



The Epic Intermittent Fasting Planner



**Crush the start
of every month**



**Reset the gut
Reset the brain**

How To Intermittent Fast

1. Pick a period of time you want to regularly intermittent fast for (if you follow along with me, you will be doing it the first 5 days of every month, however some people decide to do it for longer)
2. Decide on the ideal eating window for you. For me, I prefer the 11:30am-7:30pm eating window. If you follow the timeline in the upcoming slides you can see how I break down that same period
3. I recommend programming your higher intense workouts around your eating window. For example, if your eating window is 11:30am- 7:30pm, do your intense workout in the afternoon. If your eating window is at 8am-4pm you have the option to train with high intensity throughout the day.

Note: You can follow the timeline and calendar outlined in the following slides. Get into a routine and then crush the start of every month!

Benefits (contd.)

Gut Health: (1.) Intermittent Fasting (IF) is shown to increase the abundance of good gut microbiota (2.). Your beneficial gut bacteria help fight the "bad bacteria" to improve digestion and overall health.

Longevity/healthspan: It is one thing to live longer, but scientific literature suggests that through intermittent fasting, we can have a better quality of life, and live longer (healthspan) (3.).

Benefits

Weight loss: Whilst there is a lot to be said for the ideology that consuming fewer calories than you exert in a day leads to weight loss, a study compared eating 6 smaller meals to 2 larger ones , with the same calorie intake, concluding that intake of two bigger meals leads to greater weight loss (4.) (listen to the episode of The Epic Table with Dr Will Cole, as we go into this further).

Potentially Prevent Cancer: IF has an effect on sirtuins, mTOR, and NADH (read the article to go deeper if you wish) (5.)

Autophagy: IF can improve the process through which the body cleans house of dead older cells, to instigate the generation of new, fresh cells (6.)

References

1. Ruth E. Patterson and Dorothy D. Sears, Metabolic Effects of Intermittent Fasting, Annual Review of Nutrition 2017 37:1, 371-393
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4. Kahleova, H., Belinova, L., Malinska, H. et al. Erratum to: Eating two larger meals a day (breakfast and lunch) is more effective than six smaller meals in a reduced-energy regimen for patients with type 2 diabetes: a randomised crossover study. Diabetologia 58, 205 (2015). <https://doi.org/10.1007/s00125-014-3411->
5. Brandhorst S., Longo V.D. (2016) Fasting and Caloric Restriction in Cancer Prevention and Treatment. In: Cramer T., A. Schmitt C. (eds) Metabolism in Cancer. Recent Results in Cancer Research, vol 207. Springer, Cham
6. Pignatti, C.; D'Adamo, S.; Stefanelli, C.; Flamigni, F.; Cetrullo, S. Nutrients and Pathways that Regulate Health Span and Life Span. Geriatrics 2020, 5, 95.

FAQ

- Can I have **coffee**?
 - Absolutely, just keep it black , with no added milk or milk alternatives and no sugar or sugar alternatives
- Does it improve **metabolic rate**?
 - There are not enough human studies to specifically state it improves resting metabolic rate, however IF does show an improvement in fuel usage which is key to an improved metabolism
- Do I have to **follow a 16:8 schedule for fasting: eating**?
 - Not at all. If you want to start out on a 12:12 schedule and build up to 16:8, that's great! Ideally, you want to be hitting a 16 hour period to elicit the greatest benefits

Daily Fasting Timeline

Recipe inspiration
www.DanChurchill.com

DAN CHURCHILL'S TIPS & HINTS

FOR THE Plant Based Hero

For those those who crush the plant game



WAKE UP-11:30AM

Plenty of Water and Black coffee only (No milk alternatives)



11:30AM

Time to break that fast, I always smash an oatmeal/porridge. It is full of the energy required to look after our daily energy expenditure. Add at least 4 toppings, nuts/seeds/nut butter/fresh fruit for additional fiber.



1:30PM

Lets follow up our breakfast with an nutrient dense colourful bowl consisting of, leafy greens, 2-3 veg, tofu, legumes and ancient grains (recipe inspo danchurchill.com)



3-4PM

Pack in some extra nutrients through an afternoon shake, the more you stack in the better to support the daily nutrient needs from your exercise. (recipe inspo danchurchill.com)



7:30PM

Aim to eat dinner by 7pm so you ensure you begin the 16 hour fast. Once again full nutrient dense plant based spreads, personal favorite the lentil chili! (recipe inspo danchurchill.com)

DAN CHURCHILL'S TIPS & HINTS

FOR THE Athlete/Energizer Bunny

For that someone who trains every day!



WAKE UP-11:30AM

Plenty of Water and Black coffee only (No milks or milk alternatives)



11:30AM

Time to break that fast, I always smash an oatmeal/porridge. It is full of the energy required to look after our daily energy expenditure. Add at least 4 toppings, nuts/seeds/nut butter/fresh fruit for additional fiber. Add additional protein option such as eggs if your body is sore.



1:30PM

Lets follow up our breakfast with an nutrient dense colourful bowl consisting of, leafy greens, 2-3 veg, protein and ancient grain (recipe inspo danchurchill.com)



3-4PM

Pack in some extra nutrients through an afternoon shake, the more you stack in the better to support the daily nutrient needs from your exercise. (recipe inspo danchurchill.com)



7:30PM

Aim to eat dinner by 7pm so you ensure you begin the 16 hour fast. Once again full nutrient dense colourful spread (recipe inspo danchurchill.com)

DAN CHURCHILL'S TIPS & HINTS

FOR THE Everyday legend

non the athlete, but wants the benefits



WAKE UP-11:30AM

Plenty of Water and Black coffee only (No milks or milk alternatives)



11:30AM

Time to break that fast, choose between eggs with veggies, oatmeal, protein pancakes (recipe inspo danchurchill.com). The more colourful ingredients to start your day the better! This will assist in engaging more of your gut microbiome :)



2:30PM

Lets follow up our breakfast with an nutrient dense colourful bowl consisting of, leafy greens, 2-3 veg, protein and ancient grain (recipe inspo danchurchill.com)



4PM

Keep hunger pains low and support your daily energy needs. This can be as simple as nuts or whole fruit. You can also go natural yoghurt with nut butter. (snack recipe inspo danchurchill.com)



7:00PM

Aim to eat dinner by 7pm so you ensure you begin the 16 hour fast. Once again full nutrient dense colourful spread (recipe inspo danchurchill.com)

JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
4th	FAST			8th		

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
1st	FAST			5th		

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
1st	FAST			5th		

APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
5th	FAST			9th		

MAY

MON	TUE	WED	THU	FRI	SAT	SUN
3rd	FAST			7th		

OPEN

MON	TUE	WED	THU	FRI	SAT	SUN
7th	FAST			11th		

MON	TUE	WED	THU	FRI	SAT	SUN
5th	FAST				9th	

AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
2nd	FAST			6th		

SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
6th	FAST				10th	

OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
4th	FAST			8th		

NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
1st	FAST			5th		

DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
6th	FAST			10th		



**For the
recipes &
podcast...**

danchurchill.com