



**Eugene & Ayanna Williams**  
Health Coaches  
Certified Detox Specialist & Nurse

## Eating Schedule “Intermittent Fasting”

(This will aid in weight loss, healing, energy and has additional health benefits)

*\*Should be done daily\**

**Beginner:** 12 hours without eating followed by a 12-hour eating window. For instance, you could refrain from eating after 8 pm and resume eating after 8 am, only consuming water or green tea during the fasting period.

**Intermediate:** 14 hours without eating followed by a 14-hour eating window. For instance, you could finish eating by 8pm and wait until after 10am the next day to eat again. During this time, stick to consuming only water or green tea.

**Advanced:** For 16 hours, refrain from eating, followed by a 16-hour eating window. For instance, cease eating by 8 pm and resume after 12 pm. During this time, stick to drinking only water or green tea.



*"Eating to live. What you eat today will determine how you live tomorrow."*

## Diet

*(This will aid in the transition to healthier eating)*

- Remove Sugary drinks *(soda, sweet tea, coffee drinks, etc.)*
- Add at least 1 Salad Everyday With Raw Red Onions *(if not allergic)*
- Remove Fried Foods
- Remove Processed Foods
- Drink Half Your Body Weight In Ounces of Water

## Exercise

*Start 30 minutes to 1 hour of exercise 3 to 5 days a week*

## Tools Needed

- **Journal,**
- **Measuring tape,**
- **Scale**

**\*If you have high blood pressure and or diabetes\***

- **Blood Pressure Monitor and/or**
- **Glucose Monitor**

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