

## FAT FUNERAL (LOWER CALORIE DAYS)

**INTERMITTENT FASTING** is a health and fat loss strategy that has been in use for centuries.

By skipping an entire meal, you can reduce your overall caloric intake for that day and also give your digestive system a break.

On FAT FUNERAL days, you will have 1 less meal. Here is an example of 3-meal Fat Funeral day:

- **FAT LOSS PHASE: 3 Fat Loss Plates**
- **LIFESTYLE PHASE: 2 Fat Loss Plates + 1 Lifestyle Plate**

**Option # 1: Skip breakfast**

**Option # 2: Skip lunch**

**Option # 3: Skip dinner**

We recommend scheduling your 'FAT FUNERAL' on a day that you are more likely to be busy, or a day that your training is lower volume or intensity.

As you will spend more time fasting from food, it is important to control your potential increases in appetite by following the below strategies:

1. Drink extra water,
2. Drink sparkling mineral water or soda water,
3. Drink tea and/or coffee as needed (no milk or sugar).

### **FAT FUNERAL FACTS:**

- The brain is very powerful and the expectation of food and set meal times is real.
- The first time you practice your FAT FUNERAL will likely be the most challenging.
- Your brain will be telling you that you need to eat. Ignore this and follow the plan ☺
- Each and every subsequent FAT FUNERAL will get easier and more natural.

