



Intermittent fasting guide



KONSCIOUS

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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.

A woman is shown from the chest up, drinking water from a clear plastic bottle. She is wearing white earphones. The image is heavily shadowed with a dark brown overlay, making the details somewhat muted. The background is a soft, out-of-focus light color.

the benefits of intermittent fasting

While fasting has recently taken the health world by storm, not so fast! This ancient way of eating has been popular in the East for hundreds, if not thousands of years. Just think back to Jesus of Nazareth, and you'll recall one of the most famous fasts to date.

Jesus went without food and water for 40 days and 40 nights. While this seems implausible, the truth is humans are capable of extraordinary feats and accomplish them every single day.

Now, we're not saying you should stop eating - far from it - but there is a lot to be said for trying something different or outside of the box... especially if you've been doing the same low-fat low-calorie diets and getting nowhere.

Many people wind up fasting not because they are stranded in the desert or have something to prove, but incredulously, because they love the feeling that fasting provides.

Some call it energizing, others euphoric, but one thing people fast have in common is that they see for themselves how we were never really designed to eat 3 square meals a day.



Our caveman predecessors didn't eat regularly or even every day, and neither should you. It's beneficial to eat when you are hungry and follow a "feast and famine" regimen where you listen to your body, and go without food for a period of time, followed by a feast to end the fast.

If you are constantly eating, you will remain in a recovery phase. This is when you feel tired and sluggish after eating, as your body is processing food. When you fast, you feel energized and alive and full of energy. It seems counter-intuitive, but snack companies have been pushing all these sugary-snacks on us for decades. 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 simply a marker of overall health.

Fasting also promotes cell renewal, reduced blood pressure, improved insulin resistance, anti-aging benefits, lower cholesterol, increased brain function, and longevity, to name just a few of the benefits.

Our team at Konscious Keto all use various methods of IF, depending on their goals. Some do it for health benefits, others for weight loss.

Something we all agree on is that weight loss is possible whether you choose to eat meals daily, without time restriction or implement the practice of intermittent fasting, otherwise known as IF.



We simply choose to use IF as a tool within a greater range of lifestyle choices to improve our overall well-being, and we'd like to invite you to try fasting out to see if it's something that may work for you too.

There's a wealth of health benefits associated with intermittent fasting. Beyond lowering caloric intake and possibly reducing the number on the scale (something we all appreciate), fasting is considered widely to decrease inflammation and reduce the risk of certain chronic diseases like type 2 diabetes.

Also, some experience a level of stress-relief as a result of fasting since they no longer have to think about when to eat, with feeding times set and consistent each day.

In addition to the long-term benefits of IF, the starving of cells 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 has become a hot topic in the nutrition and science world. Now, the rest of us want to know how it may help us feel our absolute best.

Here's what the science has found so far:

A Nobel Prize-Winning Lifestyle “Hack”

Fasting and calorie restriction has long been linked to lowered disease risk and longevity, but only recently have we started to figure out how it all works.



In 2016, Japanese Dr. Yoshinori Ohsumi won a Nobel Prize for Physiology or Medicine for his study on “self-eating” cells.

The term for this crucial process is called autophagy. It allows cells to digest and recycle their proteins and other components to be used for energy so that they can continue to thrive.

It also helps cells get rid of any damaged parts and ward off bacterial or viral invaders. Without autophagy, cells would not survive. With it, our bodies can remain active, healthy, and youthful.

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

This process works as a sort of essential survival technique. When cells are stressed or starved, it allows them to make their fuel.

One of the easiest ways you can activate this process is through intermittent fasting. By intentionally depriving your body of nutrients for a set period, you will be forcing your cells to turn on this autophagy feature.

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



Gain Incredible Mental Clarity

After a week or so of getting used to a regular intermittent fasting routine, many people will start to notice a clearer head.

This is partly because fasting allows your nervous system a much-needed break. All of that energy your body would typically be used to digest food can go to your brain instead.

Intermittent fasting also increases the production of ketones, which can help protect brain cells and reduce brain fog.

A brain powered on ketones is much more able to focus since it won't be distracted by manic hormonal shifts and insulin fluctuations (something you can't avoid on glucose).

Fasting has been shown to help “declutter” or “slow down” brain activity—at least the activity that isn't necessarily serving you. This means you're better able to focus on the task at hand.

Finally, Improve Your Body Composition

Not only will intermittent fasting have you thinking more clearly, but it will also have you looking and feeling stronger than ever.

