffee during your fast, as food and drinks with more than 50 calories will break your fast and cause an insulin response (which in turn will trigger those stubborn cravings).

Save this delicious drink for your non-fasting days and use our chocolate ketones on fasting days instead to accelerate your fast. You can also use [Keto Activate](#) before working out in a fasted state.

If you overdo it on carbs, simply use [Keto Activate](#) to get yourself back into ketosis and reboot your system.

A woman with her hair in a bun is drinking from a large water bottle. The image is dimmed with a dark brown overlay. The text "supplementing your fast" is centered over the image in a white, sans-serif font.

supplementing
your fast

I can't eat this, I can't eat that... what am I supposed to do? Fasting is generally made to be all about what you can't eat, but the truth is there are still a lot of options on the table, even during your active fasting hours.

Black tea and coffee, water, apple cider vinegar, bone broth, and chocolate ketones are just some of the yummy options available to you.

But if you're going to consume anything other than water during your fast, we recommend checking the label before, as going over on calories--even by 50 calories--could break it and kickstart your digestive system. Black tea and coffee are fine (no dairy and no sugar), as are our chocolate ketones.

Bone broth may vary by brand, so we recommend looking for one that is between 35 and 50 calories. Even better, make your own at home! If you want to advance in your fasting experience, you can reduce your total calories to 30 or even 0.

Fasting cold-turkey can be super challenging, and we recommend starting with a few calories and working your way towards complete fasting after 3-6 months. Technically, consuming 0 calories when fasting (i.e., a water-only fast) is called medical fasting and is something you may wish to chat to your doctor about prior to starting.



Basically, supplementing during your fast can make it a little less challenging, less stressful, and more enjoyable, not to mention extend the length of your fast. So, if the help is there, take it! If 50 calories can help you fast longer and not be a grump while fasting, we think it's totally worth it.

In terms of timing, if you're new to fasting, start with 8 hours to get comfortable with the concept and to see how you feel. For most people, 8-10 hours is very attainable. Think of it this way: You have a snack before bed (9 pm), you sleep, and you eat breakfast at 7 am. A quick 10 hour fast just flew by in no time. Overnight fasts are generally the easiest to start with, and once your body adjusts, you can extend your fast into daytime hours.

Eventually, maybe you can work your fasting window up to 18 hours and see how you feel. If you're bursting with energy, shedding fat at the drop of a hat, and have never felt better, keep at it! Stable energy levels and feeling great during your fast are green flags that it's going well.

If you feel cranky, hungry, or tired, you may need electrolytes or food. In that case, tossing some electrolytes in your water may perk you back up. If it doesn't, we recommend ending your fast immediately and trying again another day. It doesn't mean fasting isn't right for you. It simply means that maybe your body just wasn't into it that day.

If you're in the group that feels this incredible euphoria and are exploding with energy, mental clarity and haven't thought about food once, you'll see what all the hype is about fasting. And when you can finally work your way up to a solid 18-hour fast, the feeling you'll have is hard to beat.

If you're just starting out with fasting, it may be a bit overwhelming to jump right into an 18-hour fast. To avoid "failing," take it slow and ease yourself in. Imagine being given everything you need to survive for your entire life and then having it ripped away one day cold turkey with no forewarning... that's how your body feels, and it's likely not going to be the happiest. Start small and build up.

The key to fasting is to see if you enjoy it, if it feels good, and always listen to your body. Your body is brilliant and knows what's up. If you feel hungry, remember that sometimes hunger is confused for thirst, so taking a drink can help to reduce those feelings. If those hunger pangs persist or turn into pain or discomfort, break your fast and try again another day.

#1 - Preparing for Success

Bone broth made from grass-fed bone marrow is brimming with joint-building collagen and gelatin, and the evidence? Well, that's seen in its rich nutrient profile and the blatant strong and luscious locks, youthful and supple skin, and thriving nails—but that's only part of the story.

Aside from making your friends jealous of your skin, hair, and nails, bone broth also heals and seals the gut lining to maximize gut health. If you've been dealing with air-clearing farts and serious tummy troubles that keep you glued to the toilet, throwing in a bit of bone broth may help to improve chronic digestive issues associated with leaky gut syndrome.

