

THE INTERMITTENT FASTING CHEATSHEET

**A No-Nonsense Guide To
More Energy & a Strong,
Lean Physique**

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You must get your physician's approval before beginning this program.

Ask your physician for a complete physical examination, especially if you have high cholesterol, high blood pressure, are overweight, or have diabetes. Discuss all dietary changes with your physician or a registered dietician.

This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional.

These recommendations are not medical guidelines to treat, diagnose, or cure any illness or condition. This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like.

Do not take risks beyond your level of experience and abilities.

Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop immediately and consult a physician.

Disclosure

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Summary, Checklist, and Questions

- 1. Eat during an eight-hour window**, then fast for 16 hours. 12:00 PM-8:00 PM is the ideal eating window.
- 2. Keep carbohydrates low** and ideally after training. Avoid starches, sweets, and fruit.
- 3. Hunger is not an emergency.** You're simply resetting your hunger signals and enhancing fat burning.
- 4. Stick to tea, coffee, and water during your fasting window.**
- 5. Walk after dinner for 15 minutes.** This will aid digestion and burn a few more calories.
- 6. Aim to sleep the same hours each night**, ideally 10 PM-5 or 6 AM. 7+ hours of sleep helps you control cravings, improves hormone levels, and helps you set a consistent circadian rhythm for ample energy.
- 7. Enjoy copious amounts of dead animal flesh and plants.**

Basically, you could eat steak and broccoli, bacon/eggs and peppers all day and get leaner.

8. Avoid recreational drugs and alcohol.

9. Avoid the following for 30 days.

- Anything overly processed that comes in a box.
- Crackers
- Candy
- Chips
- Waffles
- Pancakes
- Pizza/pizza crust
- All bread
- All rice/quinoa/grains
- Sugary salad dressings and condiments (sorry, even sugary BBQ sauce)
- Sugar infused drinks
- Potatoes, Oats, Barley
- Anything crispy or fried

10. Supplement recommendations that can help you.

What I recommend:

[Legion Protein Powder](#)

Use Code BACH for 10-20% off.

Optional:

Superfood if you struggle for with veggies.

Fortify: Joint Support.

Cognitive Function: If eating less compromises cognitive function (or you want to feel limitless), this is what I recommend.

[Alpha Brain](#)

Electrolytes

Electrolytes with help with exercise performance and energy levels particularly when low carb.

Consider Nuun Tablets, LMNT, or Synerplex.

Workouts

In a perfect world, I would have you train during the middle of the afternoon after a meal and before your biggest meal of the day.

But, that's not always possible.

So, if you train in the morning, I recommend experimenting with 20oz of water with electrolytes + a protein shake to sip during the workout.

While this isn't "medical fasting," we want to take advantage of periods of your training while still purposefully restricting calories at other times.

On those training days, have your shake then get right back to fasting until your first meal.

Intermittent Fasting Is All The Rage: But How Do you get started with Intermittent Fasting in the first place?

How long does it take for intermittent fasting to start working?

If you're apprehensive about how to get started with intermittent fasting, start slow.

It can take your body 7-14 days to adjust to your new eating habits. This is because hunger signals are primarily controlled by hormones leptin and ghrelin.

Leptin is produced in the fat cells and works by sending signals to your brain when you've stored enough fat and you don't need to eat any more

food. The fatter you are, the more leptin you produce.

If you're overweight you can become resistant to leptin. When too much fat produces too much leptin, the leptin signals stop getting sent to your brain. When this happens, the body thinks it's starving and activates feelings of hunger, whether you need food or not.

If you've ever unintentionally skipped a meal, only to be met by ravenous hunger and a bellowing stomach, you've felt the effects of ghrelin.

Ghrelin is responsible for the physiological feelings of being hungry. It's produced in the stomach and it increases when your stomach is empty.

Ghrelin decreases when your stomach is full. The less food you eat – like when you're trying to lose fat – the more ghrelin your body produces as a response.

Ghrelin can also be secreted at regular intervals when you're not dieting. This is one reason starting a diet like intermittent fasting can be brutal for the first few days. Once your hormones adapt to the change in your diet, things get better. But ghrelin doesn't care whether you're trying to lose fat or not – it's fired up and ready to devour anything you put in front of it.

Eating at regular intervals helps control ghrelin. It can take 10-14 days for your body to adapt to the eating timing of intermittent fasting. While the

first few weeks are difficult, you're learning a valuable lesson: how to gain control over your hunger signals.