Simply put, intermittent fasting can help you lose weight and belly fat, and there's a pretty straightforward reason why. Restricting your eating times will help you eat fewer calories overall—without even thinking about it.

Several studies have proven this, showing significant weight loss (as much as 8% over six months), as well as a loss of belly fat (up to 7% in waist circumference) from intermittent fasting alone.

But it's not just about your calorie count.

Intermittent fasting also helps lower insulin levels and increase your metabolism, both essential for burning fat.

It can also reduce inflammation in the body, something that can prevent you from losing weight.

As you can see, several factors go into play when you fast—your hormones stabilize, your blood sugar levels even out, and your cells can better cleanse themselves.

This all points to a better and longer functioning brain and body.

It seems everywhere you turn, celebrities are fasting and for good reason! Intermittent fasting can boost the already powerful benefits of a ketogenic diet.

From increasing ketones to keeping pesky cravings at bay, intermittent fasting (IF) is an age-old and excellent way to maximize the benefits of being in ketosis.

And, as fasting is an excellent way to naturally reduce your calorie consumption, this could be a fast-track pass to weight loss without giving up the foods you love.

But fasting is more than just skipping meals or not eating. In fact, with IF, you are encouraged to eat the foods you love and still get all the incredible fat-blasting benefits.

If you've started to push the limits of your carbohydrate macros and are experiencing a weight-loss plateau, a 28-day reset may be the answer.

Envision yourself fitting back into your skinny jeans by next month. Or imagine looking in the mirror and seeing your face slim down in a couple of weeks. Trust us, the effort applied to your well-being is so worth the investment.

Take some time today and make a vision board that demonstrates where you want to be in 28 days.

Can you run a mile without stopping? Are you able to keep up with your kids 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 and wellness, today!

There's a special way to fast if you want the intended health benefits like:

- Regulating blood sugar levels
- Cellular repair
- Reducing stubborn belly fat
- Lowering your risk of type 2 diabetes
- And the list goes on



This next tip is super important. We recommend using a ketone supplement like [Keto Activate - Chocolate Truffle](#) during your fast to sustain your energy and mood. [Keto Activate](#) contains 0g fats and 0g carbs.

[Keto Activate](#) is scientifically patented and contains cutting-edge BHBs that can 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, you'll feel phenomenal.



Use **WELCOME10** to get 10% off your first order today.

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](#) when fasting to reboot your system.

A woman with her hair in a bun is shown in profile, drinking from a large water bottle. The image is dimly lit and has a dark, monochromatic color scheme. The text 'supplementing your fast' is overlaid in the center in a white, sans-serif font.

supplementing
your fast

While you may think fasting is all about what you won't be eating, the truth is there are 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.

We recommend checking the label prior to consuming anything other than water on a fast as going over on calories, even by 50 calories, could break your fast. Black tea and coffee are fine, as are our chocolate ketones.

Bone broth may vary by brand, as we recommend looking for one that is between 35 and 50 calories for beginners. If you want to advance in your fasting experience, you can reduce your total calories to 30 or even 0.

Although this is not necessary and is only recommended for those who have been fasting for over 6 months. Technically, consuming 0 calories when fasting (simply drinking water) is called medical fasting, and is something you may wish to chat to your doctor about prior to starting.

The core benefits of supplementing your fast is to make it more enjoyable and help you go for longer periods of time, so accept the help. If 50 calories help you fast longer and be happy while fasting, we think it's totally worth it.

We recommend starting with 8 hours, to get comfortable with the concept of fasting and to see how you feel. 8 hours is very attainable for most people as you count the time when you are asleep while fasting.



Over time, you can increase this fasting window up to 18 hours, and continue to see how you feel. You'll want to ensure you maintain your energy levels and feel great during the fast, as green flags it's going well.

If you feel cranky, hungry, or tired, you may need electrolytes or food; it's worth drinking electrolytes in water and seeing if it helps. If it doesn't please stop with your fast and begin again on another day.

If you feel incredible euphoric, and full of energy, you'll see why fasting has taken the keto world by storm. Many people love the feeling they get when they begin to increase their fasting and will work up to a total of 18 hours of fasting.

You may wish to try this once a week and see how you feel, as an 18 hour fast is not generally considered an ideal start for beginners, but rather, something many people enjoy working toward.

The key to fasting is to see if you enjoy it and it feels good, and to listen to your body. If you feel hungry, know that this feeling is often misinterpreted as thirst, and water can often make it go away very quickly. If for some reason that hunger turns into pain or discomfort, you should break your fast and try again on another day.

