

intermittent fasting with coffee

Article Title: Intermittent Fasting with Coffee: Your Comprehensive Guide

Introduction to Intermittent Fasting with Coffee

Intermittent fasting with coffee is a popular strategy for individuals looking to enhance their fasting experience and potentially amplify its benefits. This approach combines the metabolic advantages of intermittent fasting (IF) with the stimulating and appetite-suppressing qualities of coffee. Many people find that a morning cup of coffee can significantly ease the challenges of fasting, making it more sustainable and enjoyable. This comprehensive guide will delve into the science behind this synergy, explore the optimal ways to incorporate coffee into your IF routine, discuss the potential benefits, and address common concerns and potential side effects. We will cover everything from how coffee affects your fasting state to what types of coffee are best, ensuring you have the knowledge to confidently integrate coffee into your intermittent fasting regimen.

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Understanding Intermittent Fasting

Intermittent fasting (IF) is not a diet in the traditional sense, but rather an eating pattern that cycles between periods of voluntary fasting and non-fasting. It focuses on when you eat, rather than what you eat. By strategically timing your meals, IF aims to leverage the body's natural metabolic processes, particularly the shift from burning glucose for energy to burning stored fat. This metabolic flexibility is a cornerstone of many proposed health benefits associated with IF, including weight management and improved metabolic markers.

There are several popular IF protocols, each with its own fasting and eating window. The most common include the 16/8 method, where you fast for 16 hours and have an 8-hour eating window, and the 5:2 diet, which involves eating normally for five days of the week and restricting calories significantly on two non-consecutive days. Understanding these different approaches is crucial for tailoring IF to your lifestyle and goals. The underlying principle is to give your digestive system a prolonged break, allowing your body to enter a fasted state and access fat stores for energy.

The Role of Coffee in Intermittent Fasting

Coffee, a beloved beverage worldwide, can play a surprisingly beneficial role in intermittent fasting. The primary reason is its ability to stimulate the nervous system and boost metabolism, which can help manage hunger pangs that often accompany fasting. The caffeine content in coffee can also increase alertness and energy levels, counteracting the potential fatigue some individuals experience when abstaining from food. Furthermore, coffee is known for its thermogenic properties, meaning it can slightly increase the number of calories your body burns at rest.

From a metabolic standpoint, black coffee is generally considered "fasting-friendly" because it contains very few calories and does not significantly trigger an insulin response. Insulin is the hormone responsible for signaling the body to store fat, so keeping insulin levels low is key to maintaining a fasted state. When consumed plain, coffee's impact on insulin and blood sugar is minimal, allowing individuals to remain in a fasted state while enjoying their morning brew.

How Coffee Affects Fasting Metabolism

The impact of coffee on fasting metabolism is largely due to its caffeine content. Caffeine is a stimulant that can increase the release of hormones like adrenaline, which signals the body to break down stored fat and release fatty acids into the bloodstream. These fatty acids can then be used as a source of energy, effectively supporting fat burning during the fasted state. Additionally, caffeine can inhibit adenosine, a neurotransmitter that promotes relaxation and sleepiness, leading to increased alertness and a perceived boost in energy.

While caffeine is the primary active compound, coffee also contains antioxidants and other bioactive compounds that may contribute to its metabolic effects. These compounds can influence various cellular processes, potentially contributing to enhanced fat oxidation and improved insulin sensitivity over time, though more research is needed in this specific area regarding IF.

Coffee and Appetite Suppression

One of the most appreciated benefits of coffee during intermittent fasting is its appetite-suppressing effect. Caffeine has been shown to influence hormones that regulate hunger, such as ghrelin (the hunger hormone) and leptin (the satiety hormone). By potentially lowering ghrelin levels and influencing leptin signaling, coffee can help reduce feelings of hunger, making it easier to stick to your fasting window without feeling deprived. This is particularly helpful during the initial stages of adopting an IF routine when hunger can be

most challenging.

The warm temperature of coffee, combined with its strong aroma and taste, can also create a psychological sense of satisfaction. This sensory experience, coupled with the physiological effects of caffeine, contributes to a feeling of fullness that can bridge the gap between meals and prevent impulsive snacking. This makes it a valuable tool for many practitioners of intermittent fasting.

