

KETO DIET

for beginners +

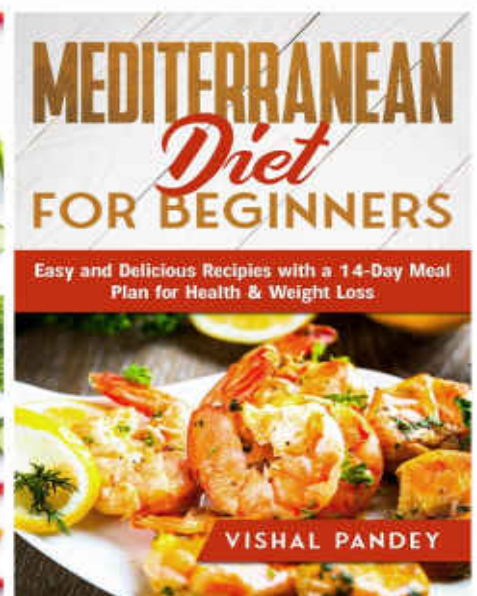
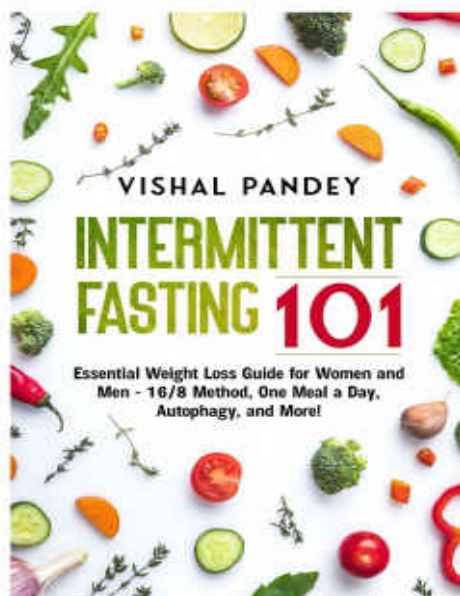
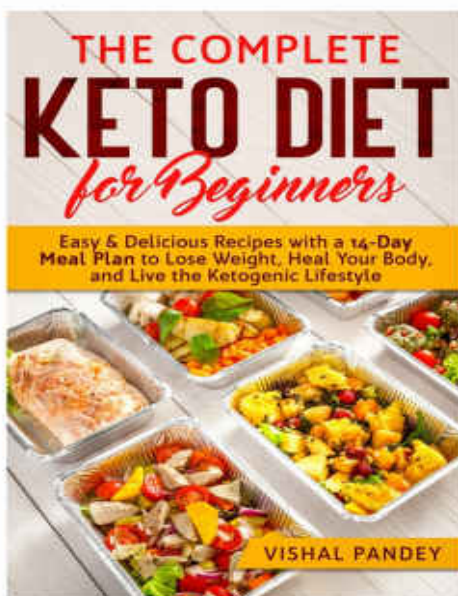
INTERMITTENT FASTING

+

MEDITERRANEAN DIET

THE COMPLETE GUIDE TO KETO DIET, INTERMITTENT FASTING,
AND MEDITERRANEAN DIET FOR WEIGHT LOSS & HEALTH

3-in-1



VISHAL PANDEY

KETO DIET FOR BEGINNERS + INTERMITTENT FASTING + MEDITERRANEAN DIET (3 in 1)

The Complete Guide to Keto Diet, Intermittent Fasting, And
Mediterranean Diet for Weight Loss & Health

Vishal Pandey

Copyright © 2020 by Vishal Pandey. All Rights Reserved.

No reproduction without permission.

No part of this book may be reproduced, transmitted, downloaded, decompiled, reversed engineered, or stored in or introduced into any information storage & retrieval system, in any form or by any means, without expressed written permission of the author.

The scanning, uploading and distribution of this book via internet or any other means, without the permission of the author is illegal and punishable by law. Please purchase only authorized editions and do not participate in, or encourage, piracy of copyrighted materials.

Disclaimer: Author does not assume any responsibility for any errors or omissions, nor does he represent or warrant that the information, ideas, plans, actions, suggestions and methods of operations contained herein is in all cases true, accurate, appropriate or legal. It is the reader's responsibility to consult with his or her advisors before applying any of the information contained in this book. The information included in this book is not intended to serve as a legal advice and author disclaims any liability resulting from the use or application of the contained information.

Email: yoursefactualization@gmail.com

Book 1

KETO DIET FOR BEGINNERS

**EASY AND DELICIOUS RECIPES WITH A 14-DAY MEAL PLAN TO LOSE WEIGHT,
HEAL YOUR BODY, AND LIVE THE KETOGENIC LIFESTYLE**

VISHAL PANDEY

TABLE OF CONTENTS

PART I: The Basics of Keto Diet

What Is Ketogenic Diet?

Experience as a Learner (Keto Flu)

Advantages of a Ketogenic Diet

PART II - The Ketogenic Lifestyle

Go Keto in Five Simple Steps

Clean out Your Pantry

Go Shopping and Stock up on Basics

Set up Your Kitchen

Plan Your Meals

Exercise

PART III – Detailed Keto Meal Plan

The 14-Day Meal Plan

Bonus Chapter: 4 Tips for Improved Self-Motivation

About the Author

PART I

THE BASICS OF KETOGENIC DIET

What is Ketogenic diet?

Picture this: You're on another diet, however as opposed to feeling hungry and denied, you're overflowing with energy and the weight is dissolving.

Welcome to the keto diet. It's a high-fat, low-carb eating plan that athletes and Hollywood stars like Halle Berry, Tim Tebow, and Adriana Lima credit for impacting on their fat ceaselessly.

It appears to be nonsensical — eat fat to lose fat? In any case, that is actually what occurs on keto.

The Ketogenic Diet is a high-fat diet that seems to profit a few people with epilepsy, particularly kids. It's anything but an enchantment. It's an option in contrast to the different enemies of epileptic prescriptions as of now accessible. The ketogenic diet offers the upside of improved seizure control for certain kids, and now and again, improved mental readiness with fewer prescriptions.

The ketogenic diet is frequently viewed as a troublesome routine to follow, nonetheless, with training, and an understanding of what the diet intends to accomplish, it may very well be reduced to a sensible daily schedule. The fundamental point is to switch the body's essential fuel source from

carbohydrates (like bread and sugar) to fats. This is done by expanding the admission of fats and incredibly lessening the admission of carbohydrates. The genuine trouble is that the diet is prohibitive to the point that all foods eaten must be weighed out to a tenth of a gram when planning your meal, and a member may not eat anything which isn't "endorsed" by the dietician. The degree of carbohydrates allowed is so low so that even the limited quantity of sugar in generally fluid or chewable prescriptions will keep the diet from working.

For instance, a run off the mill supper may include some kind of meat with green vegetables cooked with a mayonnaise sauce or a great deal of margarine. Substantial cream might be added on the side to compliment drinking. Another dinner may comprise of bacon and eggs with a ton of margarine or oil included, and overwhelming cream to drink. A high proportion of fats to carbohydrates must be kept up with a low complete calorie admission for the diet to be effective.

Be that as it may, isn't fat awful for you?

Fats have been the subject of a great deal of awful press lately. Likewise, many "healthy" foods are publicized with a low-fat substance...

"cholesterol kills" - isn't that right? The fact of the matter is increasingly unpredictable. The facts confirm that an excessive amount of fat can

promote arteriosclerosis (blockages of the veins), which can prompt cardiovascular failures or strokes, yet fats likewise have a significant task to carry out in wholesome wellbeing. Indeed, even cholesterol in controlled sums is vital and not as terrible as we have been taught. For the occasion, be consoled, the high-fat substance of the ketogenic diet has not been demonstrated to be unhealthy in any way.

Experience as a learner (Keto flu)

One thing to stress over when going on the ketogenic diet is something many refer to as "keto flu." Not every person encounters it, yet it can be extreme.

The keto flu is a characteristic response your body experiences as it changes from consuming sugar to fat for energy. The keto flu, otherwise known as carb withdrawal, by and large kicks in at the 24-to 48-hour mark.

Indications incorporate migraine, a sleeping disorder, brain fog, muscle soreness, sugar desires, irritability, and poor core interest.

The keto flu influences a few people more than others. In the event that you ate a diet low in refined sugar and starches before going keto, you'll likely experience just gentle indications. A diet high in sugar and carbs may set

you up for more noteworthy withdrawal side effects (particularly from the sugar).

What causes the keto flu?

At the point when you limit carbohydrates, your body must figure out how to consume its reinforcement vitality source, and so as to do as such, three major changes need to occur:

1. Water and sodium flush. At the point when you devour fewer carbs, insulin levels drop, flagging your kidneys to discharge sodium from the body. This causes lost up to around 10 pounds of water weight as water transports sodium out of your body. The entirety of this typically happens in the initial five days. The glycogen misfortune and low insulin levels cause tipsiness, queasiness, muscle squeezing, cerebral pains and gastrointestinal issues. Put forth a valiant effort to drink a lot of liquids and electrolytes now — that will ease a portion of these cell indications.
2. T3 thyroid hormone levels may diminish. T3 is a hormone created by the thyroid organ. Dietary carbohydrates and thyroid capacity are firmly associated, so when you cut carbs, T3 levels can fall. Related to T4, another thyroid hormone, these hormones manage your internal heat levels, digestion, and pulse. As your body changes with a ketogenic diet, lower hormone levels may leave you with brain fog and weariness.
3. Changes in cortisol levels. The T3 hormonal change is firmly associated with a third hormonal change — cortisol levels. If you experience crabbiness and sleep deprivation, that is a piece of information that your cortisol levels have changed. A few people change in accordance with using fat and ketones as another fuel source, and cortisol levels tumble to their old levels.

To beat the keto flu, do the following:

1. Hydrate throughout the day. To decide the base measure of water you need, note down your full body weight and divide it by two. That's the

number of ounces you need. For example, in the event that you weigh 140 pounds, you should go for 70 ounces of water a day. Juices add a serving of water to your diet and a portion of electrolytes (sodium and potassium) which will balance a portion of the inconvenience you feel at a cellular level.

2. Supplement with electrolytes. Recharging your electrolytes is an incredible method to begin feeling better quick. Observe the key players: potassium, magnesium, and sodium. On the off chance that you aren't getting enough of them from your diet, which can be hard to do on lower-carb diets, consolidate them by method for supplements.

3. Increase your fat intake, particularly MCTs. Increasing your quality fat utilization can accelerate your adjustment stage. One admonition: Most fats need to go through your lymphatic framework to your heart, muscles and fat cells before they arrive at the liver. Here it would be transformed into ketones for the body to use as fuel. MCT oil is distinctive in that it goes directly to the liver after assimilation — simply like carbs — so it very well may be utilized right away.

4. Get a great rest. A sound night's rest is an awesome thing with regards to overcoming keto flu. It holds your cortisol levels within proper limits,

which will probably diminish your influenza side effects. Go for 7-9 hours every night.

5. Exercise (gently) and ruminate. Note the subsequent word: gentle.

Indeed, mellow. The objective here is to diminish cortisol levels (particularly at first), so anything that alleviates pressure will support you. Yoga or delicate strolls can work. On the off chance that activity isn't your thing, take a stab at meditating. The primary concern, it's presumably best not to go all out in the gym until you change in accordance with the keto diet.

6. Take an exogenous ketone supplement. Exogenous ketones help with weakness and lift vitality levels by bringing the ketone to step up in your blood. Note that they are not a swap for a legitimate keto diet, however, they may assist you with taking it up an indent — particularly on this season's cold virus. In the event that you decide to go this course, go for littler portions of your enhancement spread for the duration of the day for the initial three to five days of the keto flu.

When in doubt, increase your carb consumption. For certain individuals, expanding fat just won't check keto flu side effects. If so — and you tried your cutoff points by including progressively fat are as yet encountering

influenza-like manifestations — you'll need to up your carb consumption a tad.

Despite the fact that ketosis and ketoacidosis both reason ketone levels in the body to rise, they are not the equivalent. Dietary ketosis is the point of the ketogenic diet, and it is commonly sheltered, while ketoacidosis is a conceivably perilous entanglement of type 1 diabetes.

Individuals with diabetes ought to stay away from ketogenic diets and follow their primary care physician's treatment suggestions to avoid ketoacidosis.

Ketogenic diets can assist individuals with shedding pounds and may offer some medical advantages. Be that as it may, it is in every case best to converse with a specialist before attempting another diet.

Advantages of a ketogenic diet

Keto diets have truly gone ahead solid in the previous eighteen months and all things considered. It's an extraordinary method to shed those undesirable pounds snappy, yet in addition, an incredible method to get sound and remain as such. For those who attempted the Keto Diet and are still on it, it's something other than a diet. It's a lifestyle, a totally new way of life. Yet,

similar to any significant move in our lives it's anything but a simple one, it takes a mind-blowing measure of duty and assurance.

Bravo but not for all?

Although a ketogenic diet has been utilized to enormously improve individuals' personal satisfaction, there are some out there who don't share the greater part's perspective. In any case, for what reason is that precisely? As far as we can recall we have been trained that the best way to dispose of the additional weight was to stop eating the fat-filled nourishments that we are so acquainted with eating each day. So training individuals to eat well fats (The catchphrase is Healthy) you can surely comprehend why a few people would be wary regarding how and why you would eat progressively fat to accomplish weight loss and accomplish it quickly. This idea conflicts with all that we have ever thought about weight reduction.

While the keto diet absolutely isn't simple, look into shows it has some potential restorative advantages.

The application and usage of the ketogenic diet have extended significantly. Keto diets are regularly demonstrated as a major aspect of the treatment plan in various ailments.

Epilepsy

This is basically the main reason for the development of the ketogenic diet. For some reason, the rate of epileptic seizures reduces when patients are placed on a keto diet.

Pediatric epileptic cases are the most responsive to the keto diet. There are children who have experience seizure elimination after a few years of using a keto diet.

Children with epilepsy are generally expected to fast for a few days before starting the ketogenic diet as part of their treatment.

Cancer

Research suggests that the therapeutic efficacy of the ketogenic diets against tumor growth can be enhanced when combined with certain drugs and procedures under a "press-pulse" paradigm.

It is also promising to note that ketogenic diets drive the cancer cell into remission. This means that keto diets "starve cancer" to reduce the symptoms.

Alzheimer Disease

There are several indications that the memory functions of patients with Alzheimer's disease improve after making use of a ketogenic diet.

Ketones are a great source of alternative energy for the brain especially when it has become resistant to insulin. Ketones also provide substrates (cholesterol) that help to repair damaged neurons and membranes. These all help to improve memory and cognition in Alzheimer patients.

Diabetes

It is generally agreed that carbohydrates are the main culprit in diabetes. Therefore, by reducing the amount of ingested carbohydrate by using a ketogenic diet, there are increased chances for improved blood sugar control.

Also, combining a keto diet with other diabetes treatment plans can significantly improve their overall effectiveness.

Gluten Allergy

Many individuals with a gluten allergy are undiagnosed with this condition. However, following a ketogenic diet showed improvement in related symptoms like digestive discomforts and bloating.

Most carbohydrate-rich foods are high in gluten. Thus, by using a keto diet, a lot of gluten consumption is reduced to a minimum due to the elimination of a large variety of carbohydrates.

Weight Loss

This is arguably the most common "intentional" use of the ketogenic diet today. It has found a niche for itself in the mainstream dieting trend. Keto diets have become part of many dieting regimens due to its well-acknowledged side effect of aiding weight loss.

Though initially maligned by many, the growing number of favorable weight loss results has helped the ketogenic to better embraced as a major weight loss program.

Besides the above medical benefits, ketogenic diets also provide some general health benefits which include the following.

Improved Insulin Sensitivity

This is obviously the first aim of a ketogenic diet. It helps to stabilize your insulin levels thereby improving fat burning.

Muscle Preservation

Since protein is oxidized, it helps to preserve lean muscle. Losing lean muscle mass causes an individual's metabolism to slow down as muscles are generally very metabolic. Using a keto diet actually helps to preserve your muscles while your body burns fat.

Controlled pH and respiratory function

A keto diet helps to decrease lactate thereby improving both pH and respiratory function. A state of ketosis, therefore, helps to keep your blood pH at a healthy level.

Improved Immune System

Using a ketogenic diet helps to fight off aging antioxidants while also reducing inflammation of the gut thereby making your immune system stronger.

Reduced Cholesterol Levels

Consuming fewer carbohydrates while you are on the keto diet will help to reduce blood cholesterol levels. This is due to the increased state of lipolysis. This leads to a reduction in LDL cholesterol levels and an increase in HDL cholesterol levels.

Reduced Appetite and Cravings

Adopting a ketogenic diet helps you to reduce both your appetite and cravings for calorie-rich foods. As you begin eating healthy, satisfying, and beneficial high-fat foods, your hunger feelings will naturally start decreasing.