#1 - Preparing for Success

Bone broth extracted from grass-fed bone marrow is brimming with joint-building collagen and gelatin, and the evidence of that along with its rich nutrient profile are evidenced outwardly by strong, luscious locks, youthful and supple skin, and thriving nails—but that's only part of the story.

Aside from aiding in the vibrant health of skin, hair, and nails, bone broth also coats and shores up the gut lining to maximize gut health—which can help improve chronic digestive issues associated with leaky gut syndrome.

Also, drinking bone broth is like sipping a targeted agent committed to entering the body and terminating oxidative stress. The brew's abundance of collagen provides an anti-inflammatory effect because it contains the amino acid glucosamine, proline, and glycine, which helps repair cartilage, ease joint pain and maintain lean muscle mass.

Even if we stick to the outer aisles at the supermarket and our shopping cart is often filled with organic, whole foods, nutrient depletion of our nation's soil makes it virtually impossible to get all the vitamins and minerals we need from the foods we eat, alone—enter gut-healing bone broth.

In addition to promoting the health of our nails, skin, and hair, bone broth—is made from grass-fed marrow bones with ligaments, cartilage, and connective tissue—simmered down slowly or in a pressure cooker—also provides a significant dose of calcium and magnesium, two essential elements often deficient by many on a variety of diets.

The combination of the stress-reducing and calming effects of calcium and magnesium, which leads to more restful sleep and deeper levels of cellular recovery, in addition to the joint supporting and regenerative nature of bone broth, making it an excellent dietary addition for anyone on a ketogenic diet.

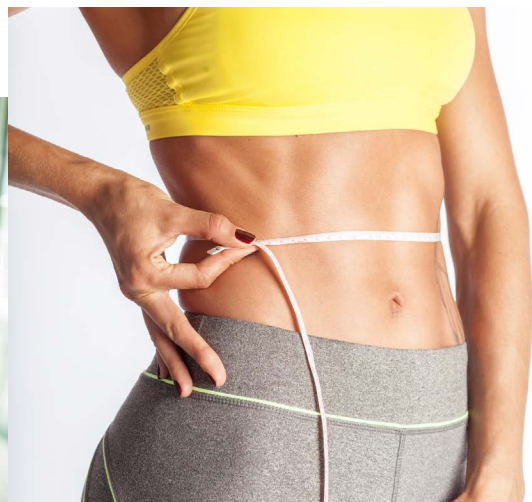
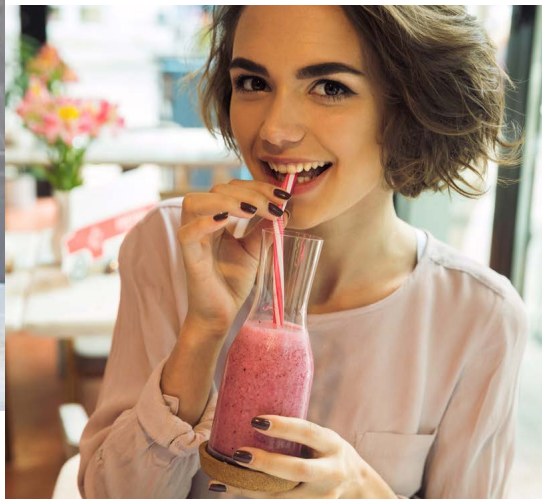
Furthermore, many foods contain a plethora of vitamins and nutrients but few provide them in a way as bioavailable to the body as bone broth. Broth aids in overall digestion and is easy for the body to absorb, assimilate, and delegate for immediate use by every system in the body.



Plus, broth's reduction of the permeability of the gut helps us absorb higher amounts of the vitamins and minerals that we get from all the foods we eat. And, it contains 30-50 grams of protein, which can help you feel fuller and help you fast for longer.

We know this is all exciting information and a lot to process, so here's a caption of the many benefits of consuming grass-fed, bone marrow broth, in a nutshell:

- Promotes sustainable weight loss
- Improves digestion
- Increases energy
- Reduces joint pain and inflammation
- Clears skin
- Facilitates 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. Furthermore, collagen makes up around 30% of the body's protein—acting as the primary structural component in our bodies' vital tissues like ligaments, tendons, skin, cartilage, and bone.

The vital, agility-promoting, component of gelatin is formed as collagen simmers while making bone broth—evidenced by its initial liquidity that transforms to texture more like Jell-O once cooled, set, and then visibly gelatinous.