Benefits of Intermittent Fasting with Coffee

Combining intermittent fasting with coffee can offer a synergistic approach to health and wellness. The extended periods without caloric intake inherent in IF allow the body to engage in cellular repair processes like autophagy, which is the body's way of clearing out damaged cells and regenerating new ones. When paired with coffee, this process can be supported by coffee's potential antioxidant and anti-inflammatory properties. The metabolic advantages of IF, such as improved insulin sensitivity and fat burning, can also be enhanced by the stimulating effects of caffeine.

Individuals often report increased energy levels and improved mental clarity when incorporating coffee into their IF regimen. This can be attributed to caffeine's ability to block adenosine receptors in the brain, leading to increased alertness and focus. Furthermore, the reduction in hunger and cravings facilitated by coffee can lead to better adherence to fasting protocols, making IF a more sustainable and effective lifestyle choice for weight management and overall well-being.

Enhanced Fat Burning

Intermittent fasting itself is well-known for its potential to promote fat loss by shifting the body's primary energy source from glucose to stored body fat. When you add coffee to the equation, this fat-burning process may be further amplified. Caffeine can stimulate lipolysis, the breakdown of fats stored in adipose tissue, releasing fatty acids into the bloodstream to be used for energy. This means that during your fasting window, the combination of reduced insulin levels and the metabolic boost from coffee can lead to more efficient fat mobilization and utilization.

The thermogenic effect of coffee also contributes to increased calorie expenditure. While modest, this slight elevation in metabolic rate, sustained throughout the day, can add up over time, supporting a calorie deficit necessary for fat loss. It's important to remember that while coffee can support fat burning, it is not a magic bullet and must be combined with a balanced diet during the eating window and regular physical activity for optimal results.

Improved Insulin Sensitivity

One of the significant health benefits of intermittent fasting is its positive impact on insulin sensitivity. By giving your body extended breaks from food intake, you reduce the frequent spikes in blood sugar and insulin that can occur throughout the day with standard eating patterns. Improved insulin sensitivity means your cells are more responsive to insulin, allowing your body to manage blood sugar levels more effectively.

This is crucial for reducing the risk of type 2 diabetes and metabolic syndrome.

While black coffee does not significantly raise blood sugar or insulin levels, some research suggests that regular coffee consumption may actually contribute to improved insulin sensitivity. The antioxidants and polyphenols present in coffee might play a role in this, potentially by reducing inflammation and oxidative stress, which are known contributors to insulin resistance. Therefore, enjoying coffee during your fasting window could potentially support this crucial metabolic benefit of IF.

Increased Energy and Focus

For many, the most immediate and noticeable benefit of having coffee during intermittent fasting is the boost in energy and mental clarity it provides. When you're not eating, your body is in a state of reduced digestive activity, which can sometimes lead to feelings of lethargy. Caffeine, a well-known stimulant, combats this by blocking adenosine, a neurotransmitter that promotes relaxation and sleepiness. This blockade leads to increased alertness, improved concentration, and a sharper focus.

This enhanced cognitive function is invaluable for productivity, especially for those who rely on sustained mental effort throughout their workday or during study sessions. The sustained energy release from caffeine can help individuals power through their fasting periods with greater ease, making the entire intermittent fasting experience feel less taxing and more manageable. It's a common reason why coffee becomes an indispensable part of many people's intermittent fasting routines.

How to Incorporate Coffee into Your Fasting Window

The key to successfully incorporating coffee into your intermittent fasting routine lies in its preparation. The goal is to consume coffee in a way that keeps you in a fasted state, meaning it should not trigger a significant insulin response or provide substantial calories. Therefore, the purest form of coffee—black coffee—is the best choice. This involves brewing coffee beans with water and consuming it without any additives.

When preparing your coffee, it's essential to avoid common additions that can break your fast. This includes sugar, honey, artificial sweeteners (which can still sometimes trigger an insulin response in some individuals), milk, cream, butter, or any other calorie-containing ingredients. Sticking to plain black coffee ensures that you continue to reap the metabolic benefits of your fasting period while enjoying the stimulating effects of caffeine.

