

# Meal Plan for Anti-Aging and Weight Loss with a Daily Intermittent Fast

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## Summary

Do you want to lose weight and look younger at the same time?

This plan has an anti-aging effect by combining a daily fast with eating superfoods.

I list out 3 options in this article: a beginner option, an intermediate option, and an advanced option. Pick one and get started today.

You can pick any option you want. Any and all have massive benefits to both weight loss and anti-aging.

I would love for you to get to the intermediate or advanced options, as they incorporate short-term fasting (which has many health benefits, especially for weight loss and anti-aging). However, do not feel you must do the advanced option in order to achieve results. ALL options will give you amazing results.

## 1.) Beginners Option: Eat 3x Per Day

This option is a great option to start with if you are not used to short-term fasting or if you typically eat a high-carb foods (which is extremely common for most people).

In this option, we are hitting you with a few different strategies:

1. Increasing your antioxidant and nutrient intake via superfoods (either via superfood keto coffee and/or superfood smoothies). This is going to help you in countless ways.
2. Reducing your carb intake by replacing some of your carbs with healthy fats. This is going to reduce your hunger / appetite and also train your metabolism to more efficiently use fat as an energy source instead of just carbs. This will result in a better fat burning metabolism.
3. Reducing your calories

This option may take 2-3 weeks to adjust to ... especially if you are used to eating frequently. As you get used to this meal plan, start eating your breakfast later and your supper earlier. This will squeeze all the calories you eat into a shorter time period – which has weight loss and aging benefits. In addition, it will help prepare you for the Intermediate Option if you choose to advance to that option.

<b>BEGINNERS OPTION: Eat 3x Per Day</b>		<b>ANTI-AGING AND WEIGHT LOSS MEAL PLAN</b>		
<p>The later you eat breakfast and earlier you eat dinner, the better. This will squeeze your meals together more, creating a longer fasting period between your dinner and breakfast the following morning. Longer fasting periods have benefits to both anti-aging and weight loss.</p> <p>This is a good option to choose if you struggle with skipping meals. The more you squeeze your meals together, the easier it will become to advance to the Intermediate Option.</p> <p>Zero calorie drinks (e.g. water, coffee, tea, etc.) are allowed and recommended at any time.</p>		<b>Monday - Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<p><b>Meal 1:</b></p> <p>Pick between these 4 options:</p> <ol style="list-style-type: none"> <li>1. Superfood Keto Coffee – this will keep you in a ketogenic state</li> <li>2. Eggs with Avocado – this will keep you in a ketogenic state</li> <li>3. Fresh Juice with ¼ to ½ cup of raw nuts</li> <li>4. Kombucha Tea with chia seeds</li> </ol>			<p>I think of this as my transition day to get back into a healthy rhythm.</p> <p>Use this day to get yourself back on track.</p> <p>You can either do what you do on Monday – Thursday or do something else. I like to have brunch with a veggie and bacon omelet. Then I like to have an early dinner that is something moderately healthy. It must be foods that are unprocessed.</p> 	
<p><b>Meal 2:</b></p> <p>Drink a 12 – 24oz Superfood Smoothie</p> <p>If you are still hungry, eat ¼ cup of nuts. You can also try adding more protein to your superfood smoothie to help keep you full longer.</p>		<p>Open. You may eat what you want.</p>		
<p><b>Meal 3:</b></p> <p>Eat a Healthy Ketogenic Meal</p> <p>Note: You may pick 1 day where this meal is open (you can eat what you want). This allows flexibility if you have a weekday outing with work, family, or friends.</p>				

## 2.) Intermediate Option: Eat 2x Per Day

This option could also be called, “the short-term, intermittent fasting” option.

In this option, you will be eating only twice per day during the week instead of three times. By doing so, you end up doing a short-term fast of ~18 hours for each of these days.

As an example, let’s say you choose to eat your two meals at noon and 6pm. This means that all your calories for the day are being consumed within a **6-hour window**. The other 18 hours, you are fasting. The shorter the window, the longer your body will be in a fasting state, and the more benefits you will receive.