You may be familiar with collagen from beauty and skincare ads, where its presence is ubiquitous, and it's understandable since this cell-protective protein is responsible for our supple skin and lustrous hair—even contributing to the maintenance of an exceedingly healthy microbiome to aid in optimal digestive health.

While the temptation to dig into a giant ribeye may be on your mind, your digestion will thank you for easing back into solid foods, slowly.

Use your chosen eating window to indulge in all your favorite keto foods. You are encouraged to eat all of your calories, and enjoy your food to the fullest when you are outside of your fasting window.

The cool thing about fasting is that you do not 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.

When it's time to go again, simply go back into your fasting window, knowing that you have set yourself up for success, and nourish your body with delicious food. No deprivation. No more starvation. No fad dieting. Just simple, effective and sustainable eating habits.

We recommend intermittent fasting no more than 5 days a week, so be sure to give your body a challenge by making it guess what's coming next. We can't wait to hear how your first fast goes, and if you've been doing it a while, what is your number one tip we can share?

Remember, fasting will only get you so far. The quality of the foods you eat during your windows is what matters.

We offer a wide variety of recipes within our weight-loss meal programs, and here are some of our favorite dishes:

- Tex Mex Breakfast Skillet
- Deluxe Cheeseburger Casserole
- Keto Corned Beef Hash

The meals noted are just the beginning! Our comprehensive meal plans offer options for breakfast, lunch, dinner, snacks, and desserts!

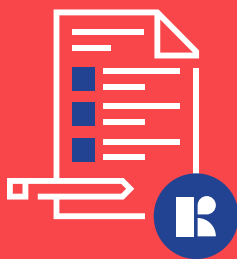
And trust us, the dishes are delicious and make it virtually impossible to get bored!

Besides, a lot of the recipes we share in our meal plans are an excellent fit for meal prep—plenty of ‘freezer meals.’

Furthermore, making multiple pans of freezer-friendly meals—think decadent keto mac & cheese, yum—will leverage your efforts and save a ton of time during the week.

A lack of knowledge or adequate preparation derails many dieters. Fortunately, our customized meal plans eliminate both barriers to success.

The best investment we can make is one in the betterment of our health. Health truly is wealth, and nothing else matters if we’re not healthy.



If you're ready to take the first step toward a healthier you, use our quick quiz to determine your ideal plan for weight loss here.



#3 - Going the Distance

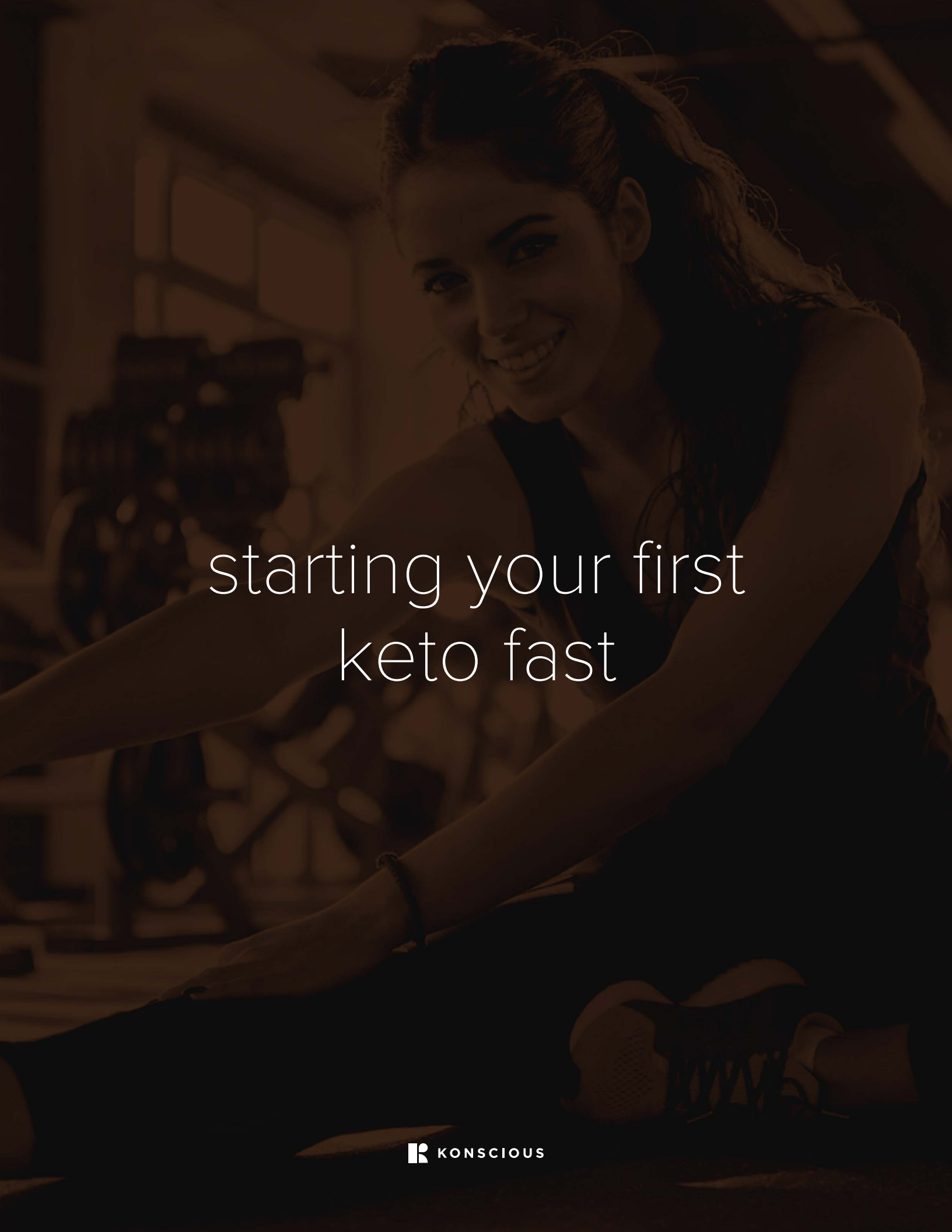
Our [Keto Shake](#) and [Keto Activate \(BHBs\)](#) help to increase ketone bodies—both of which aid in weight loss.

