

FLEXIBLE FASTING

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# PLAYBOOK

YOUR MONTHLY GUIDE TO FASTING PLANS, RECIPES & MORE



# MONTHLY CALENDAR

Here is an overview of our calendar for May. This is a tool, not a rule. Just like you, we live FLEXIBLE lives and our approach to fasting is no different. While we do occasionally do expert fasts, most days consist of 12-24hr fasts depending on our schedule.

We find it helpful to have a plan and wanted to share that plan with YOU so that you too can start to be more proactive in approaching your Flexible Fasting lifestyle. We always plan more long fasts that we will actually end up doing because life. We just like to have the option.

Let's start with your goals and then fill out the calendar...

## **MY FASTING GOAL FOR MAY**

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## EXAMPLE MAY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
16-18H <sup>1</sup> May Day	24H No sugar or snacks day	24-72H Fast		<sup>5</sup> National Day of Prayer	16-24H	<sup>7</sup> Graduation
<sup>8</sup> Mother's Day	16-18H	20-24H No sugar or snacks day	24H	24H	16-24H	Brunch with the Fam
16-18H Lunch/Dinner with Family	24H No sugar or snacks day	24-36H Fast		24-42H Fast	<sup>20</sup>	Brunch with the Fam
16-18H Lunch/Dinner with Family	16-24H No sugar or snacks day	24-48H Fast		24H	24-40H	Brunch with the Fam
16-18H Lunch/Dinner with Family	<sup>30</sup> Memorial Day	<sup>31</sup> 16-24H				

## MY MAY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
<sup>1</sup> May Day				<sup>5</sup> National Day of Prayer		<sup>7</sup> Graduation
<sup>8</sup> Mother's Day						
					<sup>20</sup>	
	<sup>30</sup> Memorial Day	<sup>31</sup>				

# NUTRITION BASICS

## **THIS IS A BROAD TOPIC**

We realize that there is a LOT of information on the topic of nutrition. We want to give you the tools to help you make the best food decisions that will lead to the best results in your Flexible Fasting journey.

## **WHAT ARE CALORIES? REALIZING THAT ALL FOOD IS NOT CREATED EQUAL**

You were probably taught to count calories to lose or maintain weight or you have heard of that as the way to lose weight. As you will find out in this journey, that does not work 99% of the time. This is because not all food is created equal.

***A calorie is the unit of measurement used to count how much energy food has.*** Our body uses the calories of food as fuel to feed our organs and systems. Not all calories are the same so it is important to understand what calories will feed your body best and get the maximum results for your body's function and health.

For example: if you wanted to have a nice strong bonfire in the back yard, would you have better results with burning cardboard or burning high quality hardwood? The cardboard would burn quickly, not bring much heat, create a lot of ash and you'd have to keep feeding the fire every few minutes. With hard wood, once you get the fire burning you will have a hot cozy glow of heat that will last throughout the whole night. The fuel of your fire matters - just like the fuel for your body matters.

***A calorie that is high on the insulin index*** will cause your blood sugar to spike and will not cause you to be full. The insulin increase also tells your body to store these calories as fat. This is not the "good fuel reaction" that we are hoping for. Foods high on the insulin index would be things like: cookies, crackers, white rice, bread, ice cream, potato chips etc.

