

LOWER YOUR BLOOD SUGAR WITH THE FEAST AND FAMINE DIET

Quick start guide on how to prepare, what to eat, what to avoid, and how it can transform your weight and health



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Table of Contents

Introduction	1
Chapter 1 - What is the feast and famine diet?	5
Chapter 2 - The beginning of the feast & famine diet	9
Chapter 3 - The benefits of the feast & famine diet	13
Chapter 4 - Getting yourself ready to begin	17
Chapter 5 - Common beginner mistakes	21
Chapter 6 - A Sample feast day	25
Chapter 7 - A sample famine day	30
Chapter 8 - Shopping guidelines	35
Chapter 9 - Incorporating the feast & famine diet into your lifestyle long term	39
Conclusion - Tips to begin your diet journey today	43

INTRODUCTION

Whether you see it on TV, in social media, or just walking down the street. It seems like everyone is getting heavier (myself included). The hard truth is obesity rates have rapidly spun out of control, fueled by lifestyles that wreak havoc on our bodies.

Though the reasons for this crisis run deep, several perpetrators hide in plain sight:

Overstuffed Stomachs

Our digestive systems weren't designed to be constantly flooded with excess calories and giant portions. Yet indulgent foods beckon us morning, noon and night. Removing the healthy cues of hunger and fullness puts weight gain on overdrive.

Sedentary Living

We've forgotten our bodies were made to move. To run, jump, and stay active. Now we sit for hours, eyes glued to devices for work and play. Missing out on precious movement while metabolism slows. Muscles that once burned calories fade as fat takes over.

Poor Sleep

Poor diet and inactivity brew a perfect storm for restless nights. Making it hard to fall and stay asleep. These sleepless hours play their own role in metabolic mayhem. Building even more fat despite our exhaustion.

Now, don't get me wrong. My aim in this guide isn't to shame but inform. To awaken more people as to why obesity has become a public health emergency.

So as your friend in pursuing better wellness, in this guide I aim to equip you with a new approach to weight loss that works in harmony with your body. And helps you to discover how balanced eating, activity and rest can help you slim down and improve your health.

CHAPTER 1 - WHAT IS THE FEAST AND FAMINE DIET?

Have you heard of the “Feast and Famine Diet” before?

At its core, it's a creative take on intermittent fasting. Which leverages short strategic fasting periods to tap into powerful health and weight loss benefits.

While the name may be new, fasting practices have been used for centuries across cultures. And modern research shows why they work:

Feast Days: Freedom to Indulge

On your feast days, you can enjoy your favorite foods without major restrictions. Though I do recommend focusing on nourishing choices as much as possible. This feast and famine balance helps make the fasting days effortlessly sustainable.

Famine Days: Strategic Calorie Cutting

To spur weight loss, fasting days stick to around 500 calories. This dramatic yet strategic decrease kicks stubborn body fat into high gear. As you reap expanded energy, improved focus and more on your famine days.

The Power of Simplicity

Unlike fad diets with complicated rules, feast and famine succeeds by its sheer simplicity. No tracking or calorie math required. Just a straightforward alternating rhythm your body quickly adapts to.

While the willpower of fasting takes commitment, remember nothing truly worth it comes easy. And the diet that works is the one you can sustain.

CHAPTER 2 - STARTING THE FEAST & FAMINE DIET

So as discussed, the "Feast and Famine Diet" is related to intermittent fasting. But do you know where the idea for intermittent fasting came from?"

The concept of intermittent fasting has been with us for thousands of years. Passed down by generations and cultures who intrinsically knew its power.

Here are a few key visionaries behind today's fasting protocols:

The Warrior Diet - Ori Hofmekler

Artist and ex-military man Ori Hofmekler was driven to uncover the truth on fat loss. His passion led to the Warrior Diet in 2001 - a 16-hour fast with an 8-hour eating window. It works but is extremely rigid. Yet Ori's pioneering work lit the fuse for intermittent fasting's rise.

Eat Stop Eat - Brad Pilon

Brad Pilon's Eat Stop Eat focuses on 1-2 zero calorie fast days per week with normal eating on non-fast days. This too can be effective if done carefully. But we've found 500 calories to be more sustainable long-term than zero.

The 5:2 Diet

Currently a rage overseas, the 5:2 Diet promotes 5 days of regular meals and 2 days fasting on reduced calories. This comes closest to the Feast and Famine method. But research actually shows that alternating feast and famine daily accelerates fat burning.

So you see, while the names and faces have changed, the underlying principle of fasting has stood the test of time. It offers a proven path to weight loss and wellness for those ready to walk it.