In the advanced option [discussed later], we are going to pick a couple days where we expand the fasting time period from 18 hours to 24 – 36 hours.

You may struggle with skipping a meal for the first 2-3 weeks because your metabolism is used to getting all its energy from the food you eat. When you skip a meal, you force your metabolism to get its energy from your stored fat.

If your metabolism isn’t used using stored fat as an energy source, then for the first couple weeks – it’s going to get mad at you for not having food to use as its energy source. We call these first few weeks the “fat adaptation period”. Your metabolism will make you feel “hangry” and may lower your energy levels. This feeling will eventually go away. We are going to force your metabolism to re-learn how to use your stored fat as an energy source.

Once your metabolism figured out how to use your own stored fat as an energy source, intermittent fasting becomes easy. This is the point where we call your body, “fat adapted”.

### Example times when I eat on Monday – Friday:

I will eat 2 times per day, but some days I’ll have some nuts in-between my meals if I get hungry.

Focus on eating in a 6-8 hour window. You have to find out what works for you.

Let me give you some examples:

Example 1: I used to eat my first meal for lunch around noon and then ate my second meal at 6 pm after work. [This is where the original 6-hour window came from]

Example 2: Then my work scheduled changed, so I changed my meal timing to this:

- I drink a cup of black coffee at 7:30 AM. I exercise for 30 minutes at 8 AM.
- I eat my first meal with another cup of coffee. This meal is a superfood smoothie and ½ cup of raw nuts. Sometimes I save the raw nuts for later and eat them around noon. If I need a pick me up I will add a Superfood Keto Coffee or tea here.
- I eat my last meal around 4 PM. I find that eating my second meal earlier helps me sleep better at night.

I will say this again, you have to find what works for you! The success is in your Daily Routine so make sure your Daily Routine is something you enjoy and works for you.

<b>INTERMEDIATE OPTION: Eat 2x Per Day</b>			<b>ANTI-AGING AND WEIGHT LOSS MEAL PLAN</b>		
<p>In this option, skip 1 meal per day during the weekday ... so you will only eat twice per day Monday - Friday.</p> <p>You can skip any meal you want, but I find that it's easier to follow if you are consistent and most people prefer skipping breakfast.</p> <p>Skipping meals creates longer fasting periods than the Beginners Option, which has benefits to both anti-aging and weight loss.</p>			<b>Monday – Friday</b>	<b>Saturday</b>	<b>Sunday</b>
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### 3.) Advanced Option: Longer Fasting Periods

The intermediate option contained intermediate fasting periods of 18 hours, 4 days per week (Monday – Thursday). In this advanced option, we are going to add 1-2 days per week of a **longer fasting period of 24 – 36 hours**.

Like the other options, you may struggle for the first couple weeks while you adjust, but it's gets very easy once you are adjusted.

This option is my favorite because it incorporates several key points:

- A daily fast
- A longer fast, 1-2 days per week
- Superfood Smoothies
- Superfood Keto Coffee

The meal plan for this option is displayed in the image below. You can also print this article by printing the print icon at the top of this article.

#### Example times when I eat on Monday – Friday:

I will eat 2 times per day, but some days I'll have some nuts in-between my meals if I get hungry.

Focus on eating in a 6-8 hour window. You have to find out what works for you.

Let me give you some examples:

Example 1: I used to eat my first meal for lunch around noon and then ate my second meal at 6 pm after work. [This is where the original 6-hour window came from]

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I will say this again, you have to find what works for you! The success is in your Daily Routine so make sure your Daily Routine is something you enjoy and works for you.

## ANTI-AGING AND WEIGHT LOSS MEAL PLAN

### ADVANCED OPTION: Longer Fasting Periods

In the advanced option, **you are going to pick any 1-2 days per week to only eat once**. For the other 5-6 days, you will follow the below schedule. This will create longer fasting periods of 24-36 hours, 1-2 times per week.