Couple our products with our customized meal plans and you have a winning combination.

We've created a brief but useful quiz you can take to determine the ideal meal plan to help you shed the extra pounds quickly and with ease.

Besides, we want our programs to be highly accessible and have priced them so the cost is less than your monthly latte budget!



A woman with long hair tied back, wearing a dark tank top and leggings, is stretching in a gym. She is smiling and looking towards the camera. The background shows gym equipment like treadmills and a brick wall. The text 'starting your first keto fast' is overlaid in white on the image.

starting your first
keto fast

Congratulations on deciding to take on your fast. Whether this is your first or 100th fast, we want you to go into this opportunity with a beginner's mindset. This will set you up with success.

The following steps will show you how to get started on the right track, and to get the most of your fasting time. However, we don't expect anyone to start at the finish line. It is best to begin slow and work up from fewer fasting hours to see how you respond.

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

If this is your first fast, you can start with 8 hours, and build up as desired.

Over the next few days and weeks, you'll also start to experience for yourself how people can do longer fasts thanks to your body's resilience and ghrelin response.

Intermittent fasting can easily be incorporated into any schedule, no matter how hectic. 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 your eating times can 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!

When not fasting, you'll want to consume mostly healthy fats and some proteins, including fatty fish, grass-fed meats, dairy, eggs, and high-quality oils, then round it all out with a colorful mix of low-carb plants.

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

Add some exogenous ketones to the mix, and you'll see even more significant 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 only if you want. Just remember always to adjust your eating and fasting windows to whatever makes you feel your very best.

Of course, you can pick any three days that this sort of schedule will work for you. The addition of exogenous ketones, MCT oil, or coconut oil can help you get through feelings of hunger and fatigue.

Once you break the fast, remember to get plenty of minerals and let yourself indulge with your favorite keto meal!

An easy way to break your fast to forgo a stuffy meal and instead, go in gently with a high-fat [Keto Shake](#). This will awaken your metabolism and start to refuel you for your eating window.



There are different styles of fasting, mainly differentiated by the designated feeding and fasting window lengths. With a little trial and error, you'll determine the feeding schedule that works best for you.

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, something we definitely want to avoid.

The following are some other common fasting protocols to consider if pondering the best way to implement IF into your keto journey:

- **The 5:2 Diet:** 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.
- **Eat Stop Eat:** Consume your typical meal plan for five or six days a week, then fast for a full day or two.
- **The Warrior Diet:** This is also referred to as the OMAD or One Meal a Day diet. In this style of fasting, you abstain from food for a full 20 hours each day, then eat one large meal in the evening.
- **Alternate-Day Fasting:** The name here kind of gives it away. With this style of fasting, you do a full fast (or restrict your calories to about 500 calories) every other day. Eating is unrestricted on alternate days but still aligned with keto-friendly macros.

