



The Weekday Fast Cheat Sheet

By Markus Nimocks
WeekdayFast.com

Get Healthy, Get Fit & Live Your Life!

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Welcome!

This document is split into three parts. Please read every word, they are all important. This is only a eleven-page document, but it literally may change your life.

1. First, I'm going to tell you WHO I am and WHY I'm giving you this information.
2. Second, I'm going to tell you WHY this is the answer to your weight loss and health challenges.
3. Third, I'm going to tell you exactly HOW to get started. By the time you finish this brief document, you'll have everything you need to get started immediately.

WHO I AM

My name is Markus Nimocks. I'm not a doctor, dietician, or personal trainer. I don't have six pack abs (and never will). I'm a regular middle aged guy, who like many of my friends (and possibly you) have struggled with my weight for my entire adult life. I'm an IT Consultant by trade. But now sharing the *Weekday Fast* plan is my passion.

I have discovered a way of eating that is easy, inexpensive, all natural, and healthy. There are no pills or powders to buy, no special foods to prepare – you just eat real food and watch WHEN you eat.

After struggling with my weight my entire adult life, I discovered IMF and have now lost over 80lbs (and still losing). My friends asked how I did it so I wrote a PDF that I sent them and started a Facebook Group, and I now have helped almost 100 other people lose weight through the magic of IMF.

As you know, metabolic syndrome (diabetes, heart disease, obesity) is the greatest health challenge of our time. We are literally eating ourselves to death. I believe by making a few simple changes to your diet you can reverse this for yourself, and we collectively can reduce it as whole. We MUST go back to eating the way our ancestors did – even our ancestors from just a few generations ago – to do this.

I have decided to make it my mission to spread this word. Please join me, and help!

WHY YOU SHOULD TRY THIS PLAN

The *Weekday Fast* plan is based on the concept of Intermittent Fasting (IMF). (Don't be scared by the term "fasting" - I never ask you to go more than 16 hours without eating. We're talking - skip breakfast here folks. It's easy.) Because IMF has been around for centuries - indeed it is embraced by all the world's major religions - I believe it is a healthy program.

Like all diet programs, you should consult your Doctor before making any major changes to your diet. There are certain medical conditions that may prevent you from fasting and fasting is NOT for children, who are still developing physically, but for the vast majority of normal adults it is fine. (My doctor, having grown weary of telling me to lose weight, was thrilled when I told him I wanted to try IMF. He's even more thrilled now that I'm down over 80lbs!)

First, let's explore 17 reasons why I believe ALMOST ALL ADULTS should practice intermittent fasting. Then I'll give you a quick rundown on the Weekday Fast program. By the time you finish this document, you'll understand WHY you should practice IMF and have everything you need to get started!

1) Fasting helps your BRAIN.

According to very promising studies, fasting helps combat diseases like Alzheimer's and dementia. Alzheimer's or a related disease currently affects nearly 44 million people worldwide but what is really scary is by some estimates only one in four people affected have been diagnosed.

In studies, mice that were put on a junk food diet (high in fat and sugar) developed learning problems at an early age. The classic test for mice is how fast they learn a maze and then remember how to negotiate it. In one study, mice were put on a typical western diet - high in carbohydrates, sugar and fat - and allowed to eat whenever they wanted. By the time they were the equivalent of middle aged in humans, these mice started to develop early onset learning and memory problems. In contrast, mice who were put on calorie restriction and timed their intake of food performed markedly better, and did not start to develop memory problems until the equivalent of old age in humans! Fasting mice increased their production of BDNF (brain-derived neurotrophic factor) which stimulates stem cells to develop into new nerve cells in the hippocampus.

2) Fasting helps your MOOD.

You may think that fasting will leave you irritable or short tempered, but in fact the reality is just the opposite. Like any habit, it will take you a few days or weeks to adjust, but once you do you will find that while fasting you feel more energetic and positive. Part of the reason for this is that when you are fasting, you know you are doing something good for all the reasons listed here, so you feel good about yourself. But like mice, fasting humans increase their production of BDNF (brain-derived neurotrophic factor), which has been shown to have the same effects as an anti-depressant. Scientists believe within a few weeks of beginning an intermittent fasting regimen, your anxiety will go down and mood will go up.

3) Fasting helps prevent DIABETES.

Diabetes and other blood sugar related problems have reached epidemic levels. The number of people with type 2 Diabetes is approaching 300 million, and - read this carefully - the number has increased by 1000 percent in the last 20 years. Yes - there are more than TEN TIMES the number of Diabetics that there were 20 years ago.