**For the 1-2 days that you only eat once:**

I recommend your meal to be primarily fat based (e.g. a Ketogenic Meal), because it will turn off your hunger hormones and make it easier. For me personally, I typically do this for my one meal:

1. Eggs with avocado [optional to add cheese and bacon or sausage]
2. Superfood Keto Coffee.

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*Pick any 1-2 days per week to only eat once  
 Then follow the below schedule for the other 5-6 days*  
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Monday – Friday	Saturday	Sunday
<p style="text-align: center;"><i>You are allowed only 2 of these meals per day. You choose which meal below to skip.</i></p> <p><b>Meal 1:</b></p> <p>Pick between these 4 options:</p> <ol style="list-style-type: none"> <li>1. Superfood Keto Coffee – this will keep you in a ketogenic state</li> <li>2. Eggs with Avocado – this will keep you in a ketogenic state</li> <li>3. Fresh Juice with ¼ to ½ cup of raw nuts</li> <li>4. Kombucha Tea with chia seeds</li> </ol> <p><b>Meal 2:</b></p> <p>Drink a 12 – 24oz Superfood Smoothie</p> <p>If you are still hungry, eat ¼ cup of nuts. You can also try adding more protein to your superfood smoothie to help keep you full longer.</p> <p><b>Meal 3:</b></p> <p>Eat a Healthy Ketogenic Meal</p> <p>Note: You may pick 1 day where this meal is open (you can eat what you want). This allows flexibility if you have a weekday outing with work, family, or friends.</p>	<p>Open. You may eat what you want.</p>	<p>I think of this as my transition day to get back into a healthy rhythm.</p> <p>Use this day to get yourself back on track.</p> <p>You can either do what you do on Monday – Thursday or do something else. I like to have brunch with a veggie and bacon omelet. Then I like to have an early dinner that is something moderately healthy. It must be foods that are unprocessed.</p>



## ADDITIONAL RESOURCES

### **Ketogenic Diet Articles:**

Do you want to better understand how the ketogenic diet works? We have 2 articles to help you become an expert in keto:

- Ketogenic Diet Overview – A Beginners Guide: <https://mynutritionadvisor.com/ketogenic-diet-overview-beginners-guide/>
- Daily Cyclical Ketogenic Diet – With Meal Plan: <https://mynutritionadvisor.com/daily-cyclical-ketogenic-diet-meal-plan/>

### **Superfood Smoothie Recipes:**

We have over 50 superfood smoothie recipes on our website:

<https://mynutritionadvisor.com/recipes/>

### **Superfood Keto Coffee Recipe:**

Coffee drinkers: try replacing your entire breakfast with this instead.

<https://mynutritionadvisor.com/superfood-keto-coffee-recipe-aka-butter-coffee/>).

### **How to Make Smoothies to Target Your Health Problems:**

Watch this video where we will walk you through how to find smoothie recipes that target your specific health problems:

<https://www.youtube.com/watch?v=yw3dtfnHLR4>

## FAQ's

### Other Points

- It is beneficial to skip meals
- If you are not hungry, don't eat.
- Drinking tea on an empty stomach is easier to do than drinking straight black coffee on an empty stomach.

### What's the Advantage of Doing "Superfood Keto Coffee"?

The Superfood Keto Coffee will suppress your appetite and give you superfoods. Superfoods are loaded with antioxidants and micronutrients that have tons of benefits that typically are missing from ketogenic meals.

I also have you drinking superfood smoothies. They are the best low calorie, high nutrition meals. They are also raw fruits and vegetables, which increase your energy level.

Many times on Saturday and Sunday, I like to have eggs, avocado and coffee for my first meal for more variety. Since they are all low carbs, it keeps me in a ketogenic state until my second meal.

### What's a "Healthy Ketogenic Meal"?

Lots of veggies, healthy fat, and some protein.

Examples:

- A large salad with a piece of salmon or tofu
- Sauté chopped veggies, such as kale or collard greens, tomatoes, onions in coconut oil and then stir in a couple eggs.