Also, drinking bone broth is like sipping a targeted drink whose sole purpose is to banish all forms of inflammation. The broths' abundance of collagen provides an anti-inflammatory effect due to its richness in the amino acids glucosamine, proline, and glycine, which help repair cartilage, ease joint pain and build/maintain lean muscle mass. If you struggle with creaky joints, start sipping.

Even if we stick to the outer aisles at the supermarket and our shopping carts are filled with whole foods, soil nutrient depletion means our foods aren't as nutritious as we think they are. We might not be getting all the vitamins and minerals we need to thrive, and that's where gut-healing bone broth shines. In addition to promoting the health of our nails, skin, and hair, bone broth—made from grass-fed marrow bones—packs quite a punch. It's also rich in calcium and magnesium—two essential minerals often lacking in most diets. And for women who've gone through menopause, get comfortable with calcium to maintain bone strength.

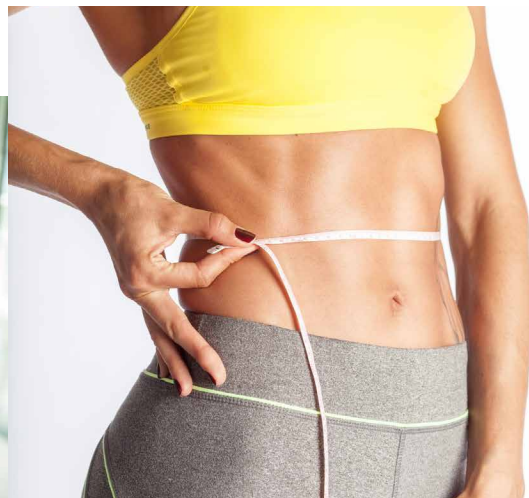
The combination of these two stress-reducing and calming minerals can lead to a better and more sound sleep, along with deeper levels of cellular recovery. Not convinced that you should have bone broth yet? The joint supporting and regenerative nature of bone broth makes it an excellent addition for anyone on a ketogenic diet.



But where bone broth really shines is where your gut is concerned. If you're sick of feeling bloated, sluggish, and letting out gas so bad you have to open the windows, investing in some good bone broth should be on your to-do list. The combination of nutrients in bone broth are some of the best you can find for reducing permeability of the gut. A sealed gut means better digestion, better nutrient absorption, and a better time fasting.

Holy information overload, right? Here's a quick recap of why you should be consuming grass-fed bone broth:

- Promotes sustainable weight loss
- Improves digestion
- Increases energy
- Reduces joint pain and inflammation
- Clears skin
- Facilitates deeper, more restful sleep
- Supports hormonal balance (improved blood sugar levels, reduced cortisol levels, etc.)





#2 - Setting the Foundation

These two elements are central to the elasticity and stable form of all cells and tissues in the body.

Have you ever stopped to think about what your body is actually made up of? Muscle and bone, right? Kind of... A large chunk of the human body is made up of a protein called collagen; actually, it accounts for about 30% of all protein in the body. It acts as the primary structural component in our bodies' vital tissues, including ligaments, tendons, skin, cartilage, and bone.

Ever looked at one of your anti-aging skincare products and seen collagen? Its presence is ubiquitous in everything from skin-tightening face creams to anti-aging body lotions. And it's understandable. This cell-protective protein is responsible for giving us our supple skin and lustrous hair and even contributing to the maintenance of an exceedingly healthy microbiome (your gut) to aid in optimal digestive health.

And while it's also available in all sorts of supplements ranging from pure collagen peptides and capsules to MCT oil + collagen coffee powders and protein, meat products (and bone broth) are actually one of the best sources of bioavailable collagen.

Steak anyone? While the temptation to dig into a giant ribeye may be real, your digestion will thank you for easing back into solid foods.

Use your chosen eating window to indulge in all your favorite keto foods because keto isn't *just* about meat and fat. You are encouraged to eat all of your calories and enjoy your food to the fullest when you are outside of your fasting window. Food is food. Food makes people happy. And if you can enjoy it while tightening up your skin, losing weight, AND giving your hair a shine like never before, why wouldn't you?

