

LISA G

**MODULE 5**

Biohacking Secrets To  
Live Longer & Lose  
Stubborn Belly Fat

**WORKBOOK**

LISA G | HIGH-PERFORMANCE COACH

# MODULE 05

## Biohacking Secrets To Live Longer & Lose Stubborn Belly Fat

### INTERMITTENT FASTING

With Intermittent Fasting, you can create lasting change to lose weight, reverse aging, and destroy stubborn belly fat without relying on willpower or spending hours in the gym.

This is one of my top secrets for weight loss and has helped my clients lose 10, 20, 50 pounds or more.

You burn fat even while you're sleeping, elevate your metabolism, lower your blood pressure and blood sugar levels, elevate human growth hormone levels, age better, and increase testosterone and cognitive abilities.

Celebrities like Jennifer Aniston, Hugh Jackman, and Halle Berry do intermittent fasting because it works.

# MODULE 05

## Biohacking Secrets To Live Longer & Lose Stubborn Belly Fat

### WHAT IS INTERMITTENT FASTING?

Intermittent fasting is as simple as dividing your day into two sections: an eating window and a fasting window.

While most diet plans are primarily concerned with WHAT you eat, this plan is about WHEN you eat.

There is no meal planning, shopping lists, or other advanced planning. You can tailor your eating schedule to your lifestyle, and then all you have to do is stick to it!

Intermittent fasting is set up to make the most of your body's natural metabolic processes every day, so that you can have the best health possible over the long term.

Fill out the form on the next page to plan out your Intermittent Fasting strategy.

# MOST POPULAR INTERMITTENT FASTING SCHEDULES

|                                    | Description   | Samples  | Pro   | Con   | Who it's for  |
|------------------------------------|---|--|---|---|---|
| <b>16/8</b>                        | Eat during an 8-hour window, fast for 16 hours.   | Eat between 9am-5pm<br>Eat between 11am-7pm<br>Eat between noon-8pm  | Fits easily into most lifestyles  | It can be difficult to go 16 hours without food if you're new to fasting      | Suitable for nearly everyone unless you have a history of eating disorder or your doctor doesn't approve. |
| <b>12/12</b>                       | Eat during a 12-hour window, fast for 12 hours  | Eat between 6am-6pm<br>Eat between 8am-8pm<br>Eat between 10am-10pm  | Requires minimal effort; unlikely to experience any hunger pangs                                | Smaller fasting window means it'll take longer to see benefits                | Great for easing your way into a fasting plan or if you're new to fasting                                 |
| <b>20-Hour Fast (Warrior Diet)</b> | Eat during a 4-hour window, fast for 20 hours   | Eat between noon-4pm<br>Eat between 4pm-8pm<br>Eat between 6pm-10pm  | Great for a hectic lifestyle, since you only have to worry about eating for 4 hours of your day | It can be tough to go for 20 hours without food                               | Someone with experience with fasting looking for quicker results  |
| <b>24-Hour Fast</b>                | Don't eat anything for a full 24 hours  | Monday: stop eating by 7pm<br>Tuesday: wait until 7pm to start eating  | Great way to reset your digestive system  | Not recommended to do more than TWO 24hr fasts per week                       | Anyone with a busy schedule, no need to worry about preparing food for a full day                         |
| <b>5:2 Diet</b>                    | Choose two non-consecutive days of the week and limit yourself to 500-600 calories on those two days. | Mon: 500-600 calories<br>Tue: normal caloric intake<br>Wed: normal caloric intake<br>Thurs: 500-600 calories<br>Fri: normal caloric intake<br>Sat: normal caloric intake<br>Sun: normal caloric intake | You never have to face any period of time where you can't eat                                   | You need to be meticulous about measuring portion sizes and counting calories | Great for anyone who doesn't want to ever have to go without at least some food.                          |

# MOST POPULAR INTERMITTENT FASTING SCHEDULES

|  | Description  | Samples   | Pro  | Con  | Who it's for  |
|--|--|---|--|--|---|
| <b>Tim Ferriss 3-Day Fast Protocol</b> | Fast for 3 full days, eating nothing but MCT oil or other ketone sources | Thurs: stop eating by 6pm<br>Fri: take a long walk and eat nothing except ketones<br>Sat: eat nothing except ketones<br>Sun: break your fast at 6pm | Proven to get you into ketosis quickly                     | Fasting for this long can be very difficult if you're not used to it | Anyone highly motivated to jumpstart a fasting regimen                      |
| <b>Alternate Day Fasting</b>           | Pick any fasting schedule and just implement it on alternating days      | Follow the 16/8 plan only on Monday, Wednesday and Friday   | Makes any intermittent fasting plan more manageable        | Might take longer to see health benefits                             | Anyone not ready to commit to daily fasting; also recommended for women     |
| <b>36-Hour Fast</b>                    | Fasting straight for 3 days without any consumption of calories          | Fri: don't eat after 7pm<br>Sat: fast<br>Sun: fast<br>Mon: have breakfast after 7am   | An excellent, proven medical solution for improving Type 2 | Quite difficult to implement   | Anyone trying to manage insulin sensitivity; doctor supervision recommended |

# INTERMITTENT FASTING PLANNING

HOW LONG WILL YOU FAST:

- 8 hours
- 13 hours
- 16 hours
- Others \_\_\_\_\_

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

YOUR FASTING WINDOW(S)

YOUR EATING WINDOW(S)

WHAT WILL YOU EAT?