CHAPTER 3 - BENEFITS OF THE FEAST & FAMINE DIET

The Feast and Famine Diet offers a bounty of science-backed benefits beyond blasting away fat. From enhanced health to improved lifestyle gains, let's uncover why this simple alternating rhythm can transform your body inside and out:

Rapid Fat Loss

The core premise of feast and famine is strategic calorie cutting to spur quick yet safe weight loss. University of Illinois research confirms those who follow an alternating reduced calorie plan shed significantly more fat than those simply eating less every day. Put 500-600 calories to work on famine days and watch your body respond.

Easy to Follow

No complicated rules or tracking required. Feast and famine succeeds on the power of simplicity. Once you determine appropriate calorie counts, the straight-forward alternating schedule seamlessly becomes

second nature. Freedom from diet math frees up mental energy.

Sharper Mind

The brain also profits from the feast and famine approach. Studies show the mild metabolic stress of intermittent fasting enhances cognitive function. Improving memory, focus and more according to Mark Mattson's research. Exciting implications also exist for conditions like Alzheimer's.

Balanced Insulin

The insulin rollercoaster many experience packs on hard-to-budge body fat. Feast and famine rebalances these hormones for optimized fat burning. Making it easier than ever to shed pounds.

More Free Time

Surprisingly, famine days grant unexpected freedom by removing the time drain of frequent eating or snacking. The energy saved goes towards other creative pursuits,

with many achieving their most productive output on fast days.

The perks of feast and famine span the spectrum from physical to mental gains. Offering a blueprint for total body transformation that surpasses fleeting fad diets. A simple yet proven path awaits those ready to walk it!

CHAPTER 4 - GETTING YOURSELF READY TO BEGIN

Embarking on any diet demands some preparation. But feast and famine keeps things blissfully simple. Just a few tips to set the stage for success:

Study This Guide

Give this guide a close read or two to cement the easy-to-follow fundamentals. Absorb the fluff-free advice that distills intermittent fasting down to its most effective essence. Build your knowledge base for the flexible yet rewarding road ahead.

Shop Strategically

Stock up on feast day favorites but limit famine day temptations during the initial adjustment period. Having fewer snacking options eases the mental shift those first couple fasts. Once the alternating rhythm becomes second nature, your needs will shift naturally.

Don't Sweat Small Slips

If special events or cravings derail a famine day, resume your schedule the very next day. Feast and famine allows this intrinsic flexibility so you can live life while transforming your body. Just don't make a habit of splurges that may slow results.

Toss Out Past Diets

Banish thoughts of restrictive diets that demanded perfection yet delivered misery. Feast and famine charts a new course - an intuitive way of eating that cooperates with your body so you shed pounds while gaining freedom.

The above tips set the optimal stage for integrating feast and famine into your life. This is not a punishing diet but a lifestyle aligned with your needs. The basics are truly simple, and the rewards profound. A new body and outlook await!

CHAPTER 5 - COMMON BEGINNER MISTAKES

While feast and famine makes healthy living refreshingly simple, common beginner pitfalls exist. Let's uncover solutions to avoid self-sabotage and accelerate your transformation:

Don't Gorge on Feast Days

Feast days grant flexibility, not a free-for-all. Piling plates with junk and binging on empty calories slows fat loss. Savor treats in balance while emphasizing nourishing whole foods to optimize wellness. Moderation ensures progress.

Overcome Hunger Anxiety

Feeling pangs of hunger may initially seem alarming. But rest assured, fasting poses no starvation risk. Reframe discomfort as positive proof your body is entering

fat-burning mode. Stay focused on your goals and self-trust grows.

Strictly Limit Famine Day Calories

Consuming more than the recommended 500 calories on fast days sabotages their strategic power. Rigorously stay at or below this threshold and watch the scale respond. If willpower wavers, remind yourself why you started.

Don't Slack on Activity

Surprisingly, fasting boosts energy for movement on many famine days after acclimation. Seize this drive for active pursuits rather than succumbing to lethargy. The momentum compounds your fat-burning results.

Limit Naysayer Contact

Some individuals may discourage your efforts out of their own insecurities. Politely state your intentions then limit contact. Protect your positive mindset - transformation relies on self-belief, not external validation.

With raised self-awareness, these common stumbles no longer block your path. Feast and famine sets you free, if you allow it. Stay focused on the prize and small obstacles fade. Your vibrant future body awaits!

CHAPTER 6 - A SAMPLE FEAST DAY

The Feast and Famine Feast Day! Now comes the fun part! Let's dig deep into a sample Feast day while we are following the Feast and Famine Diet.

This is taken from my own lifestyle and from a period of time when I was consistently losing weight as fast as I ever had every week without fail. My metabolism has never been superhuman either, so rest assured if this has worked for me it's very, very likely to work for you as well.

You will notice I'm not including calories, because who counts calories on a Feast day?! I sure don't and you shouldn't either.