PART II

THE KETOGENIC LIFESTYLE

The Ketogenic Lifestyle

There are things you must note about having a ketogenic lifestyle. It is important for you to know that it would not be easy. The ketogenic diet is basically about reducing the intake of carbohydrates in the body. However many people find it difficult to diet, because they do not know what to do, while some know what do, but they do not know how to do it. This part focuses on showing you the way in which you can diet without stress. It aims to help you have better health and shape. Keto dieting is very interesting if you put your heart to it, it can be a form of recreation and relaxation.

Go Keto in 5 steps

When you want to go keto you don't just jump into it, you have to draft out a plan you are to follow so as to always be in check. In fact, there are some sacrifices you would have to make. The below points are crucial to a successful keto diet.

Step #1: Clean out your pantry, No dates or pears. Clear out all high carb foods

This is very important to note. There should be a high sense of responsibility from your part. There is a need for you to stay focused and be ready to let go of any form of distraction and temptations. The first thing you must know about having a keto lifestyle is that it deals with commitment. You have to have a high commitment to your decision to go ketogenic. You should begin with cleaning your pantry, there should no food with high cholesterol around you. You should give them out to others, or throw them away. You should also take out foods that are very high in carbohydrates because you do not need them.

Another important and sometimes painful decision you must learn to make is to avoid dates. Many people might not see the need for this, they might argue that there is no need to avoid dates since they can abstain from some diet. I won't be so sure of that. There is something called food addiction and many people fall victim to it. And like all addictions, dropping a particular type of eating lifestyle is not easy and it is important that you run away from anything that would distract you from getting to keep to your resolution. You should also avoid eating pears, regardless of how much you love them, be truthful to yourself and you would discover how changes would begin to set into your health. You should also run away from any form of event or party that would entail you eat things that are not Ketogenic.

The third thing to do is to clear out all high carb food such as milk, yogurt, ice cream, fruit juice, legumes, sugary sweets, and starchy vegetables. It might be difficult to avoid taking things like these but it is certainly possible. Many of the things listed make up a daily meal but for a person going Keto, they should not be around you so you must clear them out or else they will lead you back to where you began. Many foods do not support your diet and sometimes you may have to browse them out to know them.

Step #2: Go shopping and stock up on the basics

It is only proper that this should be the next step. Once you have cleared out your pantry and avoided high carb foods, you have to shop for those things that you really need. Note that this stage is simple, and can be either expensive or cheap depending on you. The first thing you must have with you is water. This is very important. Other things you can consider getting are coffee, tea, spices, herbs, non-sugar sweeteners, lemon and lime juice, mayo, mustard, pesto, sriracha, berries, nut and seeds, meats, eggs, wild catfish, non-starchy veggies, avocado, avocado oil.

You should know you are to take your time to check out for things you need and things you do not. You don't want to go to the mall and get carried away because you love something. You have to be disciplined to know what

you want and what you don't. I would say it is would be good if you can get someone to do the shopping for you so that you don't get carried away, and eventually make mistakes.

It is very important for you to know what to stock yourself up with and what not to because a single mistake can compromise your diet. The need to know what to buy is important, you don't want to jump into bigger trouble by buying things that will make your situation worse. You are to know the type of oil to buy, the type of egg to buy, the type of butter and several other things.

Step #3: Set up your Kitchen with a food scale, food processor, spiralizer, hand mixer, and cast-iron pan

Cooking is an art, and there are several ways of cooking the same meal. It is also important for you to note that when it comes to a keto diet, there are a lot of things involved. When you want to cook your meal, you are to have a measure of what you want to cook. You don't just start to cook; else you might take too much or too little. There is a measure for what you are to eat at several times of the day. It is also very important for you to have a food processor. There should be equipment that makes it easy for you to take your diet, there should be a proper process in which you are to take them. A hand mixer is equally a thing of importance. Dieting involves the mixture of

food, the addition, and the subtraction of some food items. You are to have a mixer so as not to be stressed out in order not to consider taking junks due to the stress you want to avoid. The cast iron pan is also very important, it helps in the reduction of fat in food, it helps you maintain low cholesterol in your meals. It is different from other pans. Keto diet can both be cheap and expensive, but it is worth every cent.

Step #4: Plan Your Meals

To eat is easy, it involves just putting food in your mouth, but to diet is very difficult, this is because it involves planning, knowing what to eat and what not to eat, it also involves knowing when to eat and when not to. This I would say is the most difficult aspect of the Keto diet, yet it can be easy if you are willing to give it all it takes. There are some things you are to know about planning your meal. Planning your meals sometimes might need you to get a lot of recipe books on the keto diet so that you won't get bored of eating the same thing. This will also turn cooking and dieting much fun and a form of adventure. There are some things you should know about planning your meals and some of them are:

- **Limit your protein intake**

It is true that Keto diet focuses mostly on the reduction of carbohydrates in the body, yet it does not mean that you are to increase your protein intake, rather it means you should create a balance. You are to limit the proteins you take in. When you plan your food, you are to be conscious of the protein, and the percentage of protein must be the minimum, or else you will unknowingly be increasing your cholesterol level. You should know that the Keto diet does not mean an increase in protein, rather it teaches how to balance the diet, and because you are reducing your carbohydrate, this does not mean you are to increase your protein level.

- **Avoid Animal fat**

It is important to note that you do not need any form of pure fat in your food intake, for fat is not good for you. Make sure what you eat is not made of animal fat. Stay away from meats like pork, for it contains a high level of fat. Consumption of fat will lead to you adding weight, and it is not good for your heart. You should learn to say no. And if you want to make use of any form of fat, it should be refined like butter, and low cholesterol oil and they should also be minimal.

- **Drink a lot of water**

Many know the importance of water, yet they do not like taking it in excess. When going into keto dieting you are to note that you need to consume a lot of water to help flush your system. The health benefit of water is high, it is preferable to take water than canned drinks, juice, wine, or sodas. It helps you stay healthy. Water helps aid digestion, and you must know that easy and quick digestion is important in a proper diet. It also helps you maintain a perfect heart and blood pressure. Make it a habit to drink a lot of water every day especially before meals it's very good for your health.

- **Focus on homemade food**

It is important for you to cook your foods at home so as to be able to check what you eat. Keto dieting involves your time. You are to be able to fix your time so that it would enable you to cook. You cannot buy food from a fast joint or a restaurant when you are going through this diet, for most restaurants don't consider people's diet. Also, you can be tempted to eat outside your diet. Another reason why you should not eat at restaurants is because of the measurement.

- **Eat foods that contain electrolytes**

Some foods are really beneficial for you. These are foods that are rich in sodium, magnesium, and potassium. You have to salt your food properly,

because of the keto diet. You need to have a high level of electrolytes in your system, but keto diet limits it, so you have to find a way of getting it. Some people use supplements, but I advise you to consult a doctor regarding that.

- **Eat only when you are hungry**

You have to know that you are not to eat when you feel like, you are to stop the act of eating in between meals. To make your diet effective you must know when to start eating, when not to eat, and when to stop eating. There might be a wish to eat something, perhaps because you like it, or because it is very tasty, yet you must know that if you are not hungry, you must not eat. I understand that it might not be as easy as it sounds, but you have to develop the habit. Do not stay around food when you are not hungry. It is possible to have a specific quantity of food you should eat per meal.

Step #5: Exercise

The importance of exercise is huge, it helps you keep to a nice shape, and helps you maintain a good body and health. It is important that a person on keto diet exercise. I would advise you to join a gym, do yoga, or learn martial arts. When you diet, you are not to stay indoors or be lazy, rather you are to continue doing everything you used to do.

If you can successfully follow the instructions in this part you will not only build a great body but also a great mind. One thing you should know about following a diet is that it gives you a sense of responsibility, it makes you feel that there is nothing you cannot do if you put your mind to it. Keto dieting is stressful but the benefit is worth the try. This part is just one of the many interesting things you are to learn, however, I would say it is the most important part, so do not ignore it.

PART III

DETAILED KETO MEAL PLAN

The 14-day Meal Plan

Taking just a few bites, one or two munches does not equate to following a diet. To start up your ketogenic diet, a 14-day meal plan is what you need and if followed you are sure to see evident results. The 14-day Meal plan is basically, a planned-out routine of meals for you to consume which are all ketogenic in lifestyle and content.

The plan is not just any meal plan that is only concerned with the major meals like breakfast, lunch, and dinner but a holistic one taking into consideration your snack desires and need. Depending on the individual preferences or diet goal, you can either start small or flexible where you incorporate the lenient type of ketogenic diet which gives rooms for an easy and a rather smooth transition from the predominantly carbs diet and gradually dropping off the carbs and replacing it with protein, fats, and others but with the sole aim of reducing the carbs content level.

Whether it is the targeted, high-protein or the standard ketogenic diet you decide to take on, this array of ketogenic diet forms offers a whole lot of health benefits and overall goodness to body metabolism. Sometimes switching to a diet style might come with its downtimes where temptations are high to go snacking or just eat intuitively. This keto meal plan accommodates your snacking needs and desires while also feeding you with the right list and combinations. During snacking, it's quite easy to want to have one or two booze, however, it is best to steer clear of alcohols owing to their carb content.

Quite a number of these alcoholic beverages may push you off ketosis. However, you should not become so enthusiastic with snacks that you would think it is equivalent to the actual keto diet. Also, willpower is not enough to say you will stick to the ketogenic diet because sometimes the willpower

becomes infinitesimal and remember that the other nutrients you can get from your food are also important not just the fat requirements you are getting.

Although snacks are generally taken between meals and are not in themselves the main meals like breakfast, lunch, and dinner, they sure do have an effect to play in the keto diet and its results. Thus, it is paramount to spend enough time in the preparation of high-quality ketogenic snacks for your delight, while focusing more on whole foods and other healthy ingredients for your recipe instead of allowing processed poetic “low carb” foods and food products, most importantly, choose your snacks on the basis of how much they have in fat and protein contents such that you attain your keto diet goals. Therefore, in an array of options, go for the one with a higher fat and protein levels and of course, with the lowest carbs.

Going ketogenic in diet is not exactly complete without a good meal plan to guide your daily consumption. Just like any other type of diet, there are various types and version - whereby we term some 'strict' while some 'causal' or basically not so strict after all, these types allow a gradual transition from phase to phase until the full potential is achieved or just for individual preference. The various types or versions of ketogenic diets include:

- Targeted ketogenic diet: This form of the ketogenic diet basically allows you to use the ketogenic diet for a defined purpose. For example, incorporating a few rounds of ketogenic diet in between workouts with the sole intention of burning out the fat or just using the fat as a reservoir during exercise and workouts. It can also serve as a way to stay in shape or even lose weight due to the fact that fats release more energy than other classes like protein and carbohydrates. The targeted ketogenic diet is mostly used by athletes, bodybuilders, weight lifters and so on.
- Protein-rich ketogenic diet: This is the most similar form of ketogenic diet as compared to the standard ketogenic diet. It only accommodates more protein, consequently reducing fats levels but with a constant 5 percent carbs ratio just like in the Standard ketogenic diet. With a

high protein ratio of 35 percent and 65 percent fats. This high protein ketogenic diet offers a whole new option for ketogenic dieters.

- The Standard Ketogenic Diet: This version basically covers for a full replacement of carbs with fat such that we have about over 70 percent of fat, about 20 percent of protein and just 5 percent of carbs, giving this type the lowest quantity of carbs. This version is the climax of the whole ketogenic dieting.

These ketogenic diet types are important in fine-tuning your meal plans such that you choose your meal recipes and ingredients based on your intended goal regarding the various types of the keto diets that exist. To help you kick start your ketogenic dieting journey, here is a comprehensive 14-day meal plan for you to take on:

Monday (Day1)

Breakfast: Cooked Beef, eggs and tomatoes mixture of battered and fried coconut oil.

A hundred grams of cooked beef offers you about 217 units in Calories, 26.0 percent protein, 0 grams of fiber, 0 grams of sugar, 0 grams of carbs and 11.9 percent fats and of course 61 percent water. A meal with beef and eggs is a very good source of protein and fat. Tomato serving has something light giving you that veggie feel in your plate coupled with the nice and fatty effect of coconut oil, you are sure to have a great amount of fat and vitality you need to serve your energy needs for the day ahead.

Snack: Macadamia Nuts

Lunch: Chicken salad with olive oil and tea with whole cream milk.

Chicken meat provides vitamins mainly from the B complex, including Niacin or vitamin B3, which is essential for the metabolism of fats and sugars in the body, as well as for maintaining healthy cells. It also contains minerals such as magnesium, potassium, phosphorus, and zinc coupled with the overflow of rich fat from whole cream milk and richness of olive oil both in good fat and nutrients. A bowl of chicken salad with all this won't just fill your stomach but do your body huge benefits.

Snack: Pepperoni Slices

Dinner: Tuna with lettuce cooked in butter.

This simple combination feeds you with the lightness and heaviness of protein and rich fats from your Tuna fish and butter with a great number of calories for your body.

Tuesday (Day 2)

Breakfast: Scrambled Egg, tomato, pepper, asparagus, and goat cheese omelet.

Eggs having a percentage of 12.1 percent protein and a fat level of 11.2 percent coupled with the cheese asparagus mixture, you are sure to have a load of healthy fats with the right amount of protein and even water, as your veggies like tomatoes and asparagus are fair enough in water content and full of great nutrients and antioxidants like lycopene found in tomatoes. A whole package of micro and macronutrients are in this breakfast.

Snack: Cashew nuts

Lunch: Tiger nut milk, peanut butter, cocoa powder, and bacon

Snack: Homemade Kale Chips

Dinner: Meatballs, cheese, and salad

A serving of cheddar cheese gives you about 114 calories, 0 grams of carbs, 0 grams fiber, 9.4 grams of fat and 7 grams of protein.

Wednesday (Day 3)

Breakfast: Coffee with full cream milk and fried salmon.

Snack: Olives

Lunch: Shrimp salad with avocado oil and spinach.

Snack: Avocado

Avocado is a highly nutritious food to snack on having a huge content of healthy fats boosting your high-density lipoprotein (HDL) cholesterol levels to keep you going for the day. With an array of vitamins, antioxidants, and minerals, you cannot go wrong with this one.

Dinner: Pork chops with cheese, zucchini, and salad.

Zucchini is a great light food having a significant amount of fiber and other nutrients useful in achieving healthy digestion and is very low in calories. With a cup of zucchini slices having about 17 calories - this together with pork chops being a good source of protein and fat level with zero gram of carbs giving you that light feel in your stomach but with adequate dose of fats to keep ketosis on track.

Thursday (Day 4)

Breakfast: Egg Omelet with avocado, basil, peppers, onion herbs, and spices.

A meal having egg omelet and avocado is surely a Ketogenic one with the right combination and interaction of fat and protein while keeping carbs at a minimum, it's a great way to start the day.

Snack: Zucchini chips

Lunch: Nuts and celery sticks with sausage

Nuts are great sources of fat and having those with sausage is a good protein-fat combo without downplaying the fat. This meal keeps your carbs level on the low coupled with veggie goodness from celery.

Snacks: Sauerkraut and pesto

Dinner: Turkey stuffed with pesto and cream, alongside a mixture of veggies.

Friday (Day 5)

Breakfast: Milkshake with peanut, cocoa powder and stevia.

Snack: Ketogenic Nachos

Lunch: Pork stir-fry cooked in sesame oil with vegetables.

Snack: Coconut chips

Dinner: Bun-less burger with ham and cheese.

You can never go wrong with cheese in a keto diet, because it's a rich and huge source of fats, giving you the right amount that you need to couple with its other micronutrients and with a bunless burger and ham, the protein - fat ratio is superb and of cos keeping carbs below 5 percent.

Saturday (Day6)

Breakfast: chicken and cheese omelet with vegetables.

Snack: guacamole

Lunch: Turkey and cheese slices with nuts.

Snack: zucchini chips

Dinner: mackerel, egg, and lettuce cooked in soy oil.

Sunday (Day7)

Breakfast: eggs with pork and full cream milk.

Snack: cheese

Lunch: Burger with salsa, ham, and guacamole.

Snack: peanut butter

Dinner: Steak and eggs omelet with vegetables.

Week 2

Monday (Day 8)

Breakfast: Egg, tomato, basil, and goat cheese omelet.

Snack: peanuts and cocoa butter

Lunch: Almond milk, peanut butter, cocoa powder, and stevia milkshake.

Snack: Bone broth

Dinner: Meatballs, cheddar cheese, and vegetables.

Meatballs are a great source of protein and fat, together with cheddar cheese pushes up your fat intakes. Just what you need to keep ketosis in place.

Tuesday (Day9)

Breakfast: Bacon, eggs, and tomatoes. This combination is a great way to start your day- Bacon and eggs serving the right protein to fat ratio, just typical of a proper keto diet and of course tomatoes doing justice to the combo.

Snack: Cheese tacos

Lunch: Chicken salad with olive oil and cheese.

Dinner: Mackerel with asparagus cooked in olive oil.

Snack: Garden egg and high-fat nuts.

Wednesday (Day10)

Breakfast: Omelet with avocado, salsa, peppers, onion, and spices.

Snack: Sauerkraut and pesto

Lunch: A handful of nuts and celery sticks with guacamole and salsa.