The cool thing about fasting is that you don't have to eat *less* to see results. You can eat the same calories and still see weight loss by simply changing the time you eat.

It's simple. No deprivation. No more starvation. No fad dieting. Just simple, effective, and sustainable eating habits.

Fasting up to 5 days a week is a solid way to get your body torching fat, losing weight, and renew and rejuvenate your skin to get it glowing. When you fast a bit less (as opposed to every day), you're constantly challenging your body. It's kind of like Russian roulette... what's going to come next? Am I going to get food, or is it fend for yourself night around here...

Remember, fasting isn't the magic fat loss pill—those don't exist. It will only get you so far. The *quality* of the foods you eat during your feeding window is what matters and what will get you the results you've always wanted.

Whether you've been craving tacos or can't wait to dive into a stack of pancakes, there's a whole lot more delicious recipes for you to get your hands on. Your unique, comprehensive meal plan offers so many amazing keto-friendly options for breakfast, lunch, dinner, snacks, and dessert that you'll forget you're even missing the carbs, and you can kiss your excess weight goodbye!

And if you lead a busy life and don't have hours on end to cook, don't fret (worrying makes your wrinkles worse, and we don't want that). You'll find loads of to-die-for recipes designed for meal prep that are totally freezer-friendly. Easy peasy. Just let it thaw, cook it up, and you're good to go.

A lack of knowledge or being ill-prepared derails many dieters. Fortunately, the customized meal plan you've just received eliminates both barriers to success.

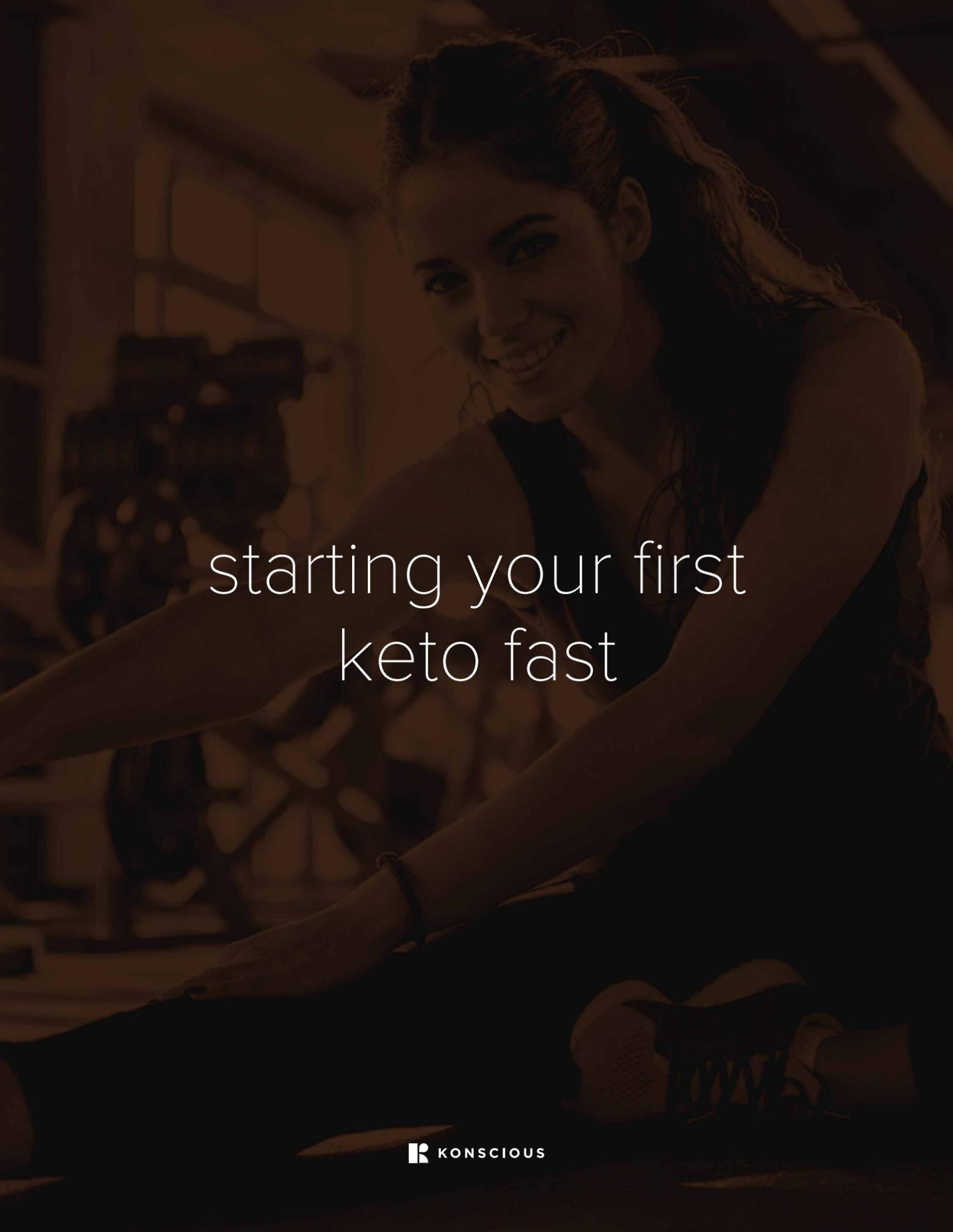
The best investment you can make is to better your health. Health truly is wealth. If you don't have your health, nothing else matters.