What to Add (and Avoid) in Your Fasting Coffee

When it comes to coffee during your intermittent fasting window, simplicity is paramount. Plain black coffee is your best friend. This means only coffee grounds and water. However, if the starkness of black coffee is too challenging, a few minimal additions are generally considered acceptable by most IF practitioners without breaking the fast:

- **Minimal amount of unsweetened plant-based milk:** A splash of almond milk or

coconut milk (unsweetened varieties) might be permissible for some, but excessive amounts can add calories and potentially impact fasting.

- **Zero-calorie sweeteners:** While debated, some individuals use pure stevia or monk fruit extract. However, it's wise to monitor your body's response, as some people report that even zero-calorie sweeteners can affect their hunger or insulin.
- **Spices:** A dash of cinnamon or unsweetened cocoa powder (in very small amounts) can add flavor without significant calories.

Conversely, you must strictly avoid these additions:

- Sugar, honey, maple syrup, and all other caloric sweeteners.
- Milk, cream, half-and-half, or butter.
- Artificial sweeteners like aspartame or sucralose, as their metabolic impact is still debated.
- Bulletproof coffee or coffee with MCT oil and butter, as these are high in fat and calories and will undoubtedly break your fast.

Timing Your Coffee Consumption

The timing of your coffee consumption within your intermittent fasting schedule is flexible and largely dependent on your personal preferences and how it affects your hunger. Many people choose to drink coffee first thing in the morning, shortly after waking up. This aligns perfectly with the start of their fasting window and helps to kickstart their day with energy and suppress appetite as they prepare for their first meal later on.

For those following a 16/8 protocol, drinking coffee during the 16-hour fasting period is ideal. You might have your first cup within an hour or two of waking and continue to sip on it throughout your fasting hours. Some individuals also find that having a cup of coffee in the afternoon can help curb hunger pangs before their eating window opens. Experiment with different timings to discover what works best for your body and your specific IF schedule.

Choosing the Right Coffee for Your Fast

When selecting coffee for your intermittent fasting routine, the focus should be on quality and purity. Opting for high-quality, ethically sourced coffee beans can enhance the overall flavor experience, making your fasting periods more enjoyable. The origin and roast level of the beans can influence the taste profile, so experimenting with different varieties can be a rewarding part of your IF journey.

Consider the brewing method as well. Drip coffee, French press, and pour-over methods are excellent choices for extracting the full flavor of the beans. Avoid pre-flavored coffees

or those with added sugars or artificial ingredients, as these can compromise the integrity of your fast. The simpler, the better, to ensure you remain in a true fasted state.

Organic vs. Conventional Coffee

The debate between organic and conventional coffee often comes down to concerns about pesticide residue and environmental impact. Organic coffee is grown without the use of synthetic pesticides, herbicides, or fertilizers. This means that when you drink organic coffee, you are less likely to be exposed to these potentially harmful chemicals.

For individuals practicing intermittent fasting, choosing organic coffee can provide peace of mind, knowing they are consuming a cleaner beverage. While conventional coffee is generally considered safe, if you are particularly sensitive to chemicals or prioritize a more natural intake, opting for organic beans is a worthwhile consideration. The nutritional profile of coffee is not significantly altered between organic and conventional varieties, so the primary benefits lie in purity and environmental sustainability.

Roast Levels and Their Impact

Coffee beans are roasted at different temperatures and for varying lengths of time, resulting in different roast levels, from light to dark. Each roast level offers a distinct flavor profile and can also affect the acidity and caffeine content of the coffee.

- **Light Roasts:** These beans are roasted for a shorter period and at lower temperatures. They tend to have a brighter acidity, more delicate flavors, and retain more of their original caffeine content.
- **Medium Roasts:** Offering a balance between acidity and body, medium roasts have a smoother, richer flavor than light roasts. Their caffeine content is slightly lower than light roasts.
- **Dark Roasts:** Roasted longer and at higher temperatures, dark roasts have a bolder, often smoky or chocolatey flavor with lower acidity. They generally contain the least amount of caffeine among the roast levels.

For intermittent fasting, the caffeine content might be a consideration depending on your individual sensitivity and desired energy boost. If you are sensitive to caffeine, a darker roast might be preferable, while those seeking maximum stimulation might opt for a lighter roast. Regardless of the roast level, as long as it's consumed black, it will not break your fast.