By this point nearly everyone has heard the explanation of how insulin goes up in your blood when you eat and especially when you eat anything with a high glycemic index. On the other hand, when you are fasting, your insulin levels drop, because the body is not digesting food. When your insulin level is high, you store fat, but when they are low, fat is burned for fuel. But when your insulin level is ALWAYS high, because we eat all time and especially when we eat lots of sugar and other carbohydrates, your body rebels and starts to become desensitized to the elevated levels of insulin - resulting in Diabetes.

4) Fasting helps prevent HEART ATTACKS and STROKES.

Everyone has heard that we need watch our cholesterol levels. Ideally, we want to INCREASE the amount of HDL ("good cholesterol") and reduce the amount of LDL ("bad cholesterol"). Intermittent fasting has been shown to improve total and LDL cholesterol, blood triglycerides, inflammatory markers and blood sugar levels. After 10-12 hours of not eating, your body starts looking for new energy sources (stored fat!) and also draws LDL from the cells. Lower LDL means lower chances of heart attacks and strokes - it's that simple.

5) Fasting reduces BLOOD PRESSURE.

Research on this is just starting, but initial studies show that intermittent fasting can reduce blood pressure. I have personal experience in this. I was diagnosed with high blood pressure when I was in my mid 30's. (If you want to see an emergency room staff start hopping, walk in with a blood pressure of 205/170.) Since then I have been on a variety of drugs to keep it in check. Before I started practicing intermittent fasting, I was taking three pills a day to control it. Now I am

down to one, and when I hit my target weight in a few months, my doctor said I can likely go completely off my blood pressure medication. Unquestionably my weight loss has much to do with this, but I believe intermittent fasting in and of itself has helped too.

6) Fasting helps prevent CANCER.

One of your body's normal functions is to replace dead and old worn-out cells with new ones. In most cases this is a good thing, but Cancer cells are a different breed. They thrive on sugar, and when insulin is high and blood sugar is high, Cancer cells thrive. By contrast, your immune system fights Cancer cells when it is in high gear, as it is when you are in a fasted state. In fact, your immune system fights off viruses and does a better job of healing your body in general when the body is not busy devoting all its energy to digestion and fat storage!

For people who have already developed Cancer, there is good news too. Chemotherapy is an effective treatment for many Cancers, but the side effects can be horrific. New research shows that fasting around the time of Chemo treatments not only helps the effectiveness of the treatment, but also dramatically reduces the side effects!

7) Fasting helps reduce INFLAMMATION.

Inflammation is a new buzz word in the health circles. We now know that reducing the amount of inflammation in the body is one of the best things we can do for our health. In fact, many cardiologists believe that elevated levels of inflammation markers are strongly correlated with increased heart attacks and strokes! Many doctors recommend a daily low-dose aspirin regimen because it helps reduce inflammation. But unsurprisingly, people who practice intermittent fasting show lower levels of inflammation markers in their blood

8) Fasting helps with ASTHMA.

Guess what else is caused by inflammation? You guessed it - Asthma! After a few weeks of being on an intermittent fasting regimen, many people report their asthma is dramatically reduced. Since asthma is largely a disease of inflammation of the lungs, this not surprising, is it?

9) Fasting helps with ECZEMA and PSORIASIS.

Once again, irritated skin is often just inflammation. In several studies, patients who were put on intermittent fasting regimens reported dramatic improvement in their eczema and psoriasis. In fact, inflammation is the cause of a variety of other problems. Fasting is the simplest, healthiest way to reduce the inflammation in your body!

10) Fasting increases levels of HGH!

Human Growth Hormone can naturally increase as much as 4-5 times when your body is in a fasted state. Higher levels of this hormone facilitate fat burning and muscle gain, and have many other benefits.

11) Fasting will help you LIVE LONGER!

Humans have a long life span, so we don't have any studies on humans to confirm this yet, but studies on rats have promising results regarding intermittent fasting and life span. In one of them, rats that were intermittently fasted lived 83% longer than rats who were not! Clearly reducing all the ailments above through fasting, our average life span will increase, but once again, fasting seems to have an effect in and of itself.

12) Fasting will help you LOSE WEIGHT.

As I like to say - Weight loss is the happy result of intermittent fasting. When your body returns to a healthy state, your body returns to a healthy weight!