Breakfast

Breakfast is regarded by many nutrition experts as being the most important meal of the day. It's also a meal I've

neglected most of my life due to the perils of enjoying sleeping in. Intermittent fasting has cleared that up - after a 500 calorie day I can't wait to really eat a substantial breakfast! I must say I feel much more ready for action after a full force breakfast.

4 Eggs Scrambled. I choose to go with whole eggs for hormonal optimization's sake, but often mix up the ways the eggs are prepared.

Fresh Tomato, Onion and Jalapeno Salsa. Extra hot and used as a condiment on top of my eggs.

4 pieces of Turkey Bacon. I will eat other styles of bacon when turkey bacon isn't available.

4oz of Steak Sauteed in Frying Pan. I only add this when I really want to indulge or if I feel like I need the extra protein for muscle building purposes.

8oz Milk. Whole milk is also great for guys looking to naturally boost their hormonal advantage,

Snack

A few hand fulls of Organic Almonds

Small Spinach Salad. I don't use dressing beyond olive oil and garlic and sometimes toss in some tomatoes, onion and cucumber depending what's on hand.

Lunch

Medium Baked Potato. I dress the potato with a bit of butter and garlic.

Two 6oz Grilled Chicken Breasts. Sometimes plain or sometimes with salsa on top if I have extra from breakfast.

Small Side of Mixed Vegetables.

Snack

More Almonds!

Dinner

10oz Grilled Lean Steak. Plain beyond salt and pepper.

Small side salad or spinach salad.

Side Portion of White or Brown Rice.

As much **Green Tea** as I'd like to drink sweetened with pure stevia.

Occasionally a desert of organic sorbet, a small addiction of mine!

Snack

My after dinner snack is pretty wide open within reason. If I eat chips I make sure to not go overboard.

Vanilla Whey Protein shake made with half whole milk

and half almond milk. I drink this right before bed.

This is just a sample Feast and Famine Feast day, but it should give you a great idea of what's possible when we eat smartly and abundantly.

The real eye opener is when you eat like this half the time and still see the fat melting away. That's when you will become a "Feast and Famine" fanatic!

CHAPTER 7 – A SAMPLE FAMINE DAY

Now after seeing a sample Feast and Famine Feast day it's time for a sample of the flip side - the all important Famine day where we will fast eating vastly reduced calories activating our metabolism, our "skinny gene" and setting ourselves up for both body transformation and all the other health benefits we have already discussed.

This is again, from my own personal experience. I think you will find this a very manageable day, if it a little challenging the first time you try it.

Pre-Breakfast

16oz Spring Water immediately upon wakening.

A cup of Fresh Coffee, no milk or cream sweetened with stevia. 0 calories.

Breakfast

A second cup of Fresh Coffee, no milk or cream sweetened with stevia. 0 calories.

8oz Spring Water.

Now this doesn't seem like much of a breakfast, but I prefer to sleep in a bit and save my calories for lunch and dinner. This is my own personal choice and you may choose to distribute your calories differently if you are more of a morning person!

Snack

8oz Green Tea sweetened with stevia. 0 calories.

12oz Spring water.

Lunch

Finally time to get in some food, paying special intention NOT to over do it. This is the meal when many feel most tempted, since while eating a small dinner you know a large breakfast is coming up relatively quickly. Don't give in!

Two medium hard boiled eggs. Once again I like to make sure I eat whole eggs every day to maximize my hormonal optimization plan. You have the option of egg whites, egg beaters and so on. 175 Calories.

Two slices Whole Wheat Toast. Sometimes I eat the eggs on the toast and sometimes as a side depending on mood. 115 Calories.

A cup of Fresh Coffee, no milk or cream sweetened with stevia. 0 calories.

8oz spring water.

Total Lunch calories: 290 give or take.

Snack

8oz Green Tea sweetened with stevia. 0 calories. Yes, I do love caffeine on Famine day in case you were wondering. It serves to boost energy, raise metabolism and even acts as a mild appetite suppressant.

12oz Spring water.

Dinner

Half a cup (after cooked) Spaghetti with a small amount of low fat / low calorie butter, salt, pepper and garlic. 150 calories.

One slice whole wheat toast. 55 calories.

12oz Spring Water.

Total calorie intake for the day roughly 495 calories. This

puts right where we are hoping to be on a Famine day. I repeat these meals often since they are pretty much decision free and simple to prepare. They can also easily be ordered in all but the worst restaurants!

One last bit of advice - take a half hour on Sunday and figure out your five hundred calorie and below meals for the week rather than just trying to wing it and guess how many calories you are eating on Famine days on the fly.

This will end up equating in much more weight loss over the long term and also save you a few headaches and a bit of possible confusion too. When in doubt repeat meals! And don't worry about getting bored as a Feast day is less than 24 hours away!