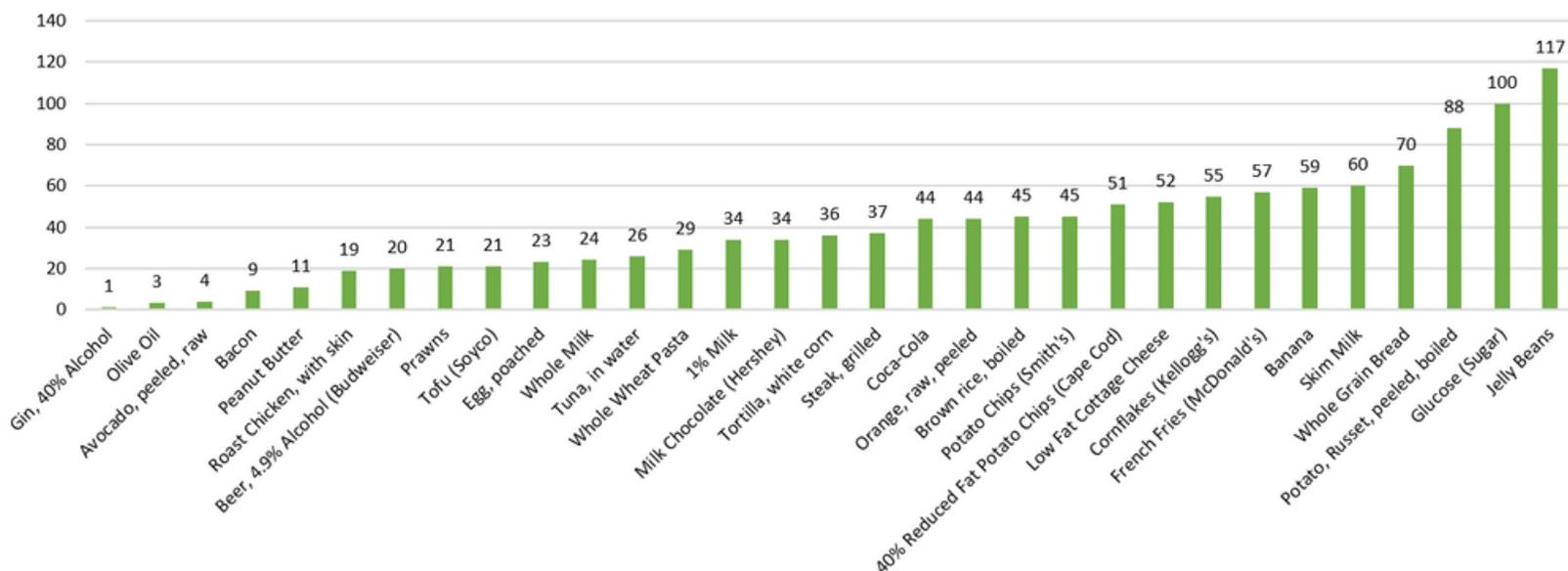
***You need something that will make you feel full (or satiated)*** so that your body can process the food and carry you through to the next meal without storing a bunch of extra fat on your body. The satiety index helps us understand what foods make us feel full. Foods high on the satiety index would be things like: boiled potatoes, oatmeal, apples, eggs, beef, etc.

Our favorite example: boiled potatoes make you feel very satisfied (they are high on the satiety index), in fact, you probably can only eat about one, however, when you slice a potato really thinly, fry it in oil and sprinkle it with salt, it no longer satisfies like it used to (because now it is high on the insulin index). You could probably eat 5 potatoes as chips/fries before feeling full, consuming at least three times the amount of calories and therefore telling your body to store those as fat.

Here are a few examples of common foods on the chart below.

It's clear that foods that contain more sugar will raise your insulin levels more in order to process it.

## Insulin Index



## NEED SOME HELP GETTING STARTED?

**Start looking at the labels on your food.** If it has more than 5 or 6 ingredients, it is probably wise to simplify and find something more basic.

For example, "reduced fat crackers" have close to 15 ingredients that are processed (deconstructed) grains and added vitamins. These don't keep you full long and the processed grain spikes your insulin so your body will store them as fat, even though they say "reduced fat". Look for something with fewer ingredients and look for ingredients that are as natural as possible (i.e. grain free, almond flour, or seeds).

**Shop the outside of the grocery store for most of your food choices.**

Make single ingredient fresh vegetables, fruit and meat the staples of your diet.

**These are not rules - these are tools! Choose the best food choices when possible and still enjoy your life.**

Are you interested in learning more about nutrition? Please let us know, we want to give you the best tools possible: [info@flexiblefasting.com](mailto:info@flexiblefasting.com)

## WATCH OUT FOR SUGARS/SWEETENERS

### 56 Common names for sugar

- ▶ Barley malt, Barbados sugar, Beet sugar, Brown sugar, Buttered syrup,
- ▶ Cane juice, Cane sugar, Caramel, Corn syrup, Corn syrup solids
- ▶ Confectioner's sugar, Carob syrup, Castor sugar, Date sugar
- ▶ Dehydrated cane juice, Demerara sugar, Dextran, Dextrose, Diastatic malt
- ▶ Diatase, Ethyl maltol, Free flowing brown sugars, Fructose, Fruit juice
- ▶ Fruit juice concentrate, Galactose, Glucose, Glucose solids, Golden sugar
- ▶ Golden syrup, Granulated sugar, Grape sugar, High fructose corn syrup
- ▶ Honey, Icing sugar, Invert sugar, Lactose, Malt, Maltodextrin, Maltose
- ▶ Malt syrup, Mannitol, Maple syrup, Molasses, Muscovado, Panocha
- ▶ Powdered sugar, Raw sugar, Refiner's syrup, Rice syrup, Sucrose, Treacle
- ▶ Turbinado sugar, Yellow sugar