#3 - Going the Distance

One of the big things you need to kick start your fat-burning is ketones. Ketones are produced when the body burns fat for energy, and the brain and organs can use these ketones to power up our bodies. But if you're just getting started with keto and haven't reached ketosis, our [Keto Shake](#) and [Keto Activate \(BHBs\)](#) can help to increase the concentration of ketone bodies and thus help your body learn to burn fat. And as an added bonus, you see weight loss.

Couple our products with our customized meal plans, and you have yourself of the best fat-burning, weight loss, and youth-restoring combinations.





starting your first
keto fast

Making that first step to test out fasting is hard. I mean, cutting out food cold turkey for who knows how long?! It can be challenging, and when you're faced with constant temptation from family, it's even harder. So we owe you a huge congrats on taking that first stepping stone. Whether this is your first or 100th fast, we want you to go into this with a beginner's mindset. We promise, doing so will set you up for success.

Fasting seems like a pretty simple concept, but it can be more challenging and complex than you initially thought. The following steps will help you get started on the right track and make sure you get the most of your fasting time. However, we don't expect anyone to start at the finish line. It's best to begin slow and work up from a shorter fast to a longer one to see how your body responds.

Fasting should be enjoyable, and many people report euphoric sensations when done correctly. But what does fasting mean for you?

We generally recommend beginners start with an 8-hour fast and build up towards 12-16+ hours.

Over the next few days and weeks, you'll start to notice that your body adapts, and you can do longer fasts without even thinking about it. That's thanks to your body's resiliency and hormonal response.

Intermittent fasting can easily be incorporated into any schedule, regardless of how busy it is. The key is to choose the form of fasting that works best for you and your lifestyle.