Potential Side Effects and How to Mitigate Them

While intermittent fasting with coffee offers numerous benefits, it's important to be aware of potential side effects and how to manage them. Some individuals may experience jitters, anxiety, or sleep disturbances due to the caffeine content, especially if they are sensitive

or consume too much. For others, the acidity of coffee can lead to digestive discomfort or heartburn. These issues can often be addressed through moderation and mindful consumption.

Understanding your body's response is key. If you experience adverse effects, it's wise to adjust your coffee intake, try a different roast, or consider reducing the frequency. Staying well-hydrated with water throughout the day is also crucial, as it can help mitigate some of the dehydrating effects of caffeine and support overall bodily functions during your fast.

Caffeine Sensitivity and Sleep Issues

Caffeine is a stimulant, and for individuals who are particularly sensitive to its effects, consuming coffee during intermittent fasting can lead to unwanted side effects like increased heart rate, jitters, anxiety, and difficulty sleeping. If you notice that your sleep quality deteriorates or you feel excessively restless, it might be a sign that your caffeine intake is too high or consumed too close to bedtime. Intermittent fasting already involves significant bodily changes, and adding too much caffeine can exacerbate these issues.

To mitigate sleep issues, consider reducing your daily coffee intake or switching to decaffeinated coffee after a certain time in the afternoon. Pay attention to the timing of your last coffee consumption relative to your bedtime. Some individuals find that their fasting window extends into the evening, and if they have coffee too late, it significantly impacts their ability to fall asleep. Experimenting with earlier consumption can be very effective.

Digestive Discomfort and Heartburn

The acidity of coffee can be a concern for individuals prone to digestive issues like heartburn or acid reflux. The stimulating effect of caffeine can also increase stomach acid production, potentially worsening these symptoms. For those who experience this, the idea of drinking coffee during a prolonged fasting period might seem problematic.

To alleviate digestive discomfort, consider opting for a lower-acid coffee. Darker roasts tend to be less acidic than lighter roasts. Additionally, some brewing methods, like cold brew coffee, produce a significantly less acidic beverage. If symptoms persist, try consuming your coffee with a very small amount of unsweetened plant-based milk, or consider a caffeine-free herbal tea during your fasting window instead. Hydration with water also plays a crucial role in diluting stomach acid.

Who Should Avoid Intermittent Fasting with Coffee?

While intermittent fasting and coffee can be beneficial for many, they are not suitable for everyone. Certain individuals have medical conditions or specific physiological needs that make these practices inadvisable. Consulting with a healthcare professional is always the best first step before embarking on any new dietary or lifestyle changes, especially if you have underlying health concerns. This ensures that you are making safe and informed decisions for your personal well-being.

In general, individuals who are pregnant or breastfeeding, have a history of eating disorders, are underweight, have type 1 diabetes, or are taking certain medications should exercise extreme caution or avoid intermittent fasting altogether. The addition of coffee might further complicate these situations due to its stimulant properties and potential impact on nutrient absorption or medication efficacy.

Medical Conditions and Contraindications

Certain medical conditions warrant avoiding intermittent fasting and the inclusion of coffee. For instance, individuals with a history of heart arrhythmias or severe hypertension may find that the stimulating effects of caffeine exacerbate their condition. Those with gastroesophageal reflux disease (GERD) or peptic ulcers might experience increased discomfort due to coffee's acidity and its effect on stomach acid production.

People with blood sugar regulation issues, beyond general insulin resistance, such as type 1 diabetes or reactive hypoglycemia, should be particularly cautious. The fasting periods can lead to dangerously low blood sugar levels, and the effect of caffeine on glucose metabolism can be unpredictable. Additionally, individuals taking medications that interact with caffeine or affect blood sugar levels should consult their doctor before combining IF with coffee.

Pregnancy, Breastfeeding, and Eating Disorders

Intermittent fasting and significant caffeine consumption are generally not recommended for pregnant women or breastfeeding mothers. The developing fetus and infant are highly sensitive to dietary changes and stimulants. Adequate nutrition is paramount during these crucial periods, and restricting eating windows or consuming large amounts of caffeine can potentially compromise nutrient intake and fetal development. Healthcare providers typically advise against these practices during pregnancy and lactation.