When Should You Eat First With Intermittent Fasting?

If you're struggling with how to get started with intermittent fasting, start with the most common form: 16:8 intermittent fasting.

You go 16 hours without eating, such as 8:00 PM to 12:00 PM the following day. You would eat all your food between 12:00 pm and 8:00 Am.

For most busy people who are looking to burn fat using 12:00 PM as your first meal is ideal. With this plan, you're able to focus on work and maximize productivity early in the day. You'll be pleasantly surprised by your energy and ability to focus due to the release of adrenaline and brain-derived neurotrophic factor (BDNF) during your fast.

At 12:00 PM, you can eat your typical lunch. Mid-afternoon, you can have a snack or workout meal.

In the evening, enjoy a large meal with plenty of calories to spare.

Intermittent fasting works incredibly well as it helps you focus early in the day to maximize productivity, yet provides enough flexibility to enjoy the social aspects of eating that tend to take place in the evening.

And if you're working out? For starters, intermittent fasting is not ideal

for building lean muscle even if you eat enough calories. Therefore, working out later in the day is going to be best. But if you can only train in the morning and want to maximize muscle/prevent muscle loss sipping on 10g of branch chain amino acids during your training and another 10g post-workout may help boost recovery.

How Do you get started with Intermittent Fasting: Best Practices

Drink Lots Of Water

Studies have shown nearly 75% of people walk around dehydrated. Even 1-2% dehydration reduces gym performance and cognitive performance. It also decreases most bodily functions, including your natural detoxification processes.

Dehydration when fasting increases hunger and irritability. You start feeling “hangry.” Drink more water to avoid being hangry. You’ll also maximize fat loss and performance.

I recommend drinking $\frac{1}{2}$ your body weight in ounces of water per day. That’s around 100 oz, 3 liters, or 6 Dasani water bottles a day for a 200-pound man. Carry water with you at all times and take a sip every few minutes. You’ll thank me later.

Suppress Hunger With...

...Coffee, carbonated-calorie-free beverages, and gum.

Over the first five days, you will be hungry. That's part of the process while your body resets hunger signals. To minimize discomfort and hunger, drink black coffee. If you must, add a little bit of coconut oil or whole milk, but no sweeteners. Coffee has been shown to suppress appetite and increase the release of stored fatty acids from your body, improving fat burning.

Mineral water and (if you must) carbonated beverages like diet soda are helpful during your fast. The carbonation will give help you feel full.

Finally, chew calorie-free gum. I don't have any literature to back up gum helping with hunger, but I can tell you after years of fasting and occasionally, prepping for fitness photoshoots that a few sticks of gum are a game-changer for me.

Calculate Your Calories

You could do nothing different with your diet than switching to a 16/8 fast. That means you fast for 16 hours and eat during an eight-hour window, say from 11:00 AM to 7:00 PM.

But I'm here to help you get in the best shape of your life, so it would be rude of me not to share the best way to do so: calculating and tracking

your calories.

All you need to do is a measure (and, heck, guess at restaurants) the portion sizes of your food.

This comes back to the most important component of fat loss: You must create a consistent caloric deficit to lose fat.

If you have no idea how many calories you're eating you'll have one hell of a time determining whether or not you're eating the right amount of calories to lose fat.

As Brad Pilon of Eat Stop Eat puts it, If you're not measuring, you're not progressing. If you're not measuring, you have NO idea what you're doing.

In other words, you're leaving the most important component of fat loss—creating a caloric deficit—to chance because you don't want to spend five minutes tracking your food instead of watching Netflix or scanning Instagram.

Okay, I'm done.

Here's what to do:

For gradual weight loss, take your body weight in pounds x14.

For aggressive fat loss take your body weight in pounds x10.

To build muscle? Bodyweight in pounds x18.

These simple equations all give you a ballpark number of calories to eat each day. If you want specific calories and the most accurate plan using caloric cycling customized to get you in the best shape of your life, you will benefit from my coaching, [here](#).

Calculate Protein, Carbs, and Fats



You've calculated your calories, great! Now it's time for proteins, fats, and carbs. The beauty of the intermittent fasting lifestyle is you can eat low carb, high carb, or whatever style of diet you prefer as long as you're following the eating window.

Let's use a 200-pound man following an aggressive fat loss plan as an example.

Calories: 2000

Protein: Protein is essential for building lean muscle and keeping hunger at bay. A simple rule of thumb is to have 1g of protein per 1 pound of body weight or 200g per day.