Avoid processed foods and non-vegetable carbs at this meal. Berries are ok for desert.

### What Gets Tracked, Gets Attention and Focus

- Track your weight on 2 days per week. For instance, weigh yourself every Tuesday and Friday morning.
- Track your calorie intake. I use the MyFitness pal app. It is free on my phone.
- I keep my calories at 10 x my desired weight. For example:
  - 180lbs x 10 = 1800 calories
  - It is not perfect but rather a guideline

## Open Days

If your weight is not going down, you may need to stop doing open meals.

Try to simply have one free meal on Saturday (instead of having all our Saturday meals be open). Or have a free meal every few weeks instead of every week.

## How is This Good for Aging?

You will be doing both of these each day:

1. Superfoods slow aging feeding your cells and protecting against cellular oxidation
2. Fasting slows aging by protecting your genes

## How is This Good for Weight Loss?

1. Superfoods promote the good bacteria in your gut, this helps your metabolism
2. Fasting causes fat loss and you will fast each day for a period of time
3. You will be in ketosis for a period in each day and this burns fat
4. Superfoods reduce endotoxins, this helps you stay clean on your insides which helps your metabolism

## Why is This Better than Other Weight Loss Plans?

1. It focuses on weight loss but also on aging
2. It helps you look and feel younger
3. It detoxes you while you lose weight

## “Fat Adaptation”

Intermittent fasting can take a couple weeks to get used to. The first couple weeks can be difficult because your body isn't “fat adapted”.

“Fat Adapted” is a state where your body is able to adapt to burning your own fat for energy when it doesn't have food readily available to burn.

Most people who are not used to short-term fasting are not “fat adapted”. This means that when they burn up all the calories from the food they eat, their bodies have a difficult time switching their energy source to stored fat. Because of this, their body's will crave food – a state many people call “hangry” (a play on words meaning you're so hungry, you're angry).

Your first couple weeks of intermittent fasting could involve being “hangry”. This is normal because your body is struggling to switch its energy source over to your fat. But during this

couple weeks, you are training your body's metabolism to do this. After your body learns how to use your own fat for energy, you will no longer experience being "hangry" – and your body is now "fat adapted".

This is the state we want you in. You have to trust me when I say that the "hangry" state will wear off after a couple of weeks and you will be so grateful to have a fat adapted body that no longer gets hangry when your belly is empty, but instead starts burning your own fat!

Lastly – be smart. If you are feeling light headed, sick, faint, etc. ... stop and slow down. Your fat adaption training process is just going to be more difficult, so ease your way in.

### **“Having Too Hard of a Time with the Intermediate or Advanced Options?”**

Then go back to the prior option. ALL options are great and will accomplish weight loss and anti-aging goals. Lets say you are really struggling with the intermediate option ... then go back to the basic option.

If you have not mastered the basic option, the intermediate option may be too difficult for you. So go back to the basic and master it. When the basic option is very easy for you, only then should you try to advance to the intermediate option.

## RECOMMENDED PRODUCTS

### Superfood Keto Coffee

In order to make superfood keto coffee, you will need coffee, ghee or butter, coconut oil or mct oil, and these 2 superfood mixes:

1. Ancient Chocolate: <https://mynutritionadvisor.com/shop/ancient-chocolate-superfood-mix/>
2. Ancient Delight: <https://mynutritionadvisor.com/shop/ancient-delight-superfood-mix/>



### Superfood Smoothies

In order to make superfood smoothies, you will need a blender, fresh/frozen fruits and vegetables (depending on the recipes you choose), each bag of superfood mix, and a canister of smoothie protein.

For the superfood mixes and protein, we have both a startup and refill bundle that contain this. The startup bundle contains a recipe book where the refill bundle does not. Pick either of these:

1. Startup Bundle: <https://mynutritionadvisor.com/shop/superfood-mix-startup-bundle/>
2. Refill Bundle: <https://mynutritionadvisor.com/shop/superfood-mix-refill-bundle/>