This combo houses a lot of good fat and protein in nuts and guacamole.

Dinner: Chicken stuffed with pesto and cream cheese, along with vegetables.

Thursday (Day 11)

Breakfast: A ketogenic milkshake.

This is a type of milkshake that takes into consideration that more fat is present in the milkshake, followed by protein and carbs having the least representation.

Snack: Beef Pemmican

Lunch: Prawn salad with olive oil and guacamole.

Snack: Cucumber and nuts

Dinner: Beef chops with broccoli and salad.

Friday (Day 12)

Breakfast: Tea with milk, chicken, and mushrooms.

Snack: Sardines

Lunch: Burger with pepper, cheese, and avocado.

Snack: Coconut

Dinner: Steak with a side salad.

Saturday (Day 13)

Breakfast: Pork and cheese omelet with vegetables.

Pork is a good source of protein with a significant amount of fat. A serving of 100 grams of pork gives you calories of about 297, protein of about 25.8 in grams, 0 grams of carbs, 0 grams of sugar, 0 fiber, and about 20.7 grams of fats. When combined with cheese omelet and vegetables, it is not just a delicacy but a power-packed keto meal.

Snack: Stuffed avocado

Lunch: Chicken and cheese slices and cabbage.

Snack: Cheese

Dinner: Whitefish, egg, and spinach fried in coconut oil with salsa.

Sunday (Day 14)

Breakfast: Sugar-free yogurt with lard, cocoa powder.

Snack: Olives

Olives are a great option as a ketogenic snack you are looking for with a calorie level of 146 kcal. In 100 grams of Olives, carbohydrate levels are low at 3.84 grams, dietary fiber of about 3.3 grams and a significant fat level of 15.32 grams and 1.03 grams of protein, serving you keto diet goals even when snacking.

Lunch: Beef stir-fry cooked in coconut oil with vegetables.

A beef fried in coconut oil has the synergistic power of beef fat and coconut oil fat levels giving you a good dose of ketosis, without forgetting the protein and other nutrients got from beef and vegetables.

Snack: Garden egg and boiled egg

Dinner: Bun-less burger with beef, pork, and cheese.

Depending on your preference, there are a lot of ways to go about your snacks and snacking desires. There are a whole lot of snacks you can pick from on your ketogenic diet. These include: Full-Fat Cheeses, Sardines, Peanut Butter, Seeds, Beef Jerky, Low Carb Bars, Cheese Chips, Ketogenic Cheese Chips, Small size Low-Carbs Sandwiches, Meat & Cheese Rolls, Boiled Eggs, Bacon-Wrapped Ketogenic Foods, Lettuce Wraps, Specially prepared Low-Calorie Snacks (usually homemade), Cheese tacos, Cherry Tomatoes, Coffee, Tea, Bone Broth, Kale Chips, Sugar-free Pickles, high fat keto snack, Homemade Guacamole, Bacon, Cheese Dip, Homemade Keto Popsicles, coffee Iced Keto-proof Green Tea, Keto Smoothies and Shakes, Avocado, Olives, Pork Rinds, Macadamia Nuts, Raw Coconut Butter, High-Fat Nuts and Nut Butters, Keto-Friendly Dark Chocolate, Cacao Nibs, Pepperoni Slices, High-Fat Cheeses, Beef Pemmican, Homemade Bone Broth, Kale Chips, Keto-Pickles, Specially prepared Keto Salad, Stuffed Avocados, nacho, etc.

Do ensure to mix and rotate the cycle of meat and vegetable array as time goes on because each type is unique and provides you with different types of benefits in health and nutrition. Also, for products like cheese which comes in various types and forms, it is okay to mix and rotate them, having a whole lot of types to pick from - you cannot run out of options.

For places where you have nuts, make sure to take on as much as possible, such as cashew nuts, peanuts, and other high-fat nuts. No matter the time of the day, remember to keep the carbs at 5 percent or less. Only then will ketosis come into play. Any type of ketogenic diet you choose, make sure to keep your fats high and highest. As time will pass, you would master the art of ketogenic eating and you may not necessarily have to repeat this 14-day meal plan verbatim but you would plan out and design your own food plan such that it meets your organoleptic desires while fulfilling your nutrition and health goals. It is important to steer clear of some certain regular foods which include:

- Sugary foods: Soda, cake, candy, ice cream, and the likes.

- Grains or starches

- Beans or legume

- Root vegetables and tubers like yam, potatoes, Cassava

- Low-fat or diet products: These are usually chemically processed and oftentimes high in carbs.

Overall, Ketogenic diets help improve health and may have several benefits against diabetes, epilepsy, cancer and Alzheimer's disease. These diseases can be said to be the ones of concern especially in the world today. These diseases are hard to cure and therefore managed by medication. In rare cases where they are cured, the diet type administered has been shown to play a vital role in helping the body regenerate and 'heal' itself.

Today where diabetes is prevalent across race and gender, this type of diet can help especially in type 2 diabetes associated with insulin disorder. Ketogenic diet helps reduce the blood sugar by reducing the source and supply of blood sugar - which are high carbs foods that have colonized our dining tables, even in dates and special occasions.

The ketogenic diet does not just improve health by magic or voodoo but by the healthy choices accustomed to this diet. It promotes the consumption of whole foods such as whole eggs and not just

egg white, making sure these are consumed whole where its nutrients are still intact and whole. Healthy fats include foods containing and those rich in omega fatty acids - omega 3 and omega 6 fatty acids such as sardines, mackerel and other oily fishes containing linoleic acid, Docosahexaenoic acid (DHA) and other essential fatty acids.

DHA is a very important omega fatty acid needed for sharp brains and minds in newborn babies. In the ketogenic diet journey, strict compliance with avoiding chemically treated foods is as important as following the whole carbs - fats percent ratio in food consumption. This simple precaution if not followed could as well water down the good implications of taking the ketogenic diet way due to the oxidizing effects some of these chemically processed foods may possess. For example, some of these chemicals are responsible for the production of free radicals and ketogenic diet providing an array of antioxidants. This action and reaction may end up giving a 'moon-walk' effect where it seems like there's progress but yet there's a regression.

At the onset of the keto diet, to reduce the effect of the keto flu, take in a lot of fluid including water and also taking bouillon will sure help in easing things. When the symptoms of the keto flu seem to be weighing on you, hang on to the goals and benefits that this diet bags along, remember it is a diet only when it is followed.

Here's a sample chapter from my other book - *Happiness for Beginners* – that you would find very useful in maintaining a healthy diet.

4 TIPS FOR IMPROVED SELF-MOTIVATION

Have you ever found yourself NOT doing the work that you KNOW you should do?

Did you ever set a goal of losing a few pounds till the end of the current month by following a diet & exercise plan, but got distracted halfway and couldn't lose the weight on time?

Have you ever slacked off in the middle of a work project and couldn't finish it before the deadline?

Me too.

Motivation is a powerful, yet tricky beast.

It is critical for achieving success in any endeavor of life. Now, we are going to dive deeper and look at some of the relatively unknown facts about motivation.

Fact #1 - Motivation is an emotion

Motivation is a special kind of emotion. It's an emotional drive or desire to do something. It pushes us to take action and move towards a specific outcome. Because of this, motivation is crucial for the attainment of any worthwhile goal.

While healthy levels of motivation pump you up to take action, lack of the same can make you lazy and stagnant.

The more motivated you are, the more compelling taking action becomes. The lesser your motivation level, the more you are likely to procrastinate and make excuses. You can call motivation as the archrival of procrastination and laziness.

Fact #2 - A blessing in disguise

Motivation is a blessing. If you are motivated to do something great, consider yourself 'blessed'.

Very few people are blessed with the motivation to make things better. If you have the compulsion to create a better future for yourself and society, you are extremely fortunate. Don't take your motivation lightly. You are one in a thousand individuals who have the desire to change.

Do yourself and your society a favor and capitalize on it. It will not be there forever.

How to increase your motivation?

Now we come to the core of this chapter - how to increase motivation and sustain it at high levels. The techniques for increasing motivation mentioned below are among the most effective ones that I have found after trying out everything under the sun for more than 13 long years.

I have tried them all - from NLP and punishment/reward to visualization and energy works such as EFT, and these are some of the best ones I ever came across.

1. Find your "Why"

The first very effective method is to make a list about WHY you want to achieve your goals. What are the reasons for which you crave your desire? How will the realization of your goals help you and others? What will it allow you to do or feel? What positive changes will it bring?

These are the reasons for which you want to acquire your goals.

And your reasons can be of any kind - financial, physical, spiritual, or mental. Whatever they may be, if they make you 'feel' even slightly motivated, add them to your list. Make sure your reasons are authentic, which means they are your personal reasons. Whenever you think about them, you feel excited.

The higher the number of reasons in your list, the better it is.

Once you have prepared your list, review it at least three times a day. More than any individual reason, it's the cumulative impact of this list which will boost your motivation to a much higher level. And best of all, it is available to you all the time. You can view this list at any moment you need.

Now some people ask why this has to be a 'written' list. Why can't they just have these in mind?

The answer is: writing down these reasons is very powerful. There has been a lot of research done about the positive impact of the written word. Whenever we write something down, it affects our

subconscious mind at a very deep level. Additionally, you can view this list anytime you need a boost in your motivation.

Another important point is to make sure your reasons are positive, not negative. For example, "I will be fully financially independent when I achieve my goal" is a positive reason. Don't write it as "I will be able to pay my bills and move out of this horrible situation".

See? The first reason is written in a positive tone and feels much more uplifting and powerful. The second makes you focus on the negative, even if its overall meaning is positive.

Anthony Robbins says, "*Life is about focusing on what you want, not on what you don't want.*"

So make sure your reasons are written in a positive tone, which will make you focus on the positive benefits of achieving your goals.

To recap:

- Make a list of positive, empowering reasons for you to achieve your goals. Make sure you select reasons which make you FEEL pumped up.
- Write it down on a piece of paper.
- Review this "why" list, at least three times in a day, preferably once in the morning after waking up and two more times later in the day.

2. Cut-off all distractions

Distractions kill motivation.

Here is what you do if you want to achieve your goals and get ahead in life...

Completely cut out everything that doesn't support you.

Don't eat any type of food that doesn't support you.

Don't look at any type of influence like television or media or celebrity gossip websites.

Do not play video games.

Do not watch movies.

Minimize alcohol consumption.

Minimize interactions with people who distract you from moving towards your goals.

Do not do anything that makes you waste your time.

When you set a goal, you make a commitment - it must be the single focus of your day to day life.

If you want to be relaxed, have fun and goof around, don't set a goal.

Setting a goal demands your complete attention, and if you are unwilling to give up all other leisure activities, do not set a goal.

Because there is no middle ground. Either you are fully committed to a single objective or not. If you mix both - committing to a goal AND being relaxed - it is a recipe for disaster.

You will neither be relaxed nor motivated. You will be confused and worried all the time about what you should do and shouldn't do.

Decide what you want to do. If you want to relax and take things easy, do that. If you want to achieve something important to you, commit fully into it and cut-off all distractions.

If you choose to follow the latter, you will experience an unbelievable surge in your motivation levels.

3. Set small, manageable goals

If you have a big task to accomplish, and it feels daunting... it is better to break it down into a series of smaller steps.

For example, suppose you have a goal of getting into shape. It can be very vague and confusing by itself. In this case, you have to break it down into smaller, more manageable goals.

Goal #1 - Take a gym membership.

Goal #2 - Ask a professional what exercises you should do.

Goal #3 - Find out your daily protein requirement.

Goal #4 - Add greens like kale, spinach, broccoli & clean meats like chicken to your diet.

Goal #5 - Start drinking 2-3 liters of waters each day.

Goal #6 - etc...

In this example, "getting into shape" is a pretty broad and vague term in itself. It does not convey what exactly needs to be done. By breaking it into a series of smaller goals will allow you to know exactly what you have to do and when. It gives clarity to the whole process and massively increases the odds of you taking action.

So, break down all your big goals into a series of smaller goals. It *really* helps!

4. Momentum is the key

Momentum, also called forward momentum, is the "flow" you have when you are taking action consistently. It's like if you are already going to the gym 5 days a week, it will not be difficult to workout 6 days a week. Because you are already taking action, you have forward momentum.

That is why starting a new project is so hard. It takes a lot more effort to initiate something. But once it picks up the momentum, it becomes easier to maintain.

It's much easier to keep a ball rolling, then to get it moving from a standstill.

It works amazing for increasing your motivation. If you are just starting out, do small tasks which demand little effort from you. For example, if you want to lose weight, start drinking green tea every morning instead of coffee and be persistent with that. After a few days, add 30 minutes of walk in your day. Soon after that, replace oily and fried food with green vegetables.

Take it easy in the beginning. Start small and do activities which require only little effort. Once you get comfortable, begin taking up challenges which demand more. For example - eat only healthy food, cut off all sugar and processed food, exercise regularly, strictly following your schedule, etc.

As you complete smaller challenges, you will start gaining momentum. It will become increasingly easier to take action regularly.

As you keep challenging yourself with more and more tasks, your momentum will get stronger. The more momentum you gain, the easier it will be to take action regularly. Soon, you will reach a point where it will be easier to take more action than to stop.

This is the power of forward momentum.

It will have a spill-over effect on other areas of your life. Momentum is energy, and by practicing it, you are putting energy in your everyday life. You will feel more alive and vibrant. The joy of taking down challenges, coupled with satisfaction from moving in the direction of your desires will create such joy, you will not want to stop.

At this point, the power of momentum is on your side. You will breeze past any obstacles & problems without giving a second thought. It's like shifting to the fast lane to success. Moving forward will become your default way of thinking and behaving.

But you must know one more fact about momentum. Just as the momentum is gained by taking action, it can decrease or even completely die out if you stop taking action. You'll have to take action consistently to build and maintain high levels of momentum.

And the more momentum you build, the easier it will be to take more action, which in turn, builds more momentum. It is a powerful, upward-spinning cycle.

If you stop taking action, your momentum will start decreasing. And with enough stall time, it will fade away completely.

Keep both of these factors in mind -

- a) Taking regular action creates and sustains momentum.
- b) The more momentum you build, the easier it gets to take more action.
- c) Being stagnant will kill momentum.

Use this insight to your advantage and never lose your momentum. The higher your momentum, the stronger your motivation will be.

Book 2

INTERMITTENT FASTING 101

Essential Weight Loss Guide for Women and Men – 16/8 Method, One Meal a Day, Autophagy, and More!

VISHAL PANDEY

TABLE OF CONTENTS

Part I

[What Is Intermittent Fasting?](#)

[Benefits of Intermittent Fasting](#)

[Is Intermittent Fasting Suitable for You?](#)

[What Do Recent Studies Say?](#)

[What Do Nutritionists Think?](#)

[Are There Any Side Effects of Intermittent Fasting?](#)

[Precautions to Follow](#)

Part II

[Types of Intermittent Fasting](#)

- [The 2 Day Diet Method](#)

- [The 5: 2 Diet Method](#)

- [Alternate Day Fasting Method](#)

- [Dinner Cancelling Method](#)

- [One Day a Week Method](#)

- [The 16: 8 Fasting Method](#)

["What to Eat" Guidelines](#)

Part III

[Intermittent Fasting for Weight Loss](#)

[Breakfast - Yes or No?](#)

[How to Train During Intermittent Fasting?](#)

[How to Start Fasting?](#)

[The Problem with Modern Diets](#)

[Trigger the Metabolism](#)

[What to Do When You Have a Hunger Attack?](#)

[Impact of Social Life and Peer Pressure](#)

[7 Tips for Fasting Success](#)

[About the Author](#)

PART I

What Is Intermittent Fasting?

There are countless trends related to diet, nutrition & fitness, ranging from no-fat to all-fat, to raw food and gluten-free. They should all help in losing weight as quickly as possible while being healthy. The latest trend on the subject of nutrition is not concerned with the "what", but with the "how".

Intermittent fasting, by its very definition, means eating nothing or only very little over a long period of time. It focuses less on what you eat and more on the rhythm of eating. The emphasis on the right timing for eating means that you don't eat for a period of time. Skips meals.

The most original form of fasting that every human being takes by nature is sleep. The 7-8 hours at night without food are often the start of fasting and are simply extended in the morning hours so that you spend 14 hours without food. It's definitely the easiest way to start a healthy fast.

There are several ways to practice fasting. Each form has its own policy in relation to the duration of the fast. That's why this book presents the most popular methods along with the details of how they work so you can determine out what suits your lifestyle and goals.

It is common to give a negative connotation to fasting since the 'good' advice of not skipping meals and dividing the diet into three

main meals and two snacks have always been preached in the field of health and nutrition.

The idea of fasting is associated with a feeling of tiredness, weakness, and mental confusion, but we forget that our ancestors were undoubtedly adapted to a diet that consisted of eating much more diluted foods than we are used to.

When you eat less or skip meals, in reality, numerous metabolic mechanisms are activated which can increase the resistance to fatigue and physical stress. Modern humans have inherited these mechanisms from the hominids that have survived and reproduced in conditions of difficult access to food.

