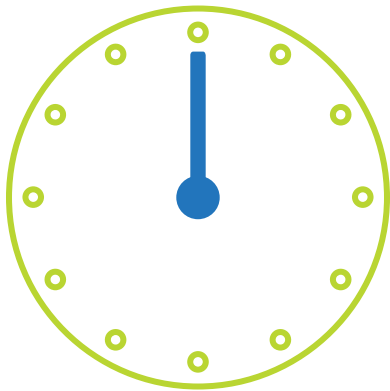


Time Restricted Eating

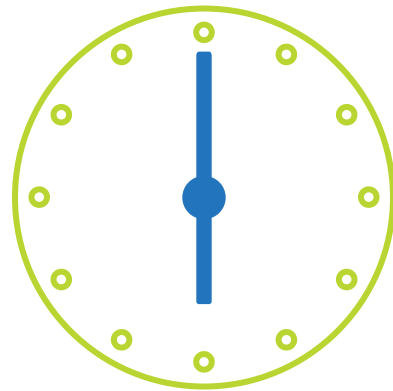
To maintain ideal weight, we want to cycle between the 'fed' state (insulin is high and we are storing calories) and the 'fasted' state (insulin is low and we are burning stored calories).

If we snack constantly, insulin stays high and our bodies receive the instructions to store more calories (as body fat). This is a recipe for gaining body fat.

If we want to lose weight, then we need to increase the amount of time we spend in the fasted state, burning calories. Compressing the time we spend eating (the eating window) and expanding the time spent fasting allows our bodies to use up stored calories and lose body fat. This is the idea behind time restricted eating. If we only eat from 11:00 am to 7:00 pm, we spend 8 hours eating and 16 hours fasting, which is why this is also sometimes called the 16:8 schedule.



LUNCH 12:00PM ↻ **1:30PM**



DINNER 6:00PM ↻ **7:30PM**