Protein: 200g, or 800 calories of protein

Carbs: Carbs fuel performance and can help provide essential energy for your body.

We'll put carbs at 30% of your calories.

This means 2000 calories x .3 = 600 calories from carbs.

There are four calories per 1 gram of carbs, so this comes to 150g of carbs.

Fat: Fat is essential for hormone production and overall health.

Since we have 2000 calories to work with, 800 are used for protein, and 600 for carbs, we have 600 left.

Here's the math: 2000 - 800 (calories from protein) - 600 (calories from carbs) = 600 remaining calories.

Since fat has nine calories per gram, divide calories by 9.

$600/9 = 67$ g of carbs.

Altogether, this 200 bro would aim for the following each day:

2000 calories

200g protein

150g carbs

67g fat

Train At The End Of Your Fast

Because of the release of adrenaline during fasting, you'll find yourself ready to roll when it comes to training. The first few days, while your body adapts, can be tough. But once you've adapted to fasting, you'll find yourself loving fasted training.

To sweeten the deal, your insulin sensitivity, which is already heightened from the fast, will be even higher after exercise. This makes it even easier for your body to use your post-workout meals as fuel for recovery and muscle growth rather than fat gain.

Here's our popular Minimalist Muscle Blitz workout which will help you torch body fat, build muscle, and get more athletic.

If you exercise In the morning...

Things get a bit more complicated. For most people, fasting from the night before to the afternoon works best because they can have a larger dinner. In other words, you'll probably enjoy fasting from 8:00 PM to

12:00 pm and eating from 12-8 PM much more than eating from 7:00 am to 3:00 PM each day.

But if you work out in the morning, how can you make sure you'll maximize your gains without breaking your fast?

By taking 10g of BCAA's during training, then another 10g after training. This should feasibly help you stimulate protein synthesis while decreasing the breakdown of amino acids as fuel.

Then, proceed as you would with your normal feeding window.

Understand This: Yes, You Will Be Hungry At First



When you start fasting, you will be hungry to start and towards the end of your fasts. But you won't wither away your hard-earned gains and diet.

Hunger is not an emergency.

Truthfully, hunger is a state of mind for most of us, and it's a state of mind

you need to conquer if you want to look great naked and experience the benefits of intermittent fasting.

Your body will adapt. It will change to better deal with hunger. But give it time. If you go into a fast and you convince yourself it's impossible; you're not going to succeed. You will soon give up.

Trust me here and relax. Not eating isn't a huge deal. You'll get to have bigger meals later today anyway.

The Final Word: How To Get Started With Intermittent Fasting

Like any type of diet, fat loss takes time. The truth is your body can only burn fat so fast, a few pounds per week at most.

Your body will take a few days to get accustomed to the hunger pangs. But once you've adapted, you'll find fasting to be a simple and maintainable plan for losing stubborn fat, looking great naked, and taking control of your health without obsessing over fitness.

Where Do You Go From Here?

Let's cut to the chase: I'm here to help you look great naked—build muscle and lose fat—without living in the gym.

I've been coaching men and women since 2009 and am here to cut through the bullshit, fluff, and fads that pollute the fitness industry and make “getting results” way too complicated.

If this sounds good to you, welcome to Bach Performance. You're in the right place. Our beliefs and methods are simple, yet our results are world class, as we'll show you shortly.

Chances are you've tried fasting, KETO, cleanses, aggressive diets, training programs from CrossFit to bodybuilding and haven't found what you're looking for. Or, maybe you have made the progress you wanted but are now looking to save time and still make great progress.

You want the right amount of muscle, a physique that turns heads at the beach, and the confidence to take your shirt off without feeling self-conscious. You want the energy to conquer long days at the office and busy nights at home, whether they entail building your business or building your family.

And you want to build a razor-sharp mind along with a clean bill of health without being a social recluse. The last part is essential, and something not often addressed when it comes to fitness. You need a fitness regimen to improve, not consume your life.

Heck, you have business meetings, dinners, and social occasions where brokering deals over dinner and cocktails is part of your livelihood.

We get it. **Bach Performance Physique Coaching Program is designed specifically to help high performers like you look great naked without living in the gym.** After all, building your best body improves more than the reflection in the mirror: it improves your confidence and energy, which seeps into and improves your life from the boardroom to the bedroom.

In short, we understand the same thing: Building a high-performance body is an essential cog to both looking great naked and performing at your best in all facets of life.