Intermittent fasting (IF) is a diet method that alternates between fasting and non-fasting. The usefulness of intermittent fasting comes from the scientific evidence of prolonged calorie-reduction which can promote fat loss and lean body maintenance while improving health.

However, intermittent fasting differs from ordinary fasting because it is based not only on calorie restriction but on the alternation of the fasting phases with normal eating, which are characterized by precise rhythms.

Intermittent fasting is also not a special type of fasting like Buchinger therapeutic fasting and others like it. Rather, it has a specific eating rhythm. This means that in contrast to traditional fasting, meals are well consumed, but always at certain times or in a defined period.

Although we all know that overeating is often the cause of many diseases of the modern world such as heart and vascular diseases,

diabetes, and obesity, many people still find it difficult to control or even reduce their food intake.

And this is where the prehistoric man comes into play again. Evolutionary scientists and nutrition experts have been increasingly concerned with the lifestyle and food intake of our ancestors in recent years and what effects this could have on our lives today.

The result of various studies is that an alternating rhythm in food intake can minimize cardiovascular risk factors and protect against degenerative diseases of the nervous system and reduce excess body fat.

An overview of Fasting

Fasting can be practiced in several ways: One of the most well-known systems is 5/2, the "fast diet" by journalist Michael Mosley, which provides a calorie limit of 2 days a week and a normal diet in the other 5.

Another method is to eat for a period of 8 to 12 hours and fast for the rest of the day. If the first meal is at 8 a.m. according to this scheme, the last meal should be at 8 p.m.

And finally, there is Intermittent Fasting. Its name actually makes it clear how this diet works. Instead of foregoing solid food for a limited period of time as with proper fasting, it consists of phases of normal eating which alternates with phases of zero food intake. This is to prevent cravings and feelings of weakness.

How long do the phases last? There are very different opinions on it. Some eat normally for two days and nothing on day three. Others try the 16: 8 method, which is exactly a 16 hour fast

between dinner and breakfast. So, you either eat late breakfast or early dinner.

Other similar dieting methods are:

36/12 Method: You fast every other day. On the "eating day" you eat normally between 8 a.m. and 8 p.m.

20/4 Method: The window at which you can eat is only four hours every day and fast for the rest of the 20 hours.

Benefits of Intermittent Fasting

Intermittent fasting has numerous advantages. It helps you lose weight, is beneficial for the cardiovascular system and the regeneration of nerve cells in the brain. Definitely an all-rounder for health!

The benefits of intermittent fasting on your health:

- Improvement of the digestive tract
- Regulation of blood sugar levels
- Increased fat burning and losing weight
- Easier entry into ketosis and increased mental performance
- Faster regeneration of nerve cells

The concerns that modern man has about fasting arise from prejudices and bad information, while the most recent evidence shows how introducing fasting into one's own food routine could lead to beneficial effects for the body.

For many years, it was assumed that the beneficial effects were caused by a reduction in energy consumption alone. Reduced energy consumption, so the thesis, means less stress for the body cells. Modified studies in the 1980s, however, showed that this simplified explanatory model is obviously wrong and that just reducing calories is not the reason for weight loss. The combination of reduced calorie intake and intermittent fasting has achieved the best results

Intermittent fasting - Increased resilience and life expectancy

Another positive effect that was observed in the animal experiments at that time was that the diet-fed animals were significantly longer and were significantly more resistant than their normal diet. As with reduced calorie intake, reduced levels of glucose and insulin were measured in the serum. The blood pressure was significantly decreased and the neurons in the brain were also more resistant to excitotoxic by kainic acid-induced stress.

Intermittent fasting - effects on insulin levels and fat burning

At the same time, our insulin level rises with every meal. Because this hormone, which is produced by the pancreas, ensures that the nutrients from our food get into our cells. So when we eat every few hours, our insulin levels are constantly high. However, because insulin blocks fat burning, we cannot burn fat as long as insulin is active in our body.

The other problem is that high insulin levels may sooner or later end up in so-called insulin resistance. Many researchers see insulin resistance as the basis for a large proportion of metabolic diseases such as diabetes, obesity, and high blood pressure.

On the other hand, if we give our body regular small breaks, our cells can recover from the effects of insulin.

Intermittent fasting - protects against diseases of the nervous system

According to studies, intermittent fasting can help improve nervous system health. The reduced blood sugar and insulin levels during the food withdrawal period stimulate the formation of protective proteins and antioxidant enzymes. This enables the human body to better protect its cells from oxidative stress. Proteins are also increasingly released, which control the growth, differentiation, and health of newly developing nerve cells. In this way, nerve cells that are sick or not very efficient are selected or renewed.

As a result, the natural aging process can be slowed down and the risk of developing degenerative diseases of the nervous system, such as Alzheimer's and Parkinson's disease, is reduced.

Intermittent Fasting - Regulates cholesterol levels

Comparative studies are also used that were carried out on fasting Muslims during the fasting month of Ramadan.

Basically, this is also a kind of intermittent fasting. You only eat after sunset, which limits the time it takes to eat - here for religious reasons rather than health reasons - to just a few hours a day.

For example, reduced values of the potentially vascular-damaging LDL cholesterol were found in the fasting, while the vascular-protective HDL cholesterol increased at the same time.

The benefits of calorie restriction have been known for decades and were summarized by Rafael de Cabo (translational gerontology

laboratory of the National Institute of Aging in Baltimore) and Mark Mattson (neuroscience department of Johns Hopkins University) in the review published in one of the most important medical journals in the world. "Eating intermittently is a choice that can be part of a healthy lifestyle," said Mattson himself, a follower of the diet of intermittent fasting for twenty years.

The most solid evidence concerns the preservation of a correct state of cell health, at the level of all organs. The process is made possible by the depletion of glucose reserves and by the use of fat as an energy source. This, according to Mattson, improves the regulation of blood sugar, reduces the inflammatory response, and increases resistance to stress.

In summary, based on four studies conducted both in animal models and humans, it is concluded that "intermittent fasting also reduced blood pressure, the levels of lipids in the blood and heart rate at rest." The evidence that documents an impact on obesity and the risk of getting diabetes is less solid, but still present in the literature.

The advantages of the intermittent fasting are varied and reach every corner of the body: Lose weight & belly fat, reduction in inflammation, improvement in blood cholesterol levels, and production of new nerve cells in the brain. It reduces age-related risk factors, improves metabolism and may lead to life-extending effects.

If you look back into the distant past of our ancestors, you discover that food was not always omnipresent and that the next meal was often long in coming or had to be hunted down or collected with effort. The temporary lack of food made our ancestors more robust and resilient. In addition, it makes sense that an organism that is

constantly engaged in digesting food is also in some way contaminated. A time of not eating can also be a relief for the body.

In our modern world, we like to eat several times a day almost as a habit. In the past, not eating anything would mean subjectively perceived stress for our ancestors. And it is actually a kind of stress for the body because our cells are irritated or stressed to a small extent.

This is actually good for us. Similar to sports, this mild stress trains the cells and makes our body more resistant to more severe stress factors such as diseases (principle of hormesis). And indeed, risk factors for Alzheimer's, diabetes, cardiovascular diseases, and many other diseases are reduced by a reduced meal frequency.

Reduced calorie intake may lead to a longer life expectancy. Along with cholesterol & blood pressure levels, the risk of developing type 2 diabetes could also decrease. The body would switch to fat-burning mode during fasting. There is no craving for food, at least at shorter intervals.

Studies on fasting have multiplied in recent years. Several studies concluded that "intermittent fasting is effective for weight loss and for improving health indicators including insulin resistance and reducing risk factors for cardiovascular diseases".

The same result had already been obtained from a literature review carried out by Rothschild J in 2014, who concluded that "intermittent fasting could be used to modulate risk factors for cardiovascular diseases, as human results show a decrease in body weight, a decrease in triglycerides, blood sugar and LDL cholesterol and an increase in HDL cholesterol.

Even Alhamdan BA et al after a review of the literature concluded that intermittent fasting is an effective dietary method and may be superior to highly low-calorie diets for some patients due to the greater sustainability to the dietary method, and to the results obtained (greater loss of fat mass and preservation of muscle mass).

According to Catenacci VA, intermittent fasting "is a safe and well-tolerated approach for weight loss. Compared to the traditional low-calorie diet, it has resulted in similar results in weight loss, body composition, lipid pattern and insulin sensitivity after 8 weeks of dieting and does not seem to increase the risk of recovering lost weight 24 weeks after completing the dietary treatment".

Researchers from the Department of Biomedical Sciences of the University of Padua published in October 2016 a study conducted on 34 subjects trained with endurance physical exercises. One group underwent an intermittent fasting period for 2 months while the other was given a classic diet; the calorie intake was the same in the two groups, but distributed at a different time throughout the day.

The group that experienced the intermittent fasting consumed the caloric needs in an 8-hour time window, divided into 3 meals: at 13, 16, and 20. The group that followed the normal diet, however, took the food in the 12-hour arc: at 8, 13 and 20.

At the end of the study, the fat mass was lower in the subjects of intermittent fasting than those of the normal diet, while the lean mass and muscle strength remained constant in both groups. There were no changes in metabolic parameters such as total cholesterol, HDL, LDL or triglycerides.

Despite the small sample size, this study demonstrates the effectiveness of intermittent fasting as a possible technique for the treatment of obesity.

There is also a wide range of work on how intermittent fasting can be effective against the effects of aging, but almost all of these studies involved mice, rats or monkeys and not humans. There are several mechanisms that contribute to this effect and, although there is no official scientific evidence yet, the effect could also manifest itself in humans. With a systematic look at the trials, we find only one study involving humans: a 2006 review of a study actually carried out in Spain in 1957.

In this study, 120 residents of a retirement home were divided into two groups. The first group underwent a normal diet, while the second group underwent an alternating diet: one day normal calorie intake and the next day marked calorie restriction (about 900 kcal). After three years there were 13 deaths in the control group versus 6 in the fasting group. This study was also done on a limited sample but offers an important starting point for reflection.

Autophagy

As intermittent fasting begins to gain popularity throughout the fitness world and becomes more mainstream, people's interest in autophagy is just beginning to spark. But what is autophagy and why is it important?

Autophagy translates to “eat thyself”. Auto: self, phage: eat. It sure gives a clue about what actually takes place during autophagy.

Simply put, autophagy is a process in which our healthy cells begin to focus their attention on the other cells which aren't functioning

at their fullest potential. This could be due to cellular damage or too much toxin accumulation. Our body then destroys those dysfunctional cells, but it recycles good parts of them to use for other things like cellular repair and cleaning. Autophagy can be thought of as your body's internal cleaning system, but on a cellular level.

Ketosis

One of the most notable benefits of fasting is its metabolic effects. By skipping meals, the body draws on existing fat reserves and consumes them. This means that you can lose weight efficiently. It becomes even better if you want to switch to a ketogenic diet and thus undergo ketosis. Ketosis is a metabolic form in which the liver forms so-called ketone bodies from medium-chain fats, which are an ideal source of energy for your brain.

Compared to the production of energy from carbohydrates (glucose), ketone bodies provide faster energy for the brain. If you pay particular attention to your diet during fasting and eat low in carbohydrates, the body switches to so-called ketosis more quickly. Intermittent fasting speeds up the process of getting into ketosis faster by training the body to get its energy from fat stores. Intermittent fasting is the ideal way to start ketosis and improve mental performance.

Benefits for the Brain?

The findings of several preliminary epidemiological studies suggest that intermittent fasting might also facilitate the maintenance of brain health and thus have a preventive role potential against diseases such as Alzheimer's and Parkinson's. Although much research is still needed before demonstrating the effects of

intermittent fasting on learning and memory, according to Mattson, it cannot be excluded that "in the future, the diet of intermittent fasting may become one of the possibilities to prevent or at least delay the start of a neurodegenerative process".

A study by the Laboratory of Neurosciences in Baltimore found that fasting is a relief for the brain. The stimulus intensity decreases during Lent and so the nerve cells can regenerate better.

The influence of intermittent fasting goes beyond the brain. In addition to the neurological advantages, nowadays we also know about the effectiveness of fasting against various common diseases such as high blood pressure and obesity. For example, it increases the body's sensitivity and response to insulin, which helps regulate blood sugar levels and thus control feelings of hunger.

In studies on mice, it was also found that the reduction in calories had an impact on the lifespan and increased it by 30%. Intermittent fasting can, therefore, have a regenerative effect for your body as well as for your brain and thus has long-term, positive effects on health.

Is Intermittent Fasting Suitable for You?

All the benefits of intermittent fasting do not mean, of course, that it is immediately optimal and healthy for everyone.

Anyone who is thinking about trying this potentially very healthy method of fasting should first look carefully at their lives and consider whether it is the right time to change their eating habits from scratch. You should also not have any major health issues. If you are relatively healthy and balanced, then this is the best tool to enjoy all the benefits.

What Do Recent Studies Say?

Countless testimonials speak for themselves: intermittent fasting seems to work. But what do the scientific studies say? Is it really as healthy as it is said to be?

Results from animal studies indicate that regular fasting can reduce the risk of chronic diseases. These include type 2 diabetes, cardiovascular diseases, neurological diseases, and cancer. Intermittent fasting also had a positive influence on brain function. In addition, interval fasting (alternating fasting) shows life-prolonging effects in animal studies. The authors of a recent study in mice found that the prolongation of life through alternating fasting is not related to a general delay in the aging process, but rather to delays in life-limiting neoplastic disorders.

Clinical human studies on the effects of interval fasting have so far only been available in small numbers and their statements are not clear. A current meta-analysis presents various hypotheses about which intermittent fasting should affect metabolism. These include circadian biology, the gut microbiome and changeable lifestyle factors such as sleep behavior. There are also no clinical studies comparing the effects of intermittent fasting with periodic fasting on health.

In a review from 2015, the authors conclude that the data from the few clinical studies and observational studies available provide indications of positive health effects (Horne et al. 2015). The authors of another meta-analysis from the same year come to the conclusion that intermittent fasting is a valid alternative to low-calorie diet in regard to weight loss, fat mass, and improved glucose homeostasis.

Especially with regard to the loss of fat-free mass, interval fasting seems to do well compared to a continuously low-calorie diet. While similar body weight and fat mass losses were recorded after 3 and 12 weeks, less fat-free mass was lost in subjects in a human study due to interval fasting than with a low-calorie diet. The nutritionist Dr. Michelle Harvie showed that intermittent fasting with limited calories and carbohydrates is superior to a diet with continuously reduced calorie intake when it comes to improved insulin sensitivity and body fat reduction.

On the other hand, recent studies came to the conclusion that interval fasting has little or no difference in effect from other forms of diet. In ten healthy men during Ramadan (28 days) the effect of food deprivation over 14 hours a day was examined. Only very slight effects on the body mass index (BMI) and no effects on body composition, glucose metabolism and cognitive function were observed. A literature analysis that dealt with the effects of fasting in Ramadan came to the conclusion that after the end of Ramadan fast, the parameters in healthy people usually return to the level before they started fasting.

In fact, various studies have shown that a slightly reduced caloric intake increases life expectancy and can prevent or improve many diseases.

For example, experiments with mice that were specifically exposed to eating breaks found improvements in blood values and a reduced likelihood of diabetes, cancer or heart diseases due to a slight calorie deficit.

In another study, interval fasting (or intermittent fasting) even had life-prolonging effects. So far, it has not been scientifically proven whether the results can be transferred to humans.

And also, regarding weight loss, studies show a positive conclusion. An analysis from 2015 comes to the conclusion that interval fasting is a valid option for energy restriction with regard to weight loss, fat mass, and blood sugar regulation.

Another study also showed that interval fasting is superior to a diet that continuously reduces calories and carbohydrates. Subjects had a greater reduction in body fat and improved insulin sensitivity.

For heart health, the concentrated food supply alternating with periods of fasting may even be stressful, and the hormone balance can also be mixed up by an excessively large fasting window.

Nutritional science assessment by the DGE

The German Nutrition Society (DGE) points out that there are only a few human studies to date that demonstrate the effects of intermittent fasting. The many different forms of fasting and the different study participants (e.g. normal or overweight) make the evaluation even more difficult. There are currently no studies on the long-term consequences of fasting.

Nevertheless, the DGE emphasizes that the previous data indicate that intermittent fasting has a positive effect on health and weight loss.

What Do Nutritionists Think?

Although Intermittent fasting is generally approved by nutritionists, it is the restrictive principles that make some nutritionists reject "intermittent fasting". As the natural feeling of hunger is suppressed, the fasters no longer feel when they are either hungry or full.

In addition, this diet cannot be maintained forever. For a long-term healthy lifestyle, some nutritionists recommend a diet like the "Mediterranean Diet", in which you eat healthy & balanced and avoid excessive sugar and junk.

Are There Any Side Effects of Intermittent Fasting?

There are no specific dangers with intermittent fasting. Side effects of intermittent fasting can be fatigue or headache. If you find these symptoms in yourself, it is best to clarify with a doctor whether and how you should practice one of these fasting methods.

