

Ketogenic Nutrition Program (Also for Vegetarians)

Ketogenic is a diet that forces the body into a process called ketosis where fats are burned for energy instead of carbs (sugars). As the person consumes high amounts of fat and low amounts of sugar it forces the body to burn fat from your fat storages for energy instead of sugar (carbohydrates).

This is the way our body has evolved eating. **FEAST or FAMINE** - Your body wants to burn sugar (carbohydrates first).

ketosis. A **metabolic state in which your body uses fat rather than glucose from carbohydrates as its primary source of energy.**

To achieve ketosis, you stop supplying your body with carbs and sugar. This depletes your stored glucose — also known as glycogen — and your blood sugar and insulin levels decrease. Your body starts to look for an alternate source of fuel (fat), releases it and burns it for energy.

Macro Nutrients: Fat- 75%, Protein- 20%, Carbs- 5%

Good Fats: Butter, Ghee, Coconut Oil, Avocado Oil, Fish Oil, Olive oil,

Intermittent Fasting (IF)

Definition: Focuses on longer than usual periods of fasting and eating within specific time periods.

Examples:

- Fasting for 16 hours & eating window for 8 hours (or 14/10). 16/8 is most popular
- Fasting for 20 hours & eating window for 4 hours
- Fasting 24 hours once or twice a week

Benefits of Ketogenic Diet and Intermittent fasting:

Keto & IF is not just for Weight Loss. It decreases inflammation, increase brain health, helps recover from food sensitivities, and adds in Blood sugar control (type 2 diabetes)

HIIT Workout

Alternating high-intensity exercise (weights or cardio) with low-intensity recovery periods. A workout can be 10-30 minutes in length.

Example: 30 seconds work time & 10 seconds rest/recovery.

Benefits:

Lower body fat, blood pressure, heart rate and blood sugar. People are also more compliant with a HIIT program because they can get it done in 10 - 30mintues!