Furthermore, individuals with a history of or current eating disorders should steer clear of intermittent fasting. IF involves strict rules around eating, which can trigger disordered eating patterns and behaviors, such as restriction, bingeing, and obsessive thoughts about food. The added element of coffee, which can be used to suppress appetite, might further enable unhealthy behaviors. Professional guidance and support are essential for individuals recovering from or managing eating disorders.

FAQ

Q: Can I add cream to my coffee while intermittent fasting?

A: Generally, no. Adding cream, even a small amount, introduces calories and fats that can trigger an insulin response, breaking your fast. It's best to stick to black coffee or very minimal, calorie-free additions.

Q: Will black coffee break my intermittent fast?

A: No, plain black coffee, with no sugar, milk, cream, or artificial sweeteners, is widely considered to be fasting-friendly. It contains negligible calories and typically does not significantly impact insulin levels.

Q: How much caffeine is too much when intermittent fasting?

A: This varies greatly depending on individual sensitivity. However, if you experience jitters, anxiety, or sleep disturbances, it's a sign you may be consuming too much caffeine. Monitor your body's response and adjust accordingly.

Q: Can I drink diet soda with my intermittent fasting?

A: While diet sodas are calorie-free, the artificial sweeteners they contain can potentially trigger an insulin response in some individuals or lead to increased cravings. Many intermittent fasting practitioners avoid them to ensure they stay in a truly fasted state.

Q: Is cold brew coffee better for intermittent fasting than hot coffee?

A: Cold brew coffee is generally less acidic than hot coffee, which can be beneficial for those experiencing digestive discomfort. Both black hot coffee and black cold brew are fasting-friendly, provided no caloric additives are used.

Q: What are the main benefits of intermittent fasting with coffee?

A: The primary benefits include enhanced fat burning, increased energy and focus, improved insulin sensitivity, and appetite suppression, making the fasting period more manageable and potentially amplifying the metabolic advantages of IF.

Q: Should I drink coffee on an empty stomach while intermittent fasting?

A: Many people do drink coffee on an empty stomach as part of their intermittent fasting routine. However, if you experience stomach upset or nausea, consider having it after a small amount of water or delaying it slightly if your fasting window allows.

Q: Can intermittent fasting with coffee help with weight

loss?

A: Yes, by promoting fat burning, potentially increasing metabolism, and helping to manage hunger, intermittent fasting with coffee can be a supportive strategy for weight loss when combined with a balanced diet and healthy lifestyle.

Intermittent Fasting With Coffee

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intermittent fasting with coffee: The Bulletproof Diet Dave Asprey, 2014-12-02 In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

intermittent fasting with coffee: Intermittent Fasting MURILO CASTRO ALVES, 2022-09-11 Are you tired of following complicated diets, calculating every single calorie while

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intermittent fasting with coffee: *Introduction to Science of Fasting for Healthy Body* Ram Babu Sao, 2025-05-20 Fasting has been used for the body to get rid of waste buildup and also for religious and spiritual purification for centuries. Nearly every religious text from the Old and New Testaments of the Upanishads as well as Bible to the Quran, calls upon followers to fast periodically as a rite of spiritual purification, penitence, or preparation for union with God. Fasting advocates and claims that the practice can effectively treat serious health conditions, like diabetes, constipation, arthritis and colitis to heart disease and depression. In his practice, he has seen fasting, combined with improving the diet before and afterwards, which eliminates lupus, arthritis and chronic skin conditions like psoriasis and eczema. He says he has also seen fasting heal the digestive tracts of those with ulcerative colitis and Crohn's disease, and lower blood pressure. Fasting followed by a vegetarian diet interferes with the immune system's activities, especially if the immune system is overreacting, as it does with, and other auto-immune diseases. He cites half a dozen studies published in medical journals ranging from the American Journal of Physiology-Endocrinology and Metabolism to the Scandinavian Journal of Rheumatology. Studies published in "The Proceedings of the National Academy of Sciences" and "The Journal of Nutrition in 2003" showed that human beings forced to fast every other day, while eating twice the normal amount of food on non-fasting days, had better insulin control, neuronal resistance to injury, and other health indicators than people fed calorie-restricted diets. Fasting may yield psychological benefits as well. I use very brief fasting with my patients to help them cope with stress and depression, says Agnese Barolo, a life coach in contemplative practices in New Rochelle, N.Y. So, now many are so encouraged that they try longer fasts, she says. There is scientific evidence for the curative powers of fasting, That is a reason every culture in every country has practised some form of fasting for thousands of years. Fasting is not advisable for everyone. But for those whose medical conditions do not respond to other treatments, Fuhrman says, sometimes fasting four to five days a month can help them break to the next level of immune competency. He adds that it will only work if you frame the fast with good nutrition before and after. Fuhrman cautions that certain people should not fast, including: • Pregnant women. • People with wasting diseases or malnutrition. • Those with a history of cardiac arrhythmias. • People with hepatic or renal insufficiency. And anyone who fasts for extended periods should do so only under close medical supervision. "Fasting gives Longer Life". There are hundreds of studies showing that when people are fed fewer calories they live longer, says Fuhrman. Studies on animals ranging from earthworms to monkeys have shown that alternating cycles of fasting and very calorie-restricted diets are a reliable way to extend the lifespan. The