This also applies if you have previous illnesses such as diabetes or low blood pressure or are very underweight.

It is also important that you eat a healthy and balanced diet during the time period in which you can eat.

When you consume fewer calories than usual through fasting, it is all the more important that they come from nutrient-rich foods and provide you with all the nutrients you need.

Lastly, intermittent fasting is a form of fasting to which various health benefits are attributed. But generally, the central goal of fasting is weight loss. So intermittent fasting should not be used as a permanent diet.

Precautions to Follow

There are several aspects to consider, however, before considering adopting such a diet. Especially at the beginning, following a drastic change in one's life habits, a person may have difficulty managing the feeling of hunger and irritability that can occur in the

first few weeks. For this reason, when you go on a diet, it is essential to be advised by a specialist. This is also because, even if it is not an actual fast, such a diet is not suitable for everyone and is not recommended, for example, for children, growing children, pregnant women, the elderly and people struggling with a chronic disease. And in any case, it must be followed for a limited period of time.

Generally, fasting only refers to a very short period of the year in which you change your eating habits according to the respective fasting plan. Intermittent fasting is one of the best ways to burn fat effectively even in problematic areas. And when many beginners wonder about what they need to eat before training, intermittent fasting shows that there are advantages to not eating anything.

Everything about intermittent fasting sounds very exciting. And it actually is. That is exactly why I have written this book. In my opinion, it is one of the best ways to become healthy and fit.

PART II

Types of Intermittent Fasting

There are several types of intermittent fasting. The various methods differ in terms of the duration and frequency of not eating food. The most popular forms of intermittent fasting are as below:

The 2-Day Diet Method

In 2013, the nutritionist Dr. Michelle Harvie together with the oncologist Prof. Tony Howell wrote the book "The 2-day diet" (2-day-diet). The diet was originally developed for breast cancer patients to help them lose weight with an easy-to-use method. With the 2-day diet, a maximum of 650 kilocalories is consumed on two consecutive days in a week. The food selection should be low in carbohydrates and high in protein. Harvie recommends fish, chicken, egg, dairy products, tofu, vegetables, and fruit. For the remaining five days, she advises a classic Mediterranean diet. In addition to the restrictions in calorie intake, less than 40 percent of total calories should come from carbohydrates.

The 5: 2 Diet Method

The 5: 2 diet designed by Dr. Michael Mosley is one of the most popular forms of intermittent fasting. The concept is based on the results of Dr. Harvie.

In this type of interval fasting, we eat normally for five days a week. There are no specific recommendations for the selection or

preparation of the food. It is said to increase the compliance of the diet for people who want to lose weight but protest against strict dieting regulations.

On the other two days of fasting, about a quarter of the normal calorie intake is "allowed". On the two fasting days, Mosley particularly recommends vegetables and whole-grain cereals such as brown rice or oatmeal, as well as protein-rich foods and plenty of liquid. The fasting days should have a fixed weekly schedule, for example, do fasting every Saturday and Sunday.

Alternate Day Fasting Method

Another variant of intermittent fasting is Alternate Day Fasting (ADF), which is also known as "eat stop eat", "up day down day" or "alternating fasting".

The principle of alternate-day fasting is consuming only about 25% of the normal calorie intake on fasting days. There are no calorie restrictions on non-fasting days.

Dinner Canceling Method

Dinner canceling is also a form of interval fasting. With this concept, dinner is omitted two to three days a week. In the evening, only water, tea or other calorie-free drinks are allowed. This creates a meal break of at least 14 hours until breakfast.

Evening fasting is said to relieve insulin levels, promote weight loss and improve sleep quality. In addition, it should reduce aging processes and thus have a life-extending effect.

One Day per Week Method

The simplest form of intermittent fasting would be to fast one day a

week, so you don't eat anything. The amount of drinking is particularly important to cover the fluid requirement on fasting days. This is covered over water and unsweetened teas.

In order to achieve the desired effect such as weight loss or health improvement, intervals between the intermittent days of fasting should be used in as short intervals as possible. These would be two popular variations:

5/2 variant: Two fasting days per week

1/1 variant: Eat one day and fast the next day

This rhythm can be maintained until the individual fasting goals (weight reduction, better body or well-being) are reached.

A few other variants of intermittent fasting are “lean gains”, in which the absence of breakfast results in a fasting period of around 16 hours, and the “warrior diet”, in which only one meal is taken in the evening. Fasting during Ramadan is also a form of interval fasting.

The 16: 8 Fasting Method

For a long time, I had resigned myself to the fact that my shirt size starts over XL. I had written off diets. My best friends were: Pizza, Pasta, and Nutella.

But then I went to a new gym (I always did sports) and the trainer gave me the tip that brought about the turn: Try intermittent fasting. Today I can say that the 8-hour diet is by far the best diet in the world. For these reasons:

1. There are (almost) no rules

Intermittent fasting works like this: You do not eat for a certain period of time.

In the 16: 8 method, you can eat in a total of eight hours a day – and keep the fast in the remaining 16 hours.

It sounds complicated at first, but in the end, it's very easy: I eat in the office until around 4 p.m. Sweets? The colleague's cake? Count me in!

After that, there is only water until the next morning at 8 a.m. That means I only have to skip dinner, which was difficult for the first two or three days.

Now, I am no longer hungry in the evening and use the evening to prepare my lunch for the next day.

There are no prohibited foods or a cumbersome diet plan.

2. Your social life does not suffer from the 8-hour diet

Everyone who is on a diet knows this too: Social life can sometimes suffer if you do not - like before - order another pizza, or eat nothing, or arrive with a shake, or have a list of special requests for the waiter.

I too could sing a song about it when I tried to live after Attila Hildmann. My friends were annoyed ... With intermittent fasting, you can simply plan your day so that you still have a social life.

You can eat dinner with friends and skip breakfast in the morning. It's a very flexible system.

3. Intermittent fasting is good for the body

Most diets felt like they put a lot on my body.

With intermittent fasting it was the other way around: if the stomach doesn't get anything to do for a few hours, the whole digestion works better and I feel fitter.

4. The health-promoting effect has been scientifically confirmed

Intermittent fasting is of course not entirely new - there were already books in the United States in 2012 that landed on the New York Times bestseller list. In the meantime, many studies have confirmed that this diet actually works.

However, the latest study provided further insight: The study published in the Journal of Translational Medicine showed that intermittent fasting is actually healthy for the body.

Certain health characteristics of the participants had improved after only eight weeks - the subjects lost body fat and built muscle.

5. You see success relatively quickly

I saw improvements within a week. It showed me that intermittent fasting works. That motivated me to continue. In the meantime, I have also reduced my sugar consumption and started doing more physical activities.

While intermittent fasting is an effective way to reduce weight, it is not for everyone. Women can be more sensitive to metabolic stress than men. Especially pregnant women and anyone who wants to become one. Women with thyroid or blood sugar problems should not fast.

For everyone else, the method is definitely worth trying.

The basics of the 16/8 fasting method

16/8 Intermittent fasting should be done daily, namely by fasting a predetermined number of hours each day. This variant is often much easier to carry out than the previous ones, especially for the beginners.

In 16/8 fast, the meals are consumed in a period of 8 hours and then there is a period of 16 hours during which fasting takes place. The fasting period does not always have to be 16 hours. Fasting can also be extended to 18 or 20 hours.

The process of this variant is quite simple and you don't have to do without solid food for a whole day. During the 8 or 6 hours you eat your meals, the rest of the time you do without calorie drinks and food.

It is important that you do not continuously eat food in these 6 to 8 hours, but spread the whole thing over two meals.

An example of 16/8 fasting method:

You have your first meal (an early lunch) at 12 p.m. and dinner starts at 7 p.m. So, you fast from about 8 p.m. (end of the second meal) until the next day at 12 p.m.

So basically, you skip breakfast and take lunch at 12 p.m.

“What to Eat” Guidelines

A typical fasting diet involves controlled intake of proteins (11-14 percent), carbohydrates (42-43 percent) and fats (46 percent), for an overall calorie reduction between 34 and 54 percent of the canonical contribution. Under this label, there are two types of diet. The 5: 2 diet provides that you can eat for five days a week with all foods, without exception. The period must be interspersed with two days (each not consecutive) in which the energy supply must not exceed a quarter of the usual one: i.e. between 500 and 600 kilocalories (200-250 for breakfast and 300-350 for dinner).

There is also an intermittent fasting diet that concentrates on food intake in a period varying between 6 and 8 hours. It's called the 16/8 fasting method. Before the start of the day and after the last meal, even the smallest snack is avoided, so as to get the body used to live and “work” in conditions of reduced satiety. By doing this, you also avoid accumulating energy at the end of the day, which happens instead to those who are used to having dinner very late, without them having time to dispose of the accumulated energy just before going to bed.

When intermittent fasting is to extend the time between meals, typically the hours between dinner and the subsequent meal the next day. The most popular and everyday option is to avoid breakfast and only have lunch again. For example, if you finish your dinner by 8:00 p.m. and only eat again at 12:00 p.m. the next day, you will have a 16-hour fasting period followed by an 8-hour phase of food intake.

Of course, other time variants are also conceivable. Predominantly in research, other forms of intermittent fasting are also experimented with, for example, only eating one meal a day (24-hour fasting), or changing a day completely without a meal to a day with food day fasting).

PART III

Intermittent Fasting for Weight Loss

The use of intermittent fasting has recently been gaining momentum, both as a method of treating obesity and as a way of life for the beneficial effects that it determines.

Intermittent fasting is mostly used nowadays to successfully burn fat. Due to the fewer meals, the insulin level is constantly low for most of the day and the fat burning can run at full speed. The special advantage: The fat in the problem areas is also attacked in the small period of hunger. It is a particularly good strategy for already slim people who want to lose the last few pounds and want to get more definition. Martin Berkhan was a Swedish fitness model and has achieved impressive results as a nutrition coach with this method for many bodybuilders and athletes.

Breakfast - Yes or No?

Breakfast - yes or no? This question can only be answered individually. Intuitively, many children and adults don't want to eat anything early. This intuition should be followed. You can skip breakfast with a clear conscience. Others are so used to their breakfast that they could only change their habit with a lot of effort. This can cause more harm than good. On the one hand, the stress factor for these people can be extremely high if they love their breakfast and are forced to skip it. On the other hand, there is the

danger of them being extremely hungry at lunch, getting out of control and eating far too much.

Then there are some people who find it difficult to digest large meals. Those who are affected should not reduce the number of meals, but rather improve the quality of food and make sure to eat reduced carbohydrates to avoid spiking up their insulin level.

Last but not least, numerous indigenous peoples who *only* eat a single, large meal in the late afternoon or evening show that we humans generally do not necessarily need breakfast and can manage without many meals. And as we have already discussed, our health can definitely benefit enormously from eating only two main meals, at noon and in the evening.

How to Train During Intermittent Fasting?

Basically, you don't have to be afraid to eat anything before training. Indeed, training on an empty stomach is one of the best fat burning strategies out there. However, some people really have to get used to only using their body's energy reserves during training (and not the direct energy from the previous meal). But this is definitely worth it, because once you have become an efficient energy burner, you can train at a high level without sacrificing performance. Nonetheless, in addition to getting used to it, this also depends on individual wishes and feelings. So, if you get dazed while training on an empty stomach, I recommend eating before training.

How to Start Fasting?

Intermittent fasting is perhaps the most natural way of giving up food among all forms of fasting, with which one sends positive

stimuli to the body. Since the food is not missing completely or certain foods are completely removed (as with many diets), the method is also quite suitable for everyday use. In the first few weeks, you have to experiment: at what times do I best eat my meals? Do I skip breakfast - or would you prefer another main meal? In this familiarization phase, some things will initially feel unfamiliar and possibly a little uncomfortable. But after a few weeks at the latest, you have found your way and can fully enjoy the benefits of intermittent fasting.

No matter which way you choose, the same applies to nutrition as to the World Cup adage "Never change a winning team" - Anyone who has found their way of nutrition should stay with it.

The Problem With Modern Diets

Fat mice become slim when put on a diet. But not most people. Calorie restriction works in cages and in closely-followed clinical trials. In everyday life, diets fail with great regularity.

Intermittent fasting promises better adherence because it rests on much-relaxed principles. The overweight, who wants to lose weight, only temporarily does without food - depending on the fasting method: 16 hours a day, 2 days a week or every other day (as described in "Types of fasting" section). Otherwise, you can eat normally. Cabaret artist and physician Eckart von Hirschhausen propagated interval fasting in the Stern magazine last year. This apparently appealed to the readers in such a way that in the first issue of 2019 the method again became the title.

Intermittent fasting is so popular because it not only promises to drop pounds without hunger and yo-yo effect. The effects propagated in numerous advice books and media reports also

include protection against diabetes, cardiovascular diseases, Alzheimer's and cancer. Intermittent fasting is said to give even longer life.

There is scientific evidence for all these advantages of interval fasting - from experiments on mice, rats, and some rhesus monkeys. Human studies are small and rare. The most common form of interval fasting, the 16: 8 method, has data from around 300 people. The 5: 2 method has been researched somewhat better - but with some mixed results.

Dr. Tilman Kühn, head of the HELENA study conducted at the German Cancer Research Center in Heidelberg, reports: "There was no difference between the group that fasted intermittently and the group that followed a conventional reduction diet. And not only in terms of weight loss but also with all metabolic parameters. "

Kuehn and his team had had a total of 150 overweight or obese volunteers on a 5: 2-interval basis or on a conventional diet for 12 weeks. The calorie reduction was 20% in both groups. The third group of subjects served as controls. They were advised to eat a balanced diet, but did not have to reduce their calorie intake. The 12-week intervention phase was followed by 38 weeks during which the weight and health status of the study participants were observed. After 12 weeks, the intermittent fasters lost 7.1% of their body weight, a little more than the subjects who had been on a conventional diet (-5.2%). But after just under a year there was no significant difference between the two groups.

Two other studies from Norway and Australia, when comparing between a 5: 2 fasting and a conventional reduction diet, came to identical results.

The problem is well known: "Just because something works in animals does not have to do it in humans". The Heidelberg nutrition epidemiologist sees yet another reason for the apparent discrepancy between expectation and reality: "The small human studies that have existed up to now often did not include a suitable control group that followed a conventional diet. It was our study that made this comparison possible."

Kühn still interprets the result positively: "The study shows that interval fasting is no worse than a conventional reduction diet and could be an alternative for some people who find it easier to reduce calories at times." It ultimately boils down to which weight loss method you can sustain.

For Prof. Dr. med. Andreas Michalsen, the chief physician of the naturopathy department at the Charité-Universitätsmedizin Berlin, considers this aspect to be crucial, because: "Intermittent fasting had a similar effect as a conventional reduction diet, but is seldom carried out in everyday life." Initially and with close supervision, the study participants did the 5-2 fasting well" reports Kühn.

But during the follow-up period, hardly any of them actually adopted intermittent fasting as a lifestyle. However, this could be due to the fasting method examined. "5: 2 intermittent fasting may not be the best method of intermittent fasting," Kühn sums up from his study. In fact, the 16: 8 method currently seems to be more popular. The biggest advantage being: a large part of the daily fast is overslept.

This not only has an impact on sustainability, but could also affect the effectiveness of fasting: "Chronobiological mechanisms that play an important role in the positive effects of interval fasting are better operated using the 16: 8 method" explains Kühn. The study

data on this form of intermittent fasting in humans are rare, but still impressive.

In 2014, Czech researchers reported a small group of diabetes patients who had the same number of calories for 3 months, either in the form of 6 meals a day or in the form of 2 meals - Breakfast and lunch. 16:8 Interval fasting performed better on all study endpoints - weight loss, liver fat, insulin resistance, beta-cell function.

In contrast to diabetes, knowledge about cardiovascular diseases, neurological disorders, and cancer has so far been limited to experiments on mice. It was they who sparked great enthusiasm for the effects of interval fasting.

Trigger the Metabolism

Ultimately, it is about starting the fasting mechanisms, fat loss, the production of ketone bodies, autophagy, the effect on the microbiome or stem cell production. And this is achieved through intermittent fasting - a short-term fast with a high number of repetitions - as well as through periodic fasting over longer periods.

The effects of intermittent fasting that are beneficial to health may differ depending on the disease. "In MS, it is likely that the ketone bodies, in rheumatism, autophagy and the effect on the microbiome, in cancer, the down-regulation of IGF-1 and mTOR that could have a positive effect," said Michalsen.

Ultimately, certainty about the extent to which patients will actually benefit from intermittent or periodic fasting will only be shown by further and larger human studies that are currently starting or are already running, but the results of which are only to

be expected in 4–5 years.

What to Do When You Have a Hunger Attack?

Many people who start this type of diet complain of hunger attacks and a sense of fatigue, which can easily occur when skipping meals. But some say that once the critical phase has passed (about 2 days), hunger disappears. In times when you feel a sense of hunger too strong, you can drink green tea or black coffee to be able to resist until the next meal.