13, 14, 15, 16 & 17) Fasting is easy, costs nothing, there are no pills, powders or elixers, you DON'T have to give up any of the foods you love, and you can start TOMORROW!

Are you an adult? Are you a human? Are you alive? AWESOME! - You should be practicing intermittent fasting!

HOW to start – The Weekday Fast Plan – In Brief

(This section is the actual Weekday Fast plan summarized. There are lots of details behind this summary that you can learn about in the actual WDF Plan – **but this is EVERYTHING you need to get started**. You might want to print it and put it where you can refer to it until it seems natural.)

Measure Your Success! - Track calories and weigh every day

I call this the *Weekday Fast* program, because on *weekdays* you do some sort of intermittent *fasting*. Like most of you, I work a 40+ hour work week, have kids with crazy school and extracurricular stuff, and am always on the go. In this crazy, busy world we live in, an eating plan has to be something that fits into your schedule and lifestyle. This does.

Flexible Weekly Schedule

- Monday – FAST 5/2
- Tuesday – FAST 8/16
- Wednesday – FAST 8/16
- Thursday – FAST 5/2
- Friday – FAST 8/16
- Saturday – FAST 8/16 (or don't)
- Sunday – FAST 8/16 (or don't). Plan your meals for the week.

Every Day

- Weigh yourself first thing
- Track your food and exercise on MyFitnessPal
- Drink lots of water! Multiply your body weight by .75 and shoot for that many ounces. Try to be done by supper time so you can sleep through the night instead of having to get up to run to the restroom.
- Optional but highly recommended: "Get up & Go!" (Move your body for a minimum of 20 minutes first thing in the morning).

Fast 8/16 Days

- Eat everything in an eight hour window, e.g. 12pm-8pm or 1pm-9pm.
- Try to limit carbohydrates - salads with lean protein are great for lunch.
- Snack Smart! A handful of almonds, a little cheese, a piece of fruit, pickle spears etc.
- Eat what you want but eat slowly and watch your portions!

Fast 5/2 Days

- Eat everything in an eight hour window, e.g. 12-8 or 1-9.
- Limit total calories to 25% of your normal requirement - 600 for men or 500 for women.

Weekends

- "Live Your Life!"
- Practice Fast 8/16 if you want – skipping breakfast is second nature to me now.
- No other restrictions - just watch quantities and try to make good food choices. Remember, you have to get on the scale in the morning! Enjoy what you want, but pay attention to how much you eat and only eat until you are full. The key to this plan or system is changing how and especially WHEN you eat...but you DON'T HAVE TO GIVE UP ANYTHING you love. It's all about WHEN and to a lesser extent HOW MUCH you eat. Take your time eating and stop when you are full..

Tips for Fast 5/2 Days

For maximum success on Fast 5/2 Days, follow these tips:

- No restaurant meals. You cannot trust what they tell you about their nutritional information. In fact you can trust they are flat out lying about it.
- If you have a restaurant meal or social activity, swap days so you can eat your Fast 5/2 dinner at home. For example, make Tuesday your Fast 5/2 day.
- Eat a big vegetable only salad for lunch with low calorie dressing - I love mustard and balsamic vinaigrette.
- For dinner, think fish or chicken with lots of vegetables. If you prefer to skip meat, go for it! Just find some non-meat sources of protein instead.
- Severely limit those carbohydrates on Fast 5/2 days! If you are craving some pasta, make some Zoodles!
- Come up with a few recipes you really enjoy and eat them consistently
- Remember, Fast 5/2 Days are "work days". If you are craving something, tell yourself "I can have it tomorrow."
- Focus on how your body is able to fight off disease and make you healthier in a fasted state.
- If you get really hungry, drink some water and go for a five minute walk.
- For a mid-afternoon snack, try a few dill pickles (not sweet!), a few strawberries or a few grapes.
- Chew slowly and make every bite last. Notice when you are getting full, then stop eating! Take your time and enjoy the meal.
- Embrace the feeling of slight hunger as how your body feels when it is in Repair & Replenish mode. You can even picture your little magic white blood cells fighting infections and the Cancer cells starving to death. Sounds silly I know but who cares?

- Notice and appreciate how your mind is sharper and you are more productive when your body is not busy digesting food!
- Remember to plan ahead! Go into your Fast 5/2 day knowing exactly what you will eat and snack on. Track everything with MyFitnessPal!

Measure & Monitor

If you were put in charge of an extremely important project at work and told that your outcome would be judged carefully to determine how successful you had been, you would probably do the following if you wanted to be successful.