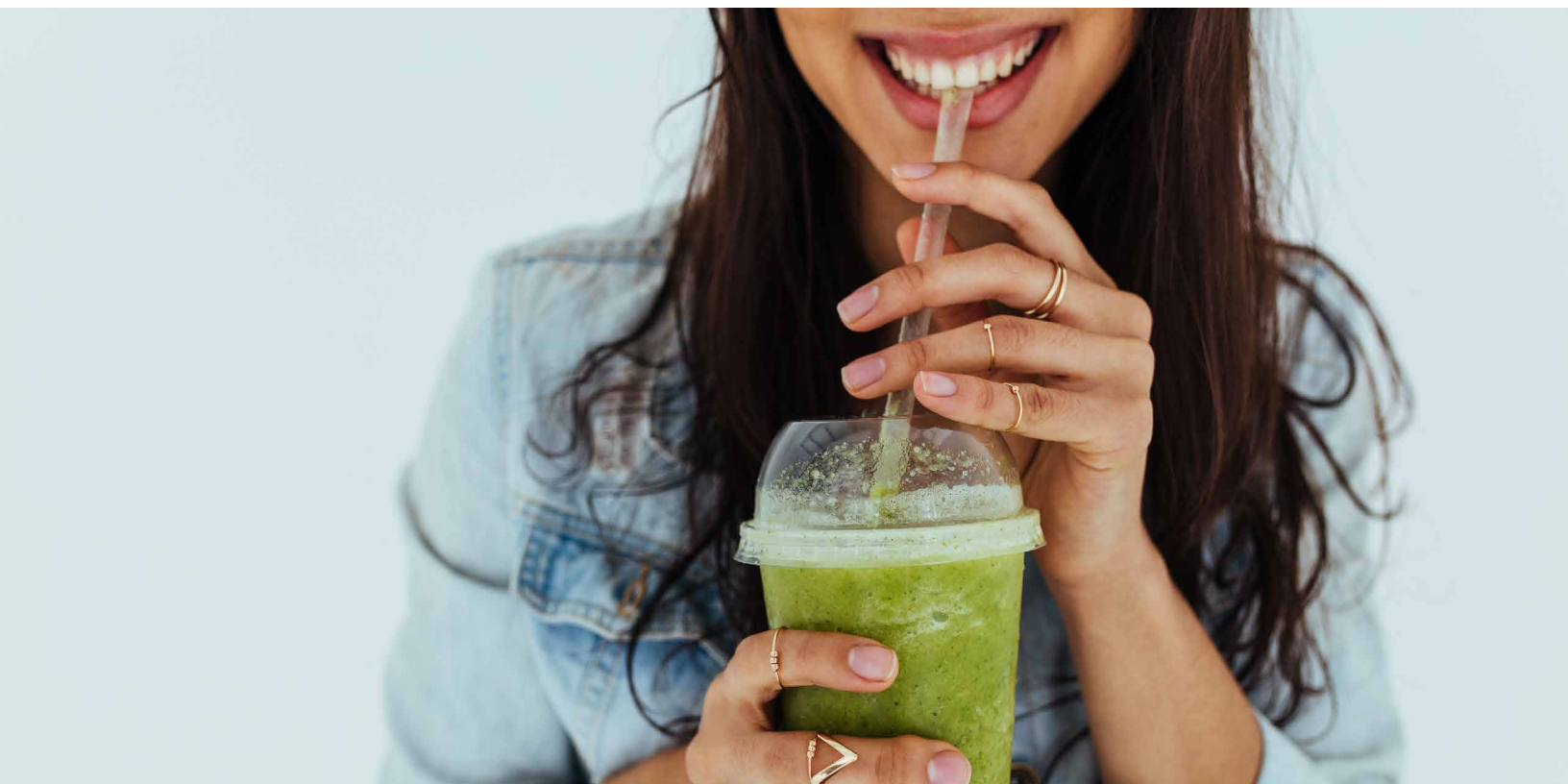
Believe it or not, you'll likely find that restricting eating times can actually be a great form of stress relief. It automatically provides structure for your day—something we could all use a lot more of!

While fasting itself has some fantastic benefits, don't forget about the power of the food that you eat, too!

During your feeding window, you want to make sure you're consuming an abundance of nutrient-dense foods. Healthy fats and protein (fatty fish, grass-fed meats, dairy, eggs) should be your main focus, and then round it out with a colorful mix of low-carb plant foods.

With a keto diet and a regular intermittent fasting schedule, you'll be able to get into ketosis faster and maintain it longer with far more ease.

And if you want to take it a step further (and really, why wouldn't you?), add some exogenous ketones to the mix and you'll see even better effects. Now, that's a recipe we can get behind!



STEP 1

Set Yourself Up for Success

As your body adapts to intermittent fasting, you can start to experiment with shorter eating windows, but this isn't mandatory. Shorter eating windows mean a longer fast, so opt for this only if you feel up to it and your body responds well to fasting.

Like we mentioned before, we don't necessarily recommend fasting every day, so choose 3-5 days that work with your schedule. Maybe that's every other day, or maybe it's 2 days back-to-back. If you find that you're hitting a bit of a wall that you can't get through where energy and hunger are concerned, adding exogenous ketones, MCT oil, or coconut oil can help you get through those feelings.