Impact of Social Life and Peer Pressure

Fasting can help you lose weight but if you are a person with an active social life, you need to take this into account to start this diet. Imagine that some friends invite you to a Sunday birthday brunch. A delicious buffet with muesli, scrambled eggs, vegetables, salmon. All your friends are eating and you are there drinking water because it is 10 a.m. and you can eat your first meal only at 12 p.m. In addition, dinner is scheduled for 7 in the evening.

In general, interval fasting does leave room for flexibility and spontaneity. You can eat breakfast and skip dinner. But if you want even more freedom and the social aspect is critically important to you, it is better to follow a so-called Flexitarian diet (also known as a flexible diet or IIFYM), which allows you to eat anything, as long as you respect the parameters of the established macronutrients.

7 Tips for Fasting Success

If you want to try intermittent fasting, consider the following:

- 1. Do not overdo the portions when you can eat.**

Make sure your diet is healthy and balanced. Eat foods rich in fiber to satiate you (fruit, vegetables, legumes), high-quality proteins (fish, soy, eggs, legumes) and fats (vegetable oils, nuts, oilseeds, avocados).

Drink lots of water or unsweetened herbal teas. Try calculating how much you need to drink per day. It may take some time for your body to get used to this routine. You have to be patient. If you have hunger attacks, try drinking a cup of unsweetened green or black tea.

2. Do strength training regularly and eat protein to avoid losing muscle mass.

It doesn't matter *when* you train, the heartiest meal of the day should be after training. A lack of sleep could cause weight gain. Try to get enough sleep and rest.

3. Interval fasting is not for everyone.

Before starting it is always better to consult a doctor.

4. Go sugar-free!

Of course, your meals should not contain sugar or other isolated carbohydrates (white flour, white rice, etc.). Then the blood sugar and insulin levels remain low and the body gains more energy from burning fats.

5. Try dietary supplements

After the first meal is also a good time to take supplements such as antioxidants and vitamins such as:

Vitamin C,

Vitamin B complex, vitamin B 12, astaxanthin,

OPC

Amino acids and plant substances

The meal stimulates metabolism excellently and the micronutrients can now be absorbed efficiently by the intestine. Apart from that, there are hardly any disturbing metabolic waste products that stand in your way and thus reduce their effect.

6. Bitters

Intermittent fasting can be wonderfully accompanied by bitter substances. This has several advantages. On the one hand, the production of digestive juices is stimulated and intestinal activity is stimulated. On the other hand, bitter substances often help when there is a craving for sweets.

7. You can eat what you like

For us, modern humans, it is quite normal that we have an abundance of food. It was not always like that. At the time of our ancestors, when you still had to find your food as a hunter or gatherer, the dining table was not always sufficiently covered and there were days when you had nothing. It was only when humans became sedentary and discovered agriculture and animal husbandry that food intake changed. Since then, our diet has been moving towards overeating.

I have this friend who jumps on every new diet trend. And this month she tried "intermittent fasting". She claims that skipping meals (sometimes even a whole day!) is much easier to do, but most of all, she doesn't have to do without her favorite food.

Because when she gets in the time period to eat, she can have whatever she wants.

What Are the Effects of Fasting on a Metabolic Level?

The main metabolic factors that come into play during fasting and allow the body to have an extra gear are:

The glucagon, a hormone capable of promoting the production of glucose by the lysis of adipose tissue.

The growth hormone GH stimulates growth throughout life and contributes together with glucagon to maintain their fasting blood glucose levels by stimulating lipolysis.

The neurotrophic factor BDNF growth hormone specific for the central nervous system, which is found in high quantities especially in the areas of memory and learning.

The mTOR protein that signals the brain's nutrition status and energy level, and when inhibited, as in the case of fasting, suppresses cell growth;

The MYH7 genes that encode the production of more resistant muscle fibers in the heart muscle, reducing the risk of heart attack and heart failure;

The Sirtuins, proteins that repair DNA and with it all the genes that undergo an alteration of their expression as a result of cellular or attacks by oncogenes.

Other proteins (Hsp, FoxO, IFN γ , etc.) able to repair damaged cells in different organs and systems when these cannot replicate due to an energy deficit.

What benefits do these metabolic activities provide?

Intermittent fasting, therefore, acts both on the cell and on the whole organism. At the organism level, intermittent fasting seems to be able to:

To determine the protection of the central nervous system from acute and chronic pathologies.

Stabilize blood sugar levels, increase insulin sensitivity, increase cortisol levels and decrease IGF growth factors.

Cause a reduction of stress in the liver.

Determine a reduction in fat mass.

All these mechanisms combine to increase the body's resistance to physical, chemical and biological stress, thus making it stronger and long lasting.

In fact, our body in the face of a threat such as a lack of nutrients and energy puts in place a series of defense mechanisms that aim to protect it from damage, to repair cells from any damage suffered and to strengthen the defenses of the body facing the possibility of any future damage of the same nature.

Here then that fasting, always seen as a negative event, could now be the basis of healthy reactions for our body. However, it should be remembered that this mechanism works only as long as it alternates with normal periods, because if the lack of acute energy becomes chronic then it can turn into a source of disease.

This is why intermittent fasting is recommended, the effects of which are very different from prolonged fasting.

Are there any side effects?

It has been known from experiments with rodents and many other species since the beginning of the 20th century that periodically refraining from eating - in comparison to standard nutrition - has a positive effect on life expectancy. In addition, the basis for many age-related diseases is demonstrably reduced.

Little is known about possible side effects, as no systematic attempt has been made to study this problem. Possible side effects could be:

Sleep disorders

Irritability

Anxiety

Dehydration

Daytime sleepiness

However, further research will be needed to confirm these side effects and their eventual severity.

Book 3

MEDITERRANEAN DIET FOR BEGINNERS

Easy and Delicious Recipes With a 14-Day Meal Plan for Health and
Weight Loss

VISHAL PANDEY

TABLE OF CONTENTS

Part I

[What Is Mediterranean Diet](#)

[Benefits of the Mediterranean Diet](#)

[Risks to Take Note](#)

[Helpful Tips for Beginners](#)

Part II

[Mediterranean Breakfast Recipes](#)

[Mediterranean Lunch Recipes](#)

[Mediterranean Dinner Recipes](#)

Part III

[The 14-Day Meal Plan](#)

[About the Author](#)

Part I

The Mediterranean Diet

What Is Mediterranean Diet?

Mediterranean diet has become one of the most acceptable eating patterns that people adopt to keep the body in the right state. It has been scientifically proven by dieticians that individuals who adopt this eating style tend to live longer than those that consume more animal products without moderation. The secret to staying healthy is structuring your Mediterranean diet by putting into consideration the number of calories each diet contains and how each of the meals taken into the system can help improve your health status.

The Mediterranean diet offers a lot of health benefits and the risk of adding weight is minimal. Have you ever wondered why some people live so long? Have you ever wondered why Mediterranean dieters stay healthy? There are a series of questions you need to ask yourself but the answer to all of these questions you have in mind is to adopt the Mediterranean style of eating.

Having given you a brief introduction of the Mediterranean diet, it is of utmost importance to know the comprehensive meaning of Mediterranean diet, as it will further enlighten the beginners who want to know what Mediterranean diet is all about and the meals that are involved as well as how to consume the meals in the right proportion.

The idea of this is to not bore you with stories that touch but to expose the secrets of healthy living behind the Mediterranean diet. After reading this section, I know you will certainly thank me for drawing you into the league of Mediterranean dieters and believe me, you will have no cause to ever regret adopting this system of eating style.

Mediterranean Diet: An Introduction

There are several definitions of the Mediterranean diet if you surf the internet or consult many great diet books. While some have defined it as a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea, others define it as a diet that incorporates the traditional healthy living habits of people from countries bordering the Mediterranean Sea, including Italy, France, Spain, and Greece.

Each of the above countries sees the Mediterranean diet differently, that is why the definitions vary by country. But in this Context, Mediterranean diet means a high concentration of vegetables, leguminous foods, fruits, cereals, nuts, beans, fish, grains, the fat that are not saturated, and olive oil. It also requires little intake or consumption of meat and dairy product.

Understanding the Mediterranean diet involves eating in a way that individuals in the Mediterranean region traditionally ate. The diet from this region incorporates a large portion of freshly produced food, whole grains, legumes and some fats and fish that are healthy for the body.

The Mediterranean diet focuses on plant foods than many other diets that you can possibly think of. Those who adopt this diet typically cook these foods using fats that are healthy (like olive oil), and also the addition of plenty of flavored spices. Mediterranean diet does not mean that you should

completely eliminate dairy products or animal products but it should be taken less, i.e. in moderate quantity. It is believed that some of these animal products have vital nutrients and minerals the body needs to function effectively. It is said that too much of everything is bad, hence, too much of animal product has a negative effect that can affect the body and make it prone to different kinds of chronic diseases. Too much of plant foods do not have a side effect, instead, it will further strengthen the immune system.

At times when you begin to imagine what Mediterranean food is, you might start thinking about pizza and pasta from Italy, lamb chops from Greece, or dishes from Spain and others. These dishes do not have a place in your healthy Mediterranean diet plan.

The secret behind the Mediterranean diet is not just eating fresh wholesome food. There should be a daily activity that involves the sharing of meals with others. This can have a profound effect on the state of your mood and mental health. It also helps triggers deep appreciation for the pleasures of eating healthy, beneficial, and delicious foods that can make the tongue lingers for more.

It is usually difficult to switch to the Mediterranean diet, especially if you are trying to excuse yourself from the convenience of processed and other junk foods. But making that switch would land you on the path to a healthier life.

You may be thinking that this kind of eating style looks expensive but I strongly advise that if you are creating meals out of beans as your primary source of protein and adapting with mostly plants and whole grains, then the Mediterranean diet is lower in terms of its expenses than serving dishes of packaged or processed food.

You can actually enjoy this style of eating if you know what you stand to benefit. Its health benefits are limitless. Sometimes you begin to wonder if it is worth it to adopt the Mediterranean diet. With proven facts by dieticians and health professionals, the benefits of the Mediterranean diet know no bounds. According to recent research, it was proven that people in Mediterranean countries tend to stay healthy compared to people in the west. Do you know why they stay healthy? Because of the diet they have. I know you might be possibly wondering what are the health benefits lurking inside this Mediterranean diet system. This now brings me to lay important emphasis on the health benefits of the Mediterranean diet. I believe you may be convinced to try it after reading the health benefits of this diet.

Benefits of the Mediterranean Diet

Thanks to the Mediterranean diet, you can enjoy improved health and also notice a ton of awesome benefits that can affect your life in the areas of your health, brain, life longevity, weight loss and many more. These are some of the limitless ways your body and mind will benefit from eating Mediterranean diet foods. In this section, I will be discussing nine (9) vital points that show why you need to step up your health if this style of eating is adopted. I want you to relax and read these points carefully because there are some that can fall within your health category, who knows this might be the solution you have been looking for all this time.

1. The Mediterranean Diet has strong protection against Type 2 diabetes.

This type of diet with its healthy eating pattern containing high fiber, reduced-carbohydrate foods has a great way of benefiting people suffering from diabetes. Emphasis has been laid that foods that are high in monosaturated fats and fiber such as fruits and vegetables, fish and the likes of olive oil are what makes the Mediterranean diet so beneficial to our health.

The Mediterranean diet is a one-way solution to lower blood sugar and cholesterol levels in the body. I know the diabetic individuals must be excited while reading this. This is a working solution that guides you to the foods you should consume and the ones you shouldn't. At times, we are the cause of the problems we encounter, based on the negligence of what we consume. If you have been consuming saturated fats, you should try as much as possible to replace it with unsaturated fats which shows a positive effect on an individual's insulin sensitivity. If you have been preparing your dish with vegetable oil or coconut oil, make a swap to extra-virgin olive oil. You can apply it in your homemade salad dressing and at times, you drizzle it on finished foods like your fish or chicken, it will add an extra flavor and give it the sumptuous taste that will make you crave for more.

2. Heart disease can be properly maintained through the Mediterranean Diet.

Have you ever wondered why we have lower heart disease in the Mediterranean countries than in western countries like the United States? The reason for this is the choice of diet the people adopt. Cardiovascular mortality can be reduced to its lowest because harmful cholesterol has been

eliminated from your diet. In most cases, it is not just the consumption of bad cholesterol that causes health problems, it could also be attributed to your drinking style. Mediterranean diet is a strong remedy that assists in keeping your cardiovascular system strong. I mentioned drinking earlier, red wine to be precise, should be taken moderately. While moderate consumption of red wine is allowed in the Mediterranean style of eating, I will advise you to avoid it and use water instead. If you really want to include the red wine in your diet, limit your consumption to just three ounces daily (both men and women).

3. As you age, the Mediterranean diet keeps you agile.

The consumption of healthy nutrients, vitamins, and mineral which are abundant in the Mediterranean diet helps in the reduction of muscle weakness or possible indications of increasing frailty. If you have low endurance & get tired easily, then plan on maintaining an active lifestyle even as you age. the best option in this kind of scenario is to cultivate the habit of eating enough fruits and vegetables, healthy fats and lean protein which has the tendency of ensuring that you have long-lasting agility.

4. Adopting a Mediterranean diet reduces your risk of developing Alzheimer's disease.

Alzheimer's disease is an irreversible and progressive brain disorder that gradually destroys memory and thinking skills. The benefit granted by this type of nutrition plan helps to reduce the risk of developing Alzheimer's disease. Aged people that adopt this style of diet are resistant cognitive decline i.e. enabling them to preserve their quality of life and also place a limit on the burden of sickness. Dieticians and health professionals have for long been encouraging patients to imbibe healthier eating style and it should

be in line with this diet because it's an easy tool or instrument to address Alzheimer's and other cognitive conditions that you can think of.

5. The Mediterranean diet facilitates healthy weight loss and proper maintenance.

Due to the fact that you consume whole and fresh foods, the Mediterranean diet is the best option to help you lose weight in a way that is safe and sustainable. You don't need to do many exercises to keep your heart healthy as the Mediterranean diet is the key to keep your heart in good shape. Since the diet has reduced saturated fat and calories, you can achieve a dramatic result within a short period of time without necessarily using exercise as a yardstick to eliminate the huge number of pounds you are struck with. To see an optimum weight loss benefit from this diet, you should follow and try this diet for at least six months to the end, and also sum it up with some form of regular physical exercise. You can accomplish your weight goals if you take to the above instructions.

6. It helps to fight cancer.

The risk of developing cancer when following this type of eating plan is minimal. The Mediterranean diet plays an important role when it comes to cancer protection. The diet helps in preventing the development of postmenopausal breast cancer since this type of breast cancer frequently comes with a poor prognosis. This is certainly good news for women. The high intake of fruits, vegetables, and whole grains can be beneficial to the body. Research proves that women who adopt the Mediterranean style of eating supplemented with unsaturated fat as extra virgin olive oil had above 60 percent lower risk of breast cancer. Women! You can help yourself by letting cancer meet its end if you start with the Mediterranean diet.

7. Mediterranean lifestyle surely encourages relaxation.

The trick behind people living longer in the Mediterranean region is not just the diet but can be traced to the fact that the Mediterranean lifestyle makes mealtime a more social experience and spending more quality time exercising & getting outside. Practicing this activity plays a great impact on your health and can give you a better tool to manage daily stress. Chronic stress can be a damaging factor to your health and well-being, but the Mediterranean diet can help you fight it off.

8. Fertility can be improved by the Mediterranean diet.

Consuming greater amounts of fruits and vegetables, whole grains and fish can help increase fertility. The women can help themselves (especially those that want to become pregnant without struggle) by practicing this diet. Even dieticians and doctors usually recommend a diet that shares similarities with the Mediterranean diet. This is to avoid complications for women that are hoping to conceive. It is not just the women who can benefit from this diet. The men who consume more antioxidant rich food, sweet potatoes, mangoes, and carrots develop healthier sperm which can, in turn, increase a couple's chance of conceiving.

9. Through the Mediterranean diet, you can achieve healthy skin.

What is good for your body internally is also good for your body externally. The health of your body is important to your overall being because the skin serves as an external shield to defend your body against the outside world. This diet can help you enjoy glowing and radiant skin. The secret behind it is that the olive oil which you consume is full of vitamin E and antioxidants, that work to hydrate and keep the skin in a nourished state.

Tomato is another secret ingredient that helps protect the skin cells and even helps in the prevention of cancer caused by sun exposure. If you want to, then taking the red wine in moderation provides resveratrol which can help prevent the growth of acne-causing bacteria on the skin. I told you earlier that the health benefits of this diet are incredible. Do you believe me now? But for every advantage, there is always a disadvantage which now brings me to potential risks involved in the Mediterranean diet.

Risks to Take Note When Practicing the Mediterranean Style of Eating

It is important to be cautious of the portions of unhealthy foods you consume, as this can hinder the health benefit you stand to achieve from the diet. It is recommended that the calorie intake on a daily basis should be in the range of 1600 to 3200 for an adult depending on age, gender, and the level of physical activity.