1. Put in place a mechanism to carefully track your ongoing progress
2. Pay close attention to the time and materials you were using
3. Evaluate your progress on a daily or weekly basis to see what is working and what is not

By doing these three things, you are MUCH more likely to succeed in your project, right? Congratulations, YOU are hereby in charge of the most important project of your life – YOU. That's right, YOU are now in charge of "Getting Healthy, Getting Fit & Living Your Life". Here are the tools to track and measure your progress.

Weigh Yourself Every Day

Every morning you should weigh yourself and have some sort of mechanism for monitoring your weight. This is important for several reasons

- When you weigh yourself the morning after a Fast 5/2 day, you will nearly always see that you have lost some weight. This is an important REWARD in the Cue, Response, Reward cycle for the new habit you are developing for fasting two days a week. Your Cue is time – Monday or Thursday. Your RESPONSE is to reduce your caloric intake to 500/600 for the day, and your REWARD is the weight loss you will see on the scale. There are other rewards for a Fast day such as feeling great, thinking clearly, sleeping better and the other health benefits, but none are so clear cut and precise as seeing that you've lost a specific amount of weight on the scale as a reward for your Fast day.
- You must MEASURE something if you want to track it. As I've said, you will adapt to this way of eating in a few weeks, but for some people there will be some natural second thoughts before that adjustment is complete. When you can pull up your spreadsheet or smartphone app and see that graph line trending down, it will keep you motivated.

You will need a [decent quality, digital scale](#) that is accurate to at least one decimal point. I bought [this one on Amazon](#) for about \$60. It has Bluetooth capabilities, and you can set it up for up to four family members. Each person can load their

app on their smart phone, and every day when you weight it sync the results to your profile. You can pull up graphs and charts showing your progress on both the app and their website! In addition to pounds/kilograms, it also measure bone density, water %, muscle mass %, fat% - so you can see your progress in all those categories too.

For the most accurate results, you should weigh at the same time every day so your results are consistent. The best time is first thing in the morning, as you will be your lightest after you first wake up and use the restroom. Remember water is heavy! "A pint's a pound the world round." That first 32oz glass of water you are going to drink will actually add TWO POUNDS of weight! Of course it's temporary, but still you can see that your weight will naturally fluctuate during the day as you ingest and eliminate foods and fluids. First thing in the morning when you haven't been drinking any liquids for many hours, but you have eliminated all of them, is the time you will be at your minimum daily weight, and therefore the best time to measure it. So get on the scale and then head to the kitchen for that first glass of water!

MyFitnessPal

Along with weighing yourself daily, you should also develop the habit of logging everything you eat into the free [MyFitnessPal app](#). Download it to your smart phone and also log in and familiarize yourself with the web interface. MyFitnessPal has thousands of foods, including most restaurant menu items, in their database. As such, you are able to accurately track exactly how many calories and how much sugar, fat, carbohydrates, protein and sodium you are consuming.

An added benefit to tracking everything in MyFitnessPal is it makes you aware every time you eat and accountable to yourself. If you know you are going to have to log that extra donut in, you are less likely to eat it after all.

Buy a Food Scale

You can get an [inexpensive digital food scale](#) on Amazon for about \$10. This will allow you to measure your food accurately (especially on fast days), so "6 oz of baked chicken" REALLY IS 6oz of baked chicken. Also, it's kind of fun to be able to weigh everything in the kitchen. Is that pound of hamburger meat really a pound? Does a pint of water really weigh a pound? Now you'll know!

Track Your Progress

If you are utilizing a weight tracking app and MyFitnessPal, that may be enough to track your progress. I also have a "Daily Food Log" spreadsheet I've developed that I use that lets me track not only my weight and food choices, but also my moods and "how I feel" each day. This can allow you to spot trends and identify if there are certain foods that don't agree with you or interfere with your progress. For example, this is how I realized that any day where I have pizza, pasta, or go to a restaurant for dinner is not going to be a day where I weigh less the next day. Does this mean I don't eat pizza, pasta or go to restaurants? Heck no! But it avoids disappointments and allows me to plan my indulgences.

What's Next?

We all know we're more likely to do something with a buddy. Recruit a friend or relative to join you! Please send them to WeekdayFast.com so they can get on the mailing list and get their own copy of this guide.

QUESTIONS?

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Email me markus@weekdayfast.com - I am a real person and I read and respond to my emails! You may want to check the Facebook Group below, as your question may have already been answered, and if not, by asking there you are helping others too.

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