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



[Keto Shake](#) is available in 3 delicious flavors and perfect for starting or ending a keto fast.

First, our bestseller strawberry cheesecake. Our customers have enjoyed [Keto Shake](#) so much they describe it as “healthy as a kale avocado salad, but tastes just like a strawberry milkshake!”

Banana creme brulee is designed, as well, to support all-day energy without the crash, as well as enhanced mental focus and clarity that helps you get more done during the day, and keeps you performing at your best.

And of course, the fan-favorite creamy chocolate is a heavenly on-the-go [Keto Shake](#) is not only tasty but also filled to the brim with essential nutrients and superfoods your body will love.

The next step is to think about which day you want to start. Do you have the right mindset? Are you on your period?

It’s best to use intermittent fasting during the 3 weeks after your cycle, to prevent any cravings and hormonal imbalances from upsetting the progress.

While it’s tempting to go for those mighty long fasts you see on social media, the truth is after 18 hours, you really don’t gain any additional benefits.

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 binging at the end of a fast.

If you choose to do a fast for more than 18-hours that is up to you, but we don’t see any specific or noteworthy benefits in doing so and worry that it might be sustainable for most people. You will get the benefits for up to 18 hours and can enjoy your meal and feel accomplished.

Instead, we recommend starting with an 8-hour fast. The goal is to reframe your mindset and feel accomplished after you hit 8 hours.

Everything after this is a bonus and something you can continue to add too over time. 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 salt on hand, as electrolytes are essential on a keto diet. Regular table salt won't cut it. Look for Himalayan or Celtic sea salt.

Now is also the right time to ensure you have plenty of refreshing water and Keto Activate on tap for your fast.

[Order now to stock up.](#)



STEP 2

Pick Your Fasting Window

The next step is to identify when you can fast. As we all have different schedules, what works for someone else may not work for you.

There are excellent free Apps like Zero ([Apple store](#), [Google store](#)) that can help you set reminders and check-in so you can effectively track your progress.

It doesn't really matter when your fast starts, so long as it works for you. Your body will get the benefits of fasting, as long as you follow the methodology. If this is your first fast, you can start with 6-8 hours, and build up as desired.



STEP 3

Break Your Stall the Right Way

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

People who eat do better when fasting.

For keto beginners, intermittent fasting can reduce some of the unwanted symptoms that come with the keto flu, making your transition into a keto lifestyle much smoother.

But what you might not know is what you eat when fasting ends is extremely important. Eat the wrong foods, and you could undo all your hard work and discipline.

We're confident in our keto-friendly weight loss meal plans and committed to helping our community—your success is ours!

The success stories and testimonies on our site speak for themselves; people are getting superior results and using our meal plans to change their lives!

Try one of our customized plans for a month, and if you're in any way less than blown away we'll refund your money—no questions asked.

[Head over to our quiz to access your personalized weight-loss meal plan, here.](#)

Order now, get started today, and experience success in your very first week on keto using our approach to the low-carb, high-fat, ketogenic diet!

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 we can have it all!

Again, if our meal plans don't deliver, we offer a 30-day money-back guarantee because we're certain about the effectiveness of our plans.

We hope to see you soon on the other side of carb-addiction and cravings because the dietary climate over here is just sublime.

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!

[Click here to get started on your weight-losstransformation, now!](#)



Remember to stay hydrated, both when you're fasting and when you're not. Water is best, but you can also add in tea and coffee, though these can be dehydrating on their own.

Aim to drink at least 64 oz. of water, and be sure you're getting your electrolytes as well. And if you are drinking other liquids when fasting, like black coffee, make sure they do not contain any added sugars or artificial sweeteners as these can knock you out.

Finally, we've saved the best for last. Once your fast is over, it's time to feast.

We recommend that you break your fast first with a delicious serving of bone broth, or a meal replacement such as [Keto Shake](#) (available in 3 delicious dessert flavors) to gently awaken your metabolism.

You can also indulge in one of our delicious wholesome keto meals from our custom keto meal plan; all these meals are designed with your preferences in mind.

[Take the free quiz now.](#)

You can also email us with feedback, progress reports, and any questions you have for moral support and guidance at hello@konsciousketo.com.

Happy fasting!

From the Konscious Keto Team

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