excess calories Americans eat, they shorten their lives, says Fuhrman. If you want to live longer, Fuhrman's best advice is to eat healthy and fast periodically. The time may come, Fuhrman says, when not offering to fast, substantially more effective nutritional approach will be considered malpractice. This book "Introduction to Science of Fasting for Healthy Body" is very fascinating and an exasperating with its simplicity and its vastness. The author says that there is no royal road to a perfect understanding of fasting. One can realize its vast extent of diseases and guiding symptoms. In its present compact form, it contains the maximum number of reliable fasting facts in the minimum space.

intermittent fasting with coffee: Eat Fat, Get Fit Kusha Karvandi, 2017-04-30 Discover the healthy power of fullness and flavor—in the important nutrient known as fat—in a guide to customizing your diet by the founder of Exerscribe. When you're trying to lose weight, it's reasonable to want to lose body fat in specific areas. You want flat abs, a tighter tummy, leaner legs, or less flabby arms. But often you're told it just isn't possible. Nonsense! Kusha Karvandi has seen his clients get the results they want faster than ever with a customized approach—helping them become their own diet detective to find which foods work best for their body. Now he shares his discoveries so you can have the body and confidence you desire. The problem with the health and fitness industry is that it makes people think they're just weak, and that the best way to achieve the body they want is to suck it up and push harder. Reality shows exhaust participants with hours of daily exercise and extremely low-calorie diets—but if more is better, why do the majority rebound and gain the weight back again and again? The truth is you're stronger than you think. It isn't that you somehow lack willpower or discipline; it's that you just don't have the right heuristics yet, which one of Karvandi's mentors defined as the ability to make a decision based on limited amounts of information. The beauty of a heuristic is that it doesn't drain your willpower like calorie-counting or fad diets may. In this book, he shows how to craft your own diet heuristic so you can make good eating decisions no matter where you are or how much willpower you have. Though everyone has their own individual natural set point when it comes to weight, our bodies were not programmed for obesity. But when we began eating unnatural, processed foods—vegetable oils and refined carbohydrates for example—we shifted our bodies toward fat storage rather than fat burn. By avoiding foods that force your body to store fat, you can lose weight quickly and easily—and create unstoppable momentum in your quest for fitness success.

intermittent fasting with coffee: The Fast Low-Carb Kickstart Plan Luke Hines, 2020-01-28 The Fast Low-Carb Kickstart Plan combines a delicious, low-carb eating plan with powerful intermittent fasting in a clear and punchy four-week kickstart program that will help you lose weight and keep it off. The four-week plan contains everything you'll need to make fast, realistic and lasting dietary changes that can be implemented for life. The book is perfect for those who want to understand how intermittent fasting works while following a low-carb or keto diet, and will arm you with the latest facts about how what we eat and when we eat can make a huge impact on overall health, along with tips, tricks and more than 70 mouthwatering recipes to achieve weight loss in a healthy and sustained way. This book is perfect for those who want to: * Lose weight and keep it off * Count nutrients not calories * Reduce risks of chronic disease and inflammation * Follow a meal plan featuring low-carb and keto recipes * Achieve a fad-free approach to long-term health * Tap into fat-burning potential * Implement a potent, flexible and user-friendly approach to health. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

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