CHAPTER 8 - SHOPPING GUIDELINES

Now that we hopefully have agreed that the Feast and Famine Diet is more than do-able after looking at a sample Feast day and a sample Famine day, I thought I'd share with you a few more intermittent fasting shopping tips.

Although all of us develop our style of eating while on the diet which best suits our individual needs. But I thought sharing my shopping list can provide some helpful guidelines.

Here's what we are packing our shopping cart with...

Non-hormonal Chicken Breasts. I'm a bit of a chicken addict and don't think I could live without it. I eat chicken at least once a day on Feast days, sometimes twice. I think of chicken as a sort of "neutral" protein that can be prepared in so many ways its wise to fall in love with. Make sure the fat is trimmed off!

Non-hormonal Grass Fed Lean Beef. Another Feast day favorite, especially when I'm hitting it more heavily in the gym. When you are looking to put on muscle while cutting fat on Feast and Famine aim for around 1 gram of protein for every pound you weigh.

Eggs. As you've seen eggs are on the meal agenda often for both Feast and Famine days. Don't skip them, unless you are one of the few who can't stomach the thought of them!

A variety of Pasta.

Organic Spinach

Organic Leaf Lettuce. I should add organic produce is not a must, but I try to stick with it when I can.

Tomatoes.

Onions.

Miso soup. Miso soup is great for a change of pace on Famine days and has been shown in research to have all sorts of regenerative and health boosting qualities. Plus it tastes great too!

Green Tea. Essential. Green Tea is great for a extra fat burning boost, is inexpensive and calorie free.

Coffee.

Spring Water.

Protein Shake. I've tried to avoid any supplement recommendations as the Feast and Famine Diet works great without them, but a good protein shake is the one exception. Keep your protein levels high and you will have no worries at all about feeling energized while cutting body fat.

Stevia. An all natural and calorie free sweetener which will make you forget sugar ever even existed. A true gift from above.

Almonds. A go to snack.

CHAPTER 9 - INCORPORATING THE FEAST & FAMINE

DIET INTO YOUR LIFESTYLE LONGTERM

Sustainable weight loss relies on a mental shift - from viewing healthy changes as a temporary diet to embracing them as a fulfilling lifestyle. Feast and famine uniquely equips us for this transition with its intrinsic flexibility and simplicity. Let's uncover how to make intermittent fasting your new normal:

Celebrate Milestones

Stay motivated by acknowledging your fasting accomplishments, no matter how small. Note boosted energy on fast days, pounds shed, or consecutive weeks completed. Fixating on the positive changes cements feast and famine as an uplifting ritual.

Rally Your Support Circle

Help friends and family understand the intermittent

fasting approach so they can cheer you on. Their encouragement on challenging days makes all the difference. And by watching your transformation, some may even join in!

Schedule Occasional Breaks

To prevent fatigue, take a week off every couple of months. Use this time to relax and reminisce on your journey. You'll return recharged, ready to fully immerse yourself in the simple rhythm of feast and famine once more.

Continue Self-Education

Keep learning through books, blogs and fasting communities. Expanding your knowledge solidifies your confidence that intermittent fasting aligns with your health and lifestyle needs for the long haul. These insights motivate you to stay the course.

Even those who start intermittent fasting for short-term weight loss often find it naturally evolves into an intuitive lifestyle that sustains body and mind. The flexibility

empowers you to make this choice. Once you befriend the alternating flow of feast and famine days, you may never look back!

CONCLUSION - TIPS TO BEGIN YOUR DIET JOURNEY

TODAY

I sincerely hope this guide has illuminated how the elegant simplicity of feast and famine can transform your body and life. But knowledge without action is fruitless. So when will you begin? If hesitation crept in, below are tips to defeat procrastination and start NOW:

Just Begin

No supplements or specialty items needed. Feast and famine relies on basic foods you likely have on hand. Simply alternate low and high calorie days. Start this second - your future fitter body awaits!

Expose Excuses

Verbalize what reasons your mind creates to delay beginning. Hear how irrational these obstacles sound? Excuses protect comfort yet bar progress. Destroy their power by naming and dismissing them.

Envision Your Body

Stand nude before a mirror. Notice areas you wish to refine. Know the number on the scale won't budge and your reflection won't change until you spur action. Feast and famine provides the simple, proven way - if you start.

Minimize Time-Wasters

Social media and entertainment steal precious hours that could be directed towards self-improvement. Recognize when distraction becomes escape. Reclaim your focus to act on what matters most - your health.

Write Specific Goals

Committing your weight loss and wellness desires to paper makes them real, tangible. Read your goals often to crystallize intention into motivation. Let them guide your next step on the rewarding path of intermittent fasting.

This could become the defining day you look back on as the start of profound personal transformation.

Everything you need is here - information, inspiration and simple technique. Seize this momentum to create sustainable change that enriches and energizes every area of your life!