Iron & calcium levels can decrease from low consumption of meat and dairy product. Wine is not essential and can be avoided if you want, but that strongly depends on you. If you want to add wine to your diet, red wine is recommended and it should be taken in moderation. Avoid liquors and all kinds of harmful drinks that could be hazardous to health. If you are a lover of sandwich, instead of using mayonnaise for your spreading, you can use hummus spread. Celery, carrot, pepper strips, and salsa can replace crackers, chips and ranch dip. Quinoa can perfectly replace rice. Sandwich fillings in whole wheat tortillas can sit in the position of sandwiches with white bread. Salmon croquettes should replace hamburgers, while Salsa should fill the space of hollandaise sauce.

Taking note of these points can minimize the risk of having unwanted diseases and a shorter life span. If you want to start the Mediterranean diet, I will advise you to consult a professional like a doctor or dietician. They will give detailed information on how to go about the diet according to your current health & fitness level.

Science has proven that the Mediterranean diet is the right kind of diet to adopt based on the health benefits I discussed earlier. For such a diet to be recommended, it means it has to undergo a series of rigorous tests with the outcome being positive. If you go online and check scholarly blogs on the Mediterranean diet, you will find out that various scientific professors, dieticians, doctors, and other health professionals strongly suggest this diet. It is the best diet to adopt, irrespective of your gender, age and the nature of your health. Do you want to achieve the health benefits mentioned earlier? Do you want to become a pro in this style of eating? Are you determined to practice this diet? Can you withstand the temptations of meat and dairy products? The answer to these questions brings me to the following.

Helpful Tips for Beginners

1. The major percentage of your diet should include natural unprocessed Mediterranean foods.

This type of diet is unrestrictive and you will certainly enjoy a lot of delicious foods. Who knows you might even discover some new fantastic foods? Do not restrict yourself to a limited variety. Instead, go for a wide variety of foods to make sure you are getting the best of all the nutrients and

balancing them well which is essential for making the most of your Mediterranean lifestyle.

2. Water should be your best option for this kind of diet.

The diet also recommends that you can take a moderate amount of red wine. The red wine is optional and if you happen to be an addict of red wine or alcohol, it's better that you avoid it and adjust yourself to water. Tea and coffee can also be taken but sugar-sweetened beverages should be completely avoided along with fruit juices which are very high in sugar.

3. Avoid things like pasta and bread because they are not your main course.

This diet does not permit you to continue consuming carbohydrate-rich foods. Dishes like pasta and bread are just supplements to the main meal. You won't get the numerous benefits from this diet if you do not desist from eating large amounts of carbs, which will trigger your blood sugar to increase. Your plate should have a large portion of vegetables and salad, a small portion of lean protein, a little cup of pasta and a piece of bread. Concentrate on whole grains to benefit from protein, fiber, and magnesium contained in these essential carbohydrates.

4. You can be successful if you eliminate temptations.

This is the golden rule you must maintain before stocking your kitchen with the healthy Mediterranean diet. Take your time to check your cupboard and clear out any processed junk that can lure you into consuming them.

5. Cost-effectiveness

This diet is relatively inexpensive, therefore you can adopt this eating style without necessarily spending a lot of money. There are several ways to make this diet work for any budget. I will advise you to not allow the money aspect to stop you from making the healthy changes you desire.

Mediterranean diet is a suitable choice to effect the positive changes you desire. If you are not adopting this eating style then you are missing out on a lot of health benefits. Get yourself acquainted with the diet by reading this book & consulting a dietitian and trust me, you will never regret adopting this style of eating.

Part II

Mediterranean Recipes

Breakfast Recipes

Healthy Mediterranean breakfast recipes outlined below contain nutrients that will help in controlling weight, blood sugar & cholesterol levels. They will also make you more energetic and perform better at work. They contain a lot of food items rich in vitamins and minerals. The basic core of breakfast recipes usually contains whole grains, low-fat dairy (if present), lean protein in addition to a lot of fruits and vegetables. The blend of these food classes gives a combination that provides great health benefits. Let's look at some tasty and healthy Mediterranean breakfast recipes:

1. Whip up toast with peanut butter and banana slices is a simple and delicious breakfast.

The preparation is simple and it is a no-cook meal that can be cobbled or garnished together in a short moment and can be eaten on the go.

With whole-grain bread slices, you are assured you'll be taking more fiber, vitamins, and minerals than in the common white bread, and that will help you obviate those mid-morning munchies necessity. Peanut butter offers healthy fats with protein. Banana also, will obviously add some deliciousness, sweetness, more fiber, and potassium. This simple meal is top-notch in providing basic elements needed in the morning for active work.

2. A whole-grain English muffin with greens and bean spread garnished with a poached egg.

Another simple but yummy breakfast on the Mediterranean eating regimen

is settling on an english muffin heaped high with healthy fixings. This is good for the body's nutrition requirements. It was prescribed that spreading a whole-grain English muffin with bean spread before including a bunch of potassium-pressed spinach and a poached egg.

Varieties of bean plunge, which include hummus, dark bean plunge, white-bean plunge, will be fine. It will turn the sandwich into a durable meal sufficient for breakfast. With a little salty and tart flavor alongside its healthful punch, it's an incredible substitute for cheese, which ought to be utilized just sparingly. In addition to this, poaching the egg can assist you with keeping away from superfluous calories that the other cooking strategies may include. This food combination is ideal as a morning dish.

3. Almonds and almond butter meal

Almonds are a well-known ingredient in Mediterranean food from breakfast to dinner. It is commonly used, together with other food elements, in most of the quarterly daily meals. Almonds offer a filling and empowering mix of protein, fiber, and nutritional fat to assist you with feeling full for a long period of time. Fragmented or cut almonds are a delectable expansion to your oats, oat, granola, muesli, yogurt, ricotta, or entire grain pancakes, while the almond spread is impeccable when used over entire grain hotcakes, waffles, and other organic natural products.

4. Mediterranean Breakfast Tostadas

You can add spice to your morning meal with a preparation of tostadas loaded with red pepper hummus, scrambled eggs, cucumbers, tomatoes, feta and a lot of other vegetables. This has an added advantage that since they

take less than a quarter of an hour to prepare, you can even make time for a plate on busy mornings before setting for a busy day. It is rich in important elements as present in the food items you put together for its preparation.

5. Yogurt and Berry sprinkle

Greek yogurt is prepared in such a way that it is higher in protein than standard yogurt. What's more, yogurt is abundant in probiotics, which are acceptable microscopic organisms vital for good health. However, if you need a touch of sweetness, you can include a light shower of honey. What's more, for an additional crunch, take a stab at including grounded flaxseed to improve the nutritional value of the delicacy. It's wealthy in omega-3 polyunsaturated unsaturated fats, which are critical for battling cancer-causing inflammations in the body.

Flaxseed meal, instead of ordinary flax seeds, are generally recommended since they are retained better in the body.

6. Avocados meal

Avocados have solid fats that can help keep you feeling fulfilled. You can pair avocado with a whole-grain toast. Despite the fact that avocados are not local to the Mediterranean region, they do offer monounsaturated fat, which is a similar sort found in olive oil. These fats offer potential heart health benefits and can help with satiety. Avocados are a decent wellspring of fiber. Fiber likewise makes you remain full and helps keep your glucose levels increasingly steady, which is critical to balance out the weight, temperament, and vitality levels. In spite of the fact that splitting an avocado and eating it with a spoon is absolutely a choice, you can likewise

add avocado to smoothies, prepared eggs, or even appetizing cereal.

7. An entire grain bagel with hummus and cucumber is another healthy breakfast dish.

Also, hummus can assist you with feeling fuller. Consolidating entire grains with scrumptious plant-based protein makes for a filling and solid feast that will help get you to lunch. Add a little, entire grain bagel with hummus and include some cucumber cuts for crunch and flavor.

Hummus is a wellspring of healthy fat, which will assist you with feeling fulfilled longer. Cucumbers can be added to help the veggie servings in the day. These make incredible meal sufficient to provide the required nutrient for bodily functions.

Lunch Recipes

A healthy lunch should contain food elements that will provide the protein, carbohydrates, fiber, and essential vitamins & minerals. A healthy Mediterranean recipe will provide these. Examples of the Mediterranean Lunch Recipes include:

1. Mediterranean Chicken Quinoa Bowl recipe.

This recipe contains a satisfactory combination of vegetables and dairy products. Olives, cucumber, cooked red peppers, and flavors meet up mystically in this solid chicken quinoa bowl formula. Present with a crush

of lemon and a glass of red wine over a lap of chicken. Besides fascinating, it is a highly nutritional combination.

2. Tomato, Cucumber and White-Bean Salad with Basil Vinaigrette

This is an easy-to-prepare Mediterranean diet fit for lunch. This no-cook bean serving of mixed greens is mixed with the best cherry or grape tomatoes and succulent cucumbers for a light lunch. Crisp basil lifts a simple vinaigrette formula that spruces up this straightforward plate of mixed greens into something unprecedented. This recipe and combination are rich especially in plant protein and important vitamins and minerals present in the fruits and vegetables it contains.

3. Beet and Shrimp Winter Salad

This is basically a combination of shrimp and barley. This solid salad preparation of mixed greens formula gets its resilience from protein-filled shrimp and fiber-rich grain. With a basic red-wine vinaigrette, this fast-to-prepare plate of mixed greens makes only one serving. Though, it can be made in two or three folds.

4. Classical Mediterranean Salad

A bowl of an exemplary plate of mixed greens need not bother with any other combination. It is fantastic enough on its own. You can get it ready by preparing spinach, dark olives, cherry tomatoes, daintily cut up red onion, and the dearest salty cheddar, feta. Then, you are ready to take your laugh. For a basic combination to suit it, add olive oil, red wine vinegar, minced

garlic, Italian flavoring, salt, and pepper. It gives you everything need.

5. Mediterranean Veggie Sandwich

At the point when all your preferred fixings become the main entity, you realize a lunch break will not be complete without the meal. This sandwich, which is basically a plate of mixed greens between two cuts of entire wheat bread, has lettuce, grows, tomato, cucumber, red onion, disintegrated feta cheddar, and peppers. There's no need to say that all the important body nutrients are embedded in this recipe.

6. White Bean and Veggie Salad

This meatless fundamental dish serving of mixed greens consolidates rich, fulfilling white beans and avocado that will supply the protein and mineral to be provided by the dairy product. It is a combination, mainly of vegetables and fruits rich in essential nutrients.

Dinner Recipes

Dinner, otherwise called supper, the last feast of the day, holds a lot of significance to your body like the other meals. Being the last meal of the day, it is imperative to have the privilege feast since you won't have anything till the next morning. A decent admission of fundamental supplements additionally helps in inciting sound rest and further guarantees powerful working of the body, even while you are sleeping. A solid supper

must have a blend of significant supplements, for example, protein, calcium, fiber, iron, nutrients, and so on while maintaining a balanced diet.

A solid supper may likewise guarantee a sound rest and can assist you with remaining sound for a more drawn out time. Eating well late at night can particularly help you over the long haul. The accompanying solid supper plans will assist you with nixing the unfortunate or overwhelming dinners and start your eating regimen once again. Examples of this recipe include:

1. Slow-Cooker Mediterranean Stew

This meal is very popular across the Mediterranean region including Morocco in Africa. This Mediterranean stew is a solid supper packed with vegetables, chickpeas, and fruits. A sprinkle of olive oil is usually added to this simple vegetarian simmering pot stew. It can go with other delicacies for maximum enjoyment and nutritional value benefit.

2. Goey or Cheesy Spinach-and Artichoke Stuffed Spaghetti Squash

This meal is defined differently by various climes of the Mediterranean region. Basically, it is squash made into carbs. It can be made in the form of a spaghetti-squash-for-pasta swap. It eliminates both carbs and calories by a large amount for a scrumptious, rich goulash that you will love. Simmering the squash is recommended as opposed to cooking it in the microwave if you have the opportunity. You can choose to improve the flavor by adding other fruits and vegetables of choice.

3. Mediterranean Ravioli with Artichokes and Olives

Locally acquired spinach ravioli and a bunch of essential storeroom things are all you need to get a sound supper on the table in a short time. Fixings like oil-pressed sun-dried tomatoes, briny Kalamata olives and toasty pine nuts aid the to bring out enormous flavor quickly.

4. One-Skillet Salmon with Fennel and Sun-Dried Tomato Couscous

This makes use of tomato, fennel, and salmon in its preparation. Sun-dried tomato pesto and lemon carry out twofold responsibility to season both the salmon and the couscous in this sound one-dish supper formula. You can serve the salmon with additional lemon wedges and a spot of plain yogurt, whenever wanted and however you want it.

5. Sheet-Pan Mediterranean Chicken, Brussels Sprouts and Gnocchi

This is a common dinner diet enjoyed by people. It contains a lot of dairy products, fruits, and vegetables. In this solid supper formula, chicken legs, Brussels grows, cherry tomatoes, and bundled gnocchi are altogether cooked on a similar sheet for a balanced dinner that could not be simpler to make. Furthermore, however it's basic, this dish gets huge amounts of flavor from Mediterranean seasonings, including garlic, oregano, and red wine vinegar. Everything indicates a dish that is all set into a substantial weeknight revolution in your home. Though requiring a little effort to make, it will be ready within an hour.

6. Sweet and Spicy Roasted Salmon with Wild Rice Pilaf

Especially in Japan, this recipe is common as the last meal of the day. You simply cook the salmon and you serve it with dish honey and balsamic vinegar which gives it a sweet completion. A nutty-tasting wild rice pilaf finishes this sound supper that takes only thirty minutes to one hour.

7. Chicken with Tomato-Balsamic Pan Sauce

It is a delicious meal, readily available in most of the Mediterranean countries. Fennel seeds give this tomato and balsamic sauce an additional delicacy, however, in the event that you do not have fennel close by, you can use cumin or coriander seeds, or ground herb or flavor. You can serve this simple chicken flourishing formula with entire wheat spaghetti or dried up bread to sop up the sauce. Spare the unused chicken strips in a hermetically sealed compartment in your cooler for as long as 3 months. When you have enough, defrost them out for another use next time. This ability to be stored for a long time makes it so popular.

8. Chicken Shawarma

This simply prepared chicken shawarma will ship you to the check-in in the Middle East and Mediterranean regions! It is loaded with a lot of flavors. The mystery is in the straightforward custom-made shawarma flavor blend.

Mix cumin, turmeric, coriander, garlic powder, sweet paprika and cloves in a small bowl. Set aside the mixture for now. Pat the chicken thighs dry and add salt on both sides, then slice them into small pieces. Place the chicken in a large bowl. Add the spice mixture and stir thoroughly. Add onion & olive oil. Stir everything again. Voila!

Part III

The 14-Day Meal Plan

Day 1

Breakfast

In a vessel or container, add one or two cups of low-fat Greek yogurt, one big sized egg, one cup of entire wheat or buckwheat hotcake blend and three-quarter cup milk (preferably fat-free). This formula allows up to five servings (each serving is four little hotcakes). You can make double or threefold of this combination depending on the amount required to serve. After each one serving, pack away four individual servings in the cooler or refrigerator for the next Meal. You can serve yourself or your guest with two tablespoons small maple syrup, one cup of the fat milk, and one cup of strawberries just prepared.

Snack

Spread one cut of complete whole-grain bread or two entire grain flatbread wafers with two tablespoons of hummus, shower with one teaspoon of olive oil, and include salt, pepper, or different seasonings to taste. You can take it as crumbled or whole.

Lunch

In a bowl, consolidate seven to eight ounces (a large portion of fifteen-ounce can) canned chickpeas (wash in a colander for two minutes to expel abundance sodium and channel well; spare other half for the other day snack), two teaspoons olive oil, a quarter cup of cleaved or cut white onion, a cup of ground green pepper (spare the remainder of the onion and pepper

for another meal), one tablespoon cut dark olives, a quarter teaspoon of ground dark pepper, and half tablespoons of white vinegar. Blend them all together. You can serve lunch now.

Snack

A snack of Crock-Pot Chunky Monkey Paleo Trail preparation is good for the day.

Walnut, coconut flake, cashew, and chocolate-flavored chunks are put into a cooking vessel with the fruit oil extract to make this delicious snack that will not give you a sugar high upon consumption.

Dinner

Cut the rest of white onion and green pepper from lunch into pieces; set out about twelve grape tomatoes. Substitute bits of onion, pepper, and tomato cherries on sticks and barbecue. Present with five ounces of barbecued salmon and one 6-inch entire wheat pita pocket. Spread pita with two tablespoons hummus. Finish with one cup of fatless milk.

Day 2

Breakfast

In a reasonable, large-mouthed glass, layer one cup of two percent Greek yogurt with half of a cup of raspberries and half a cup low sugar granola,

similar to peanut butter clusters.

Snack

Make this hummus ahead of time and have a large portion of the formula today, and spare the rest for Wednesday's tidbit. Utilize new chickpeas or those remaining from last meal preparation involving the chickpeas depending on your choice of size. Crush the chickpeas daintily in a bowl with a fork. Blend in two teaspoons olive oil, one clove minced with garlic, one tablespoon lemon juice, and a little amount of teaspoon salt. If you wish, include a quarter teaspoon of ground cumin. Crush all fixings together completely or, if a smoother spread is wanted, utilize a nourishment processor to mix the fixings. Bring along one cup broccoli florets and one slice of pepper for plunging.