Once it comes time to break your fasting (i.e., you get to eat!!!), you want to consume the most nutrient-dense foods you can. That means plenty of vitamins and minerals, and even let yourself indulge a bit with your favorite keto meal!

Another option is to scrap cooking and go for a high-fat [Keto Shake](#). This will kick start your metabolism and help your body refuel for your eating window.



There's not just one style of fasting you can do. There are several differentiated by the designated feeding and fasting window lengths or the frequency they're done. With a little trial and error, you'll determine the feeding schedule that works best for you.

And the best part is that the flexibility of intermittent fasting makes it easy to implement based on your schedule and lifestyle demands.

Also, it's important to note that while women have fasted for centuries, extending fasts beyond a certain point may pose a risk to hormonal health, which we definitely want to avoid. Typically, women tend to do better with overnight fasts rather than throughout the day.

Here are some of the most common fasting protocols that can easily be integrated into your keto journey:

- **The 5:2 Method:** Eat as you usually would each weekday with no restrictions but limit energy intake to only about 500- 600 calories per day on the weekend. Alternatively, just pick two days over the span of a week and limit energy intake.
- **Eat Stop Eat (24 hours):** Consume your typical meal plan for five or six days a week, then fast for a full day (24 hours). This can also be done twice per week.
- **The Warrior Diet:** This is also referred to as the OMAD or One Meal a Day diet. In this style of fasting, abstain from food for a full 20 hours each day, then eat one large meal in the evening.
- **Alternate-Day Fasting:** This one is pretty self-explanatory. With this style of fasting, you do a full fast (or restrict your calories to no more than 500 calories) every other day. Eating is unrestricted on alternate days but still aligned with keto-friendly macros.
- **Supported Fasting:** With this type of fasting, you can have near unlimited amounts of bone broth, bone broth-based soups, coffee, and tea during your fasting period, along with products such as electrolytes and coconut/MCT oil.

If you don't feel like cooking, you can opt-in for one of our special [Keto Shake's](#) instead:

- **Strawberry cheesecake**—our best seller and customer fav. Our customers have enjoyed this [Keto Shake](#) so much that it's described as “as healthy as a kale avocado salad, but tastes just like a strawberry milkshake!”
- **Banana creme brulee**—dessert designed to be healthy. It helps to support all-day energy, plus enhance mental focus and clarity to increase productivity and keep you performing at your best.
- And, of course, **creamy chocolate**—a fan favorite. It's our heavenly on-the-go [Keto Shake](#) that's not only tasty but also filled to the brim with essential nutrients and superfoods your body will love.

Before you start fasting, you want to ensure you're in the right place—mentally and physically—to do it. Think about everything that's going on in your life right now and if fasting will be suitable. Maybe tomorrow works, or maybe next week is better.

If you're on your period, waiting may be most ideal. It's best to implement fasting throughout your follicular, ovulatory, and luteal phases (the 3 weeks after your period) to reduce cravings and hormonal imbalances that may impede your progress.

While it's tempting to go for those mighty long fasts you see on social media, the truth is that you can experience just as many benefits from a shorter fast that you can from 24+ hours.

In fact, people who fast for longer than 18 hours may experience unpleasant cravings and be more prone to undo all their hard work by bingeing at the end of a fast.

If you choose to fast longer than 18-hours, that's totally up to you, but ensure what you're doing is sustainable and providing benefit.

Rather, think about less is more. The goal is to reframe your mindset and feel accomplished after hitting 8 hours of fasting—not competing with your friend for who can go without food for the longest.

Everything after 8 hours is just a bonus. There is no rush to become a marathon faster; simply go slow and listen to your body.

You'll also want to ensure you have a quality mineral-rich pink sea salt on hand, as electrolytes are essential on a keto diet, and imbalances can cause things like the keto flu, headaches, and other flu-like symptoms. Regular table salt won't cut it here. Look for Himalayan or Celtic sea salt.