Your time is at a premium, and while you want to lose stubborn fat and build muscle, it's also important you can do so without living on shriveled up chicken breast and partially frozen Tupperware.

You need an approach to fitness to improve your life rather than consume it.

If our “credo” resonates with you, then you’re in the right place. I'm Eric Bach, owner of Bach Performance.



Bach Performance is the only 12-month Performance & Physique Transformation Program for busy men and women who want to look great naked without obsessing over fitness. Together, my coaches and I are here to help you regain your health, boost your energy and look great naked without obsessing over fitness.

I've been a coach for over a decade, working with collegiate and pro athletes while having my work featured in places like T-Nation, CNN, and bodybuilding.com. I'm also married, a father, and an entrepreneur.

I understand what it's like to have a full plate because, for lack of a better term, I'm in the grind with you.

We get what it's like to race the clock, feel like you have a never-ending to-do list, and still, have ideas spinning through your head while laying in bed. Conversely, we understand how easy it is to

feel overwhelmed and to occasionally throw your hands up and wonder how you'll ever get it all done.

Luckily, with our experience at Bach Performance, we've found the fundamental principles high performers need to focus on to look, feel, and perform their best even when they're on the go 24/7.

We're uniquely equipped to help you , unlike anyone else in the fitness industry. **The key to maximizing the precious minutes in your day to perform at peak capacity comes down to finding a practical approach to improve, not consume your day.**

So, what is the “secret?”

Well, marketing be damned, we don't like to throw “secrets” around.

Instead, we focus on science-tested, experienced back methods as you'll see in the High-Performance Handbook.

Our core beliefs are this:

Training: Train simply. Lift heavy. Progress consistently. Success comes from the ruthless execution of the basics.

Nutrition: Eat foods on the ground or have a face. Nutrition must be made simple.

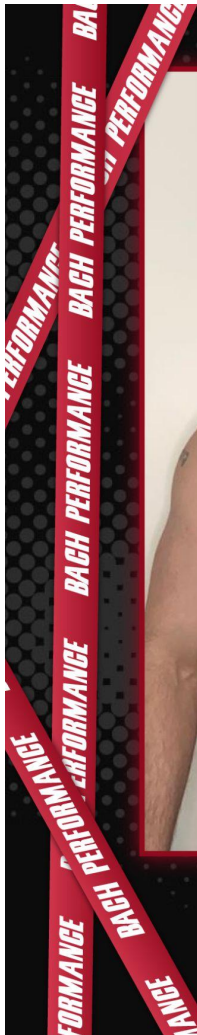
Lifestyle: Fitness should improve your life, not consume it.

Much like business, success often comes from the ruthless execution of the basics, then mixing in higher level tactics as they fit--not relying on them as a “cure-all solution.”

So, how can we simplify fitness and embed the Bach Performance credo into helping you build a high-performance body and lifestyle?

Read on. We're going to cover the biggest mistakes high performers make with their training, diet, and lifestyle. More importantly, we're going to give you a clear-cut action step for each one, and show you how we've helped others just like you overcome the same hurdles.


The methods below have worked wonders for over 1100 clients:



BACH PERFORMANCE



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BEFORE



AFTER



**"I even get compliments
on my butt now!"**

KACI ANN

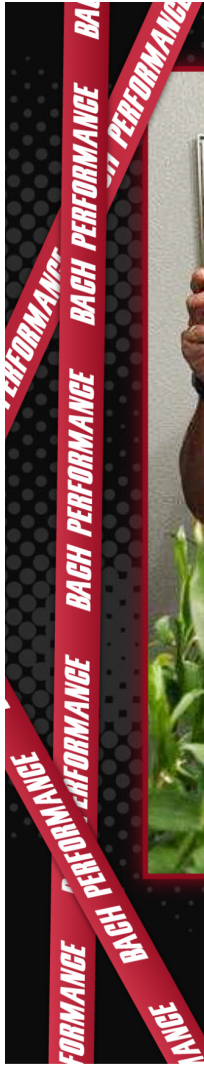


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218 LBS




192 LBS

THIAGO FORNAZIER

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If you'd like to experience a similar life-changing transformation, whether you want to build bigger arms or burn stubborn belly fat and retake control of your health, apply for coaching here:

<http://bachperformance.com/call>

Otherwise, enjoy this guide. It'll get you going in the right direction.

Eric Bach, President at Bach Performance

