

Week



# FASTING & COFFEE

28-DAY FASTING CHALLENGE

Method

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During the fasts feel free to drink ANY noncaloric beverage you want, including but not limited to: water, coffee ( no sweeteners), tea (hot or iced), or any other beverage with no calories. However I would NOT recommend any calories AT ALL, as it takes frightfully few calories to spike insulin and sabotage your fast.

Fat is the macronutrient that spikes insulin the very least, which is why so many people are using Bulletproof coffee or some other method of adding fat (butter, coconut oil, etc) to coffee in the morning. However, I would NOT recommend this or any other source of calories while fasting, as this will be detrimental to what you are trying to accomplish with fasting. It's a nice option to break your fast.

If you will absolutely die without at least a tiny splash of cream in your coffee well then do it, you will be better off with it than if this prohibition against cream in your coffee keeps you from trying to fast intermittently at all (95% fasting much better than 0% fasting)!



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However, try to keep the cream in your coffee to an absolute MINIMUM quantity, and you should also use this opportunity to learn to drink coffee black (this is something anyone can learn over time, believe it or not).

We **\*HIGHLY\*** recommend the use of black coffee or tea in the morning to make your fast easier and more enjoyable. Both coffee and tea have numerous health benefits, and they both contain compounds that help with fat burning, energy, and alertness.

**JUST BLACK COFFEE**, how easy is that? No more worrying about what you are going to grab for breakfast as you rush around in the morning and struggle to get to work on time.

This saves you a ton of time and work and effort and is literally a form of metabolic exercise in the meantime, improving your insulin sensitivity and strengthening your fat adaptation.

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This is a win in many ways. On days where you skip breakfast and lunch, you will be amazed at how much extra time you will have when you don't have to worry about what to eat, where to get it, and when to find time to eat it.

Your productivity will be higher as concentration and focus is higher in the fasted state (thanks to the sympathetic nervous system activation and catecholamines), and you will have more free time.