And for when you're feeling extra crappy, you want to make sure you have lots of water and Keto Activate on tap. [Order now to stock up.](#)



Keto Shake is available in 3 delicious flavors and perfect for starting or ending a keto fast.

STEP 2

Pick Your Fasting Window

The next step is to identify when you can fast. We all have different schedules, and what works for your friend may not necessarily work for you.

Realistically, when you start your fast doesn't matter, as long as it works for you. Whether it's 6 am or 6 pm, your body will get the benefits of fasting, assuming you stick to the methodology.



STEP 3

Break Your Stall the Right Way

If all your friends are fasting and getting stellar results and you're lost on where to start, or worse, you're trying your best and not seeing the same results, it's time to get in on the big secret.

People who eat *well* do better when fasting.

For keto beginners, the keto flu can be a huge reason why people fail to stick to keto. I mean, who wants nasty flu symptoms when you're trying to be healthier? Intermittent fasting can be an awesome way to get rid of those pesky side effects, make the transition period into a keto lifestyle much smoother, and frankly, more enjoyable.

But what you might not know is what you eat *after your fast* is extremely important. Eat the wrong foods and you could undo all of your hard work and discipline.

So, now that you've gotten through your fast, what do you eat? There's a plethora of delicious keto foods waiting for you in your meal plan, but when you've just gone several hours without food, you want to be making the best choices to support your newly refreshed and rejuvenated body. And keep in mind that your digestion is still starting up, so don't go overboard. Here are some great options for eating after your fast:

- Bone broth (chicken or beef)
- Leafy greens with tomato/cucumber and olive oil (you can add protein but stick to poultry or fish)
- Non-starchy vegetables cooked in keto-friendly fat with avocado
- [Keto Shake](#) (available in 3 delicious dessert flavors)

In general, you want to avoid hard to digest foods and opt for above-ground veggies and lighter proteins or a Keto Shake to kickstart your metabolism.

Also, remember that staying hydrated is critical both when you're fasting and when you're not. Water is the best of the best, but you can also add in tea and coffee, though these can be dehydrating on their own.

Finally, we've saved the best for last. Once you've gotten your "break the fast" meal out of the way, it's officially time to feast!

You can also indulge in one of the delicious, wholesome keto meals from your custom keto meal plan to power up your body and give it the nutrients it's craving.

Fasting may sound intimidating, but we know that if you're following your customized meal plan, you're going to blow the fasting game out of the water.

You've got wellness goals and we're here to help you reach them! What's more, we refuse to sacrifice flavor and delicious meals to become healthier; we think you can have it all and *still* lose weight.

We hope to see you soon on the other side of carb addiction and cravings. The dietary climate over here is just sublime, and it's time you get involved.

There's no need to overthink the process of fat-adaptation and what to eat along the journey; let us do all the work for you.



And always remember, if you have any questions, feedback, progress reports, or just need some moral support, don't hesitate to reach out and say hello! We're always available at hello@konsciousketo.com.

Happy fasting!

konscious keto

Sources

1. Healthline. (2019). How Intermittent Fasting Can Help You Lose Weight. [online] Available at: <https://www.healthline.com/nutrition/intermittent-fasting-and-weight-loss> [Accessed 30 Oct. 2019].
2. Lawler, M. and Kelly Kennedy, R. (2019). 10 Possible Intermittent Fasting Benefits. [online] [EverydayHealth.com](https://www.everydayhealth.com/diet-nutrition/possible-intermittent-fasting-benefits/). Available at: <https://www.everydayhealth.com/diet-nutrition/possible-intermittent-fasting-benefits/> [Accessed 30 Oct. 2019].
3. Healthline. (2019). Do Exogenous Ketone Supplements Work for Weight Loss?. [online] Available at: <https://www.healthline.com/nutrition/exogenous-ketones> [Accessed 30 Oct. 2019].
4. Cooking Light. (2019). [https://www.cookinglight.com](https://www.cookinglight.com/healthy-living/healthy-habits/how-fasting-affects-metabolism). [online] Available at: <https://www.cookinglight.com/healthy-living/healthy-habits/how-fasting-affects-metabolism> [Accessed 30 Oct. 2019].