# WHAT TO EAT NOW



**Eating fruits and veggies that are in season means that you are consuming a fresh product that is at its most nutritious state. You also will most likely get a better deal on in-season produce at the grocery store!**



## **Radishes**

### **Benefits:**

Radishes are cancer fighting, full of fiber, natural antifungal, contain vitamin C, zinc, phosphorus, potassium, antioxidants, and flavonoids. They also help support the generation of collagen.

### **Ways to Enjoy:**

Enjoy raw in a salad or lightly sautéed as a side dish. Cooking removes much of the spice. They make a great snack fresh, and are tasty paired with dips. Also great in a cucumber salad or pickled.



## **Spinach**

### **Benefits:**

Very rich in vitamin A, K, C, and Folate. It aids in detoxification, promotes eye health, strong bones, immunity, strong muscles, and improves your brain health.

### **Ways to Enjoy:**

Favorite ways to enjoy spinach: Added to a salad, smoothie, soup, fritatta, or pasta.



## **Strawberries**

**Benefits:** They're an excellent source of vitamin C and manganese and also contain decent amounts of folate and potassium. Strawberries are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control.

### **Ways to Enjoy:**

It is quite popular in jams, pies, compotes, ice cream, and even drinks. Our favorites are: smoothies, fruit salad, fruit pizza, strawberry shortcake, chocolate covered strawberries, and strawberry waffles.

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# 80:20 RECIPES

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***A general rule of thumb...Know the difference between sometimes food and anytime food and stick to the 80/20 rule.***

*Anytime Foods 80%*

These are foods that are beneficial to your health, these would be considered whole foods and are minimally processed. Whole foods are typically under 5 ingredients and do not contain processed sugar, dyes, and artificial flavorings.

*Sometimes Foods 20%*

These are the foods that are processed, contain sugars and are probably high on the insulin index.

**These are tools, not rules.** We believe that your life needs to be flexible to be healthy. Stick to whole, unprocessed, low sugar foods when you have the choice and when you want to celebrate, eat your celebratory foods.

\*Please note that all of these recipes are allergy friendly and marked accordingly, but feel free to use regular butter/flour, etc. The recipes will turn out just as delicious.

# STRAWBERRY BASIL WATER



## INGREDIENTS

- Water
- Ice
- Sliced Strawberries
- Torn or roughly chopped basil leaves

## DIRECTIONS

Add all ingredients to a pitcher, placing the strawberry and basil pieces into the infuser filter. Chill overnight. Remove the infuser full of fruit and leaves. Keep refrigerated and enjoy within 3 days time. Makes a really wonderful fasting fuel or just a fun summery drink.

# RADISH APPLE CABBAGE COLESLAW

**80:20**  
Anytime Food  
GF, SF, EF, DF



## INGREDIENTS

- 5 cups shredded cabbage, red, green, or purple
- 1 cup Granny Smith apple, cut into matchstick pieces
- $\frac{3}{4}$  cup radish, cut into matchstick pieces
- 2 tablespoon white onion, very finely diced

## DRESSING

- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  cup cider vinegar
- 1.5 tablespoon water
- 1.5 tablespoon avocado oil
- $\frac{1}{8}$  teaspoon celery seed
- a sprinkle of powdered mustard
- salt and pepper to taste

## DIRECTIONS

Combine cabbage, apple, radish and onion in large mixing bowl.

In a small jar, add sugar, vinegar, water, oil, celery seed, powdered mustard, salt and pepper. Shake or stir until well combined. Add dressing to cabbage mix, stir well. Place in refrigerator for at least 30 minutes to chill before serving. Also works great as a topping for fish tacos or pulled pork sandwiches.

# STRAWBERRY SPINACH SALAD



## INGREDIENTS

- 10 ounces fresh organic baby spinach
- 1 quart organic strawberries quartered
- 3/4 cup raw pecan chopped
- 1/2 red onion very thinly sliced
- 4 ounces dairy free feta cheese
- sliced grilled chicken (optional)

## DRESSING

- 1/4 cup balsamic vinegar
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons poppy seeds
- 1 1/2 tablespoons honey
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper

## DIRECTIONS

Combine all of the ingredients for the dressing in a mason jar. Shake well until the sugar is dissolved and the dressing is combined.

Combine all the ingredients for the salad in a large bowl. Very lightly dress the salad right before serving, reserving the rest of the dressing on the side for people to add more.

# SPINACH & TOMATO PASTA



## INGREDIENTS

- 8oz gluten free pasta
- Optional toppings:
- grated parmesan cheese
  - freshly cracked pepper
  - extra virgin olive oil

## SAUCE

- 1 Tbsp olive oil or extra virgin olive oil
- 3 garlic cloves, minced
- 9oz cherry tomatoes, cut into halves
- ½ tsp dried basil
- ¼ tsp fine salt, plus more to taste
- ⅛ tsp freshly cracked black pepper
- 5oz fresh baby spinach
- ¼ heaped cup grated dairy free parmesan cheese

## DIRECTIONS

While the pasta cooks, heat the olive oil in a large skillet over medium-low heat. Add the garlic and sauté until fragrant (about 45-60 seconds).

Add the tomatoes, basil, salt and a freshly cracked pepper. Sauté the tomatoes until the skins burst and the tomatoes begin to release their juices. Keep the heat to medium-low, stir and make sure the garlic doesn't burn.

Once the tomatoes begin to break down add the spinach, a large handful at a time, and stir it into the tomatoes until the spinach is wilted but still bright green (it should take max a couple of minutes).

At this point the tomatoes have created a sauce-like mixture on the bottom of the pan. Taste and adjust the seasoning if needed.

Add the cooked and drained pasta to the pan, and the parmesan cheese. Toss until the pasta is coated in the sticky sauce and everything is combined.

Serve with some grated parmesan cheese, some freshly cracked black pepper, and a drizzle of extra virgin olive oil if you wish.

# SNACK OF THE MONTH



## ***Strawberries & Whipped Cream***

### *INGREDIENTS*

- Sliced strawberries
- Drizzle of raw honey
- Coconut whipped cream
- Chocolate shavings (optional)
- Gluten free granola (optional)

### *DIRECTIONS*

Mix the strawberries with the honey, cover with whipped cream, sprinkle with chocolate or granola if desired, and Enjoy! You could also try this with yogurt or ice cream. We add in other fruit lots of times like bananas, kiwi, raspberries, basically whatever we have on hand.

# STRAWBERRY MATCHA GUT HEALING SMOOTHIE



## INGREDIENTS

- 2 Cups Frozen strawberries
- Drizzle of raw honey
- 1/2- 1 C Unsweetened Vanilla Almond milk
- 2 tsp Green matcha powder
- 1/4 C Aloe vera juice
- 2 Scoops collagen protein powder
- 2 Scoops L-glutamine powder
- 1 C Fresh spinach

## DIRECTIONS

Place all ingredients in a blender. Adding almond milk as needed for desired consistency. Pour into cold cups with large straws and enjoy! Serves 2-4.



# EATING OUT TIPS & TRICKS

**THIS MONTH'S FEATURED MENU: Sushi**

## **TIPS & TRICKS**

There are many delicious sushi rolls that do not contain raw fish! Try some! We think you'll be pleasantly surprised.

Avoid the Tempura or Deep Fried Rolls.

We bring our own coconut aminos since we are gluten/soy free. Restaurants will sometimes have this if you ask.

Try it with soy sauce and a little wasabi, so good!

Try the pickled ginger as a palate refresher.

## **OUR FAVORITES TO ORDER**

Ginger Salad  
Cucumber Salad  
Avocado Salad

No Raw Fish:  
Avocado Roll  
Veggie Roll  
Radish Roll  
Sweet Potato Roll  
Smoked Salmon Roll

Raw Fish Rolls:  
California Roll  
Salmon Roll  
Spicy Tuna Roll  
Rainbow Roll  
Hawaiian Roll

Seared Tuna