Lunch

Take just one fresh fruit salad with fresh or canned Tuna fish plate containing mixed vegetables. You can garnish your meal with a few natural products such as fruit.

Snack

You can take a prepared Mediterranean Thin Crust Flatbread as evening snacks.

Dinner

Cut a 6-inch French loaf. Sprinkle the parts with a quarter of a cup crumbled mozzarella cheddar or cheese and heat in toaster broiler at twenty-five degrees for four to six minutes, until cheddar is simply starting

to change from solid to a liquid by melting. In the meantime, cut two huge red tomatoes. Take out the loaf from toaster and sprinkle with a little dried basil and dried oregano whenever wanted. Add value to it with tomato cuts or slices. If you want to take a dessert after, enjoy with one ounce of brown chocolate.

Day 3

Breakfast

Make half of this Chive and Goat Cheese Frittata formula. Serve half of the frittata now, and refrigerate the rest for next day supper, if possible. Have a great meal with an eight-ounce latte with skim or unsweetened milk of soy.

Snack

Take the Smoky Loaded Eggplant Dip between meals as a snack. To have eggplant dip loaded with extra veggie, sprinkle it with toasted pine nuts fruits and add all you want in the preparation.

Lunch

Spread two cuts of entire wheat bread with half avocado and stuff with three ounces sliced turkey flesh and as many thin sections of red pepper as you need. You can add to young carrots and grapes to every cup of this meal.

Snack

Utilize remaining chickpea spread from one used earlier in the day or a fresh one. Add a cut of crudité in addition to a one-ounce bit of cheddar or cheese. Enjoy!

Dinner

Prepare half of this Mediterranean Grilled Sea Bass formula and hold half of that for the next lunch or as much as you wish. You can increase your vegetable consumption by serving a large portion of a pack of young arugula leaves (can be obtained in the market or vegetable store) with this feast. Also, you may keep the rest for use next time, so far, they are stored properly preferably in the refrigerator. Include one ear of corn and one cup cooked sugar snap peas beat with two teaspoons margarine as an afterthought. If you want to use it as a dessert, have one solidified natural product such as fruit popsicle. This will provide an additional number of calories.

Day 4

Breakfast

Prepare one cup of cereal of choice (like Earnest cereal meal) and include half a cup of milk and boiling water as wanted. The quantity each can be defined by you, depending on the quality of taste you desire.

Snack

Blend half cup of plain, unsweetened Greek yogurt with two teaspoonfuls of light maple syrup bought from the store. Add a half teaspoonful vanilla concentrate to the mixture. Dunk new crudité in this sweet, velvety plunge to have a great snack.

Lunch

You can serve the remaining ocean bass from previous day supper and garnish it over the remaining young arugula leaves left.

Snack

Lay your hand on Savory Feta Spinach and Sweet Red Pepper Muffins while expecting your next regular meal. Enjoy!

Dinner

Have the remainder of the frittata from the previous morning meal. Present it with two cups small spinach leaves, bested with two tablespoons balsamic vinegar, and one cup of fatless milk. Get one cut of entire wheat toast bested with two teaspoons spread (margarine or butter). If you want to make dessert, have a solitary serve frozen yogurt, similar to one of Magnum Mini Bar.

Day 5

Breakfast

Another simple breakfast on the Mediterranean eating regimen is settling on an English muffin heaped high with healthy fixings. This is good for the body's nutrition requirement.

It was prescribed that spreading a whole-grain English muffin with bean spread before including a bunch of potassium-pressed spinach and a poached egg.

Varieties of bean plunge, which include hummus, dark bean plunge, white-bean plunge, will be quite alright. It will arrange the sandwich into a durable meal sufficient for breakfast

Snack

Mediterranean Chickpea Salad

Servings of mixed greens can really make marvelous snacks, particularly when they're loaded up with protein, similar to this straightforward chickpea blend. Furthermore, on the grounds that there's no lettuce, there's no compelling reason to stress over anything getting spongy. Make a major big bunch toward the end of the week and dish into single-serve holders to take with you at whatever point you're in a hurry. The more it absorbs the dressing, the better. For additional protein, include diced chicken or canned fish or salmon. It also adds great taste to the snack.

Lunch

Olives, cucumber, cooked red peppers, and flavors meet up mystically in this solid chicken quinoa bowl formula. Present with a crush of lemon and a

glass of cold Italian white wine over a lap of chicken.

Snack

Get a delicious bean salad for your enjoyment before the next meal

Dinner

Slow-Cooker Mediterranean Stew is good as the last basic meal of the day. This Mediterranean stew is a solid supper packed with vegetables, chickpeas, and fruits. A sprinkle of olive oil to completely convey these kinds of this simple vegetarian simmering pot stew is usually added.

Day 6

Breakfast

Prepare two eggs, scrambled, boiled, or any way you want it. Take with half of a cut segment from avocado and one piece of complete entire-grain bread.

Snack

Join half crisp orange and half cup pineapple pieces (new or canned and depleted or extracted) with 6 ounces Greek yogurt to have a great fruity smoothie. Mix in a nourishment processor or blender, putting small-sized ice blocks at intervals, as wanted.

Lunch

Prepare green giant cauliflower pizza crust with huge amounts of veggies (scraps or whatever you feel like) and half cup blend of part-skim dented cheddar or cheese. Eat with a green serving of mixed greens or salad of two to three cups and care for greater taste with two tablespoons customary salad, any assortment. To prepare its dessert, have one scoop of your preferred frozen yogurt in a colorless cone.

Snack

A good quality Spicy Red Lentil Dip suffices as snacks!

Dinner

You can visit a Greek café and request for sautéed or barbecued shrimp or salmon with an additional request for veggies. Enjoy with a glass of wine or soul on the stones.

Day 7

Breakfast

Almonds and fruits

Almonds are a well-known bite and ingredient in Mediterranean food from breakfast to dinner. It is commonly used, together with the other food

elements, in most of the quarterly daily meals. Add a fist full of almonds to a serving of fruit to make up a light yet nutritious breakfast.

Snack

you can get or prepare a Mediterranean Tuna and White Bean Salad as your snacks. This recipe is best with crunchy, fresh vegetables to make a tuna salad that is different from the chunky dip available at stores.

Lunch

Tomato, Cucumber and White-Bean Salad with Basil Vinaigrette is a good meal after mid-day. This no-cook bean serving of mixed greens is a delightful meal when combined with the best cherry or grape tomatoes and succulent cucumbers for a light lunch.

Snack

Make a cool, nice chocolate yogurt to enjoy your day.

Dinner

One-Skillet Salmon with Fennel and Sun-Dried Tomato Couscous can be taken as the dinner. It is prepared by the use of tomato, fennel, and salmon in its preparation. Sun-dried tomato pesto and lemon carry out twofold responsibility to season both the salmon and the couscous in this sound one-dish supper formula. You can serve the salmon with additional lemon wedges and a spot of plain yogurt, whenever wanted and however you want it.

Day 8

Breakfast

You can make a toast with peanut butter and banana slices for your delicious breakfast. The preparation is simple with whole-grain bread slices. Take butter and banana slice, all equivalent to half of the whole bread portion for the toast. Peanut butter offers those great, important and healthy fats with its protein. This simple meal is top-notch in providing basic elements needed in the morning for active work.

Snack

Get a Mediterranean Picnic as your Snack. Sweet tomatoes together with salty olives and some amount cheese are a perfect between-meal picnic snack for you.

Lunch

A combination of shrimp and barley can serve the lunch. This solid salad preparation of mixed greens formula gets its resilience from protein-pressed shrimp and fiber-rich grain. With a basic red-wine vinaigrette, this fast-to-prepare plate of mixed greens makes only one serving. Though, it can be made in two or three folds.

Snack

Need a delicious afternoon snack? Try Hummus, Feta & Bell Pepper Cracker to have a great one.

Dinner

Make your dinner dish the common Sheet-Pan Mediterranean Chicken, Brussels Sprouts and Gnocchi meal. This is a common dinner diet enjoyed by people. It contains a lot of dairy products, fruits, and vegetables. In this solid supper formula, chicken thighs, Brussels grows, cherry tomatoes and bundled gnocchi are altogether cooked on a similar sheet for a balanced dinner that could not be simpler to make. Furthermore, however it's basic, this dish gets huge amounts of flavor from Mediterranean seasonings, including garlic, oregano, and red wine vinegar.

Day 9

Breakfast

An entire grain bagel with hummus and cucumber is another healthy breakfast dish. Consolidating entire grains with scrumptious plant-based protein makes for a filling and solid feast that will help get you to lunch. It was suggested adding a little, entire grain bagel with hummus and including some cucumber cuts for crunch and flavor. Hummus is a wellspring of sound fats, which will assist you with feeling fulfilled longer. Cucumbers can be added to help the veggie servings in the day. These make incredible meal sufficient to provide the required nutrient for bodily functions. Have a great day with it in your tummy.

Snack

Smoked Salmon, Avocado, and Cucumber Bites

Cucumber nibbles are not only an amazing gathering nibble, but they are also an incredible bite when all is said and done. Loaded with solid fats from smoked salmon and avocado and mash from cucumber, these scaled-down food substances are the perfect answer for snacks when you are hoping to keep things low-carb. On the off chance that avocados are not in season, do not hesitate to substitute with your cream cheese. It is a very common snack in between meals.

Lunch

In the afternoon, you can take the classical Mediterranean salad. A bowl of exemplary Greek plate of mixed greens need not bother with any other combination. It is fantastic enough all alone. You can get it ready by preparing spinach, dark olives, cherry tomatoes, daintily cut up red onion, and the dearest salty cheddar, feta. Then, you are ready to take your delicious launch.

Snack

You can have your great snacks from date wraps. Sweet dates plus a little salty prosciutto together give a tasty and delicious bite.

Dinner

Sweet and Spicy Roasted Salmon with Wild Rice Pilaf is a delicious meal for dinner. You simply cook the salmon and serve it with dish honey and balsamic vinegar which gives it a sweet completion. A nutty-tasting wild rice pilaf finishes this sound supper that meets up in only thirty minutes to one hour.

Day 10

Breakfast

You can make the Mediterranean Breakfast Tostadas your early morning meal. Add spice to your morning meal with a preparation of tostadas loaded with red pepper hummus, scrambled eggs, cucumbers, tomatoes, feta and a lot of other vegetables. This has an added advantage that since they take less than a quarter of an hour to prepare, you can even make time for a plate on busy mornings before setting for a busy day. By that, you've started the day splendid!

Snack

Ricotta and Yogurt Parfait

This recipe is anything but difficult to put together toward the beginning of the day meal. Or on the other hand mix together the filling in a container the previous night and top with the natural product, nuts, and seeds when you get the opportunity to work. Thereafter, you have your snacks!

Lunch

For your lunch, you can take the Mediterranean Veggie Sandwich. This sandwich, which is basically a plate of mixed greens between two cuts of entire wheat bread, has lettuce, grows, tomato, cucumber, red onion, disintegrated feta cheddar, and peppers, all in your choice proportion.

Snacks: Fig and Ricotta Toast makes easy Mediterranean-inspired snack that is quick to get or prepare a wait after food.

Dinner

A meal of Chicken with Tomato-Balsamic Pan Sauce is good for the night. Fennel seeds give this tomato and balsamic sauce an additional delicacy, however, in the event that you do not have fennel close by, you have a go at utilizing cumin or coriander seeds, or ground herb or flavor. You can serve this simple chicken flourishing formula with entire wheat spaghetti or dried up bread to sop up the sauce

Day 11

Breakfast

Top two cuts of complete entire grain bread with two tablespoons of nut margarine and a half or few sliced bananas. You are good to have a light breakfast on Friday morning.

Snack

Crunch on a two-ounce sack of cooked chickpeas, as Biena Honey-Roasted Chickpea Snacks.

Lunch

Combine a half-cup of two percent Greek yogurt with half of a finely slashed cucumber, half of a minced garlic clove, and a shake of salt and pepper whenever and whatever amount you want. Spread a portion of yogurt sauce (spare residual sauce for later use) on the complete entire grain sandwich dainty, like Arnold's, or pita and take with a cup or a greater number of veggies.

Snack

Tomato-Basil Skewers can serve as an excellent snack long after your regular meal.

Dinner

Make one-fourth of this Mediterranean Sweet and Sour Chicken formula. You can simply serve it with a half-cup of cooked darker rice with two teaspoons of margarine or butter on the top. If you want greater enjoyment, take a glass of red wine.

Day 12

Breakfast

A meal of Yoghurt and Berry Sprinkle is an ideal breakfast in the morning. Take two once of yogurt, especially high-quality Greek yogurt, with two or more sprinkles of Berry of choice.

Snack

Honey-Balsamic Fruit Salad

The mixture of bee-produce and fruit of balsam tree has a great delicious taste and high nutritional value. Fresh pear, succulent grapefruit, and readily melting in the mouth kiwifruit are delicately spritzed with a basic honey balsamic dressing in this delightfully invigorating plate of mixed greens or salad. It can be prepared in less than a quarter of an hour. Serve it close by your basic dinner, or spare it for dessert. It can be used two or more days if properly stored.

Lunch

For a lunch with the required nutritional value, a white bean & veggie salad is good enough. This meatless fundamental dish serving of mixed greens consolidates rich, fulfilling white beans and avocado that will supply the protein and mineral to be provided by the dairy product. One or two once of beans is cooked and garnished with a vegetable salad.

Snack

To make a garlic hummus for your snacks, simply put a few ingredients of the garlic in the food processor and roll away! Then add the liquid from a can of chickpeas to add to the great taste. This can make this healthy dip extra smooth and creamy. You can serve it with chips.

Dinner

Do you want a delicious dinner? Take Chicken Shawarma. This simply prepared chicken shawarma will ship you to the check-in in the Middle East

and Mediterranean region! It is loaded with a lot of flavors. The mystery is in the straightforward custom-made shawarma flavor blend.

Day 13

Breakfast

Top a whole entire-grain bagel dainty with half a cup of fatless ricotta cheddar or cheese blended in with one tablespoon every nutty spread and bee nectar extract. Sprinkle one or teaspoonful raisins on top.

Snack

Flavorful Date and Pistachio Bites

A dash of sweetness from the dates and raisins combined with crunch and nuttiness from the pistachios make these chomps ideal for an in a quick snack or as a backup on a cheddar or cheese board. It has a great taste if prepared fresh.

Lunch

Lemony Orzo Salad

You can simply prepare this as you want with fresh cucumber, red onion, chickpeas, basil, mint, lemon, spinach, and feta without or with cooking any of the ingredients. You can other fruits and vegetables of your choice to make a great meal.

Snack

Prepare a Pumpkin Seed Salsa as your snacks.

Dinner

Marinate 6 ounces of shrimp in a basil marinade for like half an hour or from night till next morning, if possible. To make basil marinade: Whisk together half of a cup of white wine vinegar, one teaspoon of olive oil, one tablespoon of lemon juice, and a little of a cup of hacked crisp basil or one teaspoon of dried basil. Flame broil shrimp until cooked through very well. Add two cups of romaine lettuce with the shrimp and blend well into greens for included flavor. You can serve with one cup of blueberries and enjoy with one-ounce chocolate as dessert.

Day 14

Breakfast

Avocados meal is a great choice for early morning consumption. In spite of the fact that splitting an avocado and eating it with a spoon is absolutely a choice, you can likewise add avocado to smoothies, prepared eggs, or even appetizing cereal.

Snack

Fig and Honey Yogurt is good to serve as your snacks. Dried figs and nectar top the plain yogurt in preference. Substitute crisp figs in the event that you can get them. The quality of the yogurt and honey determines the taste and nutrients you will have.

Lunch

Make this wild rice and egg bowl. Get a skillet and cook one egg, at that point include two cups spinach and season with salt and pepper. Serve over Minute Rice Multi-Grain Medley. Enjoy your lunch!

Snack

Get nuts and dried fruit, cherries and berries as your snacks.

Dinner

Goosey or Cheesy Spinach-and Artichoke Stuffed Spaghetti Squash can indeed make your supper amazing! Basically, it is squash made into carbs. It can be made in the form of a spaghetti-squash-for-pasta swap. It slices both carbs and calories by a large amount for a scrumptious, rich goulash you can like eating. It merits simmering the squash as opposed to cooking it in the microwave if you have the opportunity. You can choose to make the flavor gets better and increasingly exceptional by adding other fruits and vegetables of choice.

About the Author

Vishal Pandey was born in Lucknow, India. After completing post-graduation in business management, he joined the corporate world, only to realize quickly that it was not the path for him. His decade-old passion for self-development led him to the world of writing and creation of his blog.

Over the course of fourteen years, he has read hundreds of books, listened to audio/video programs, attended seminars on the topics of personal development and tested every piece of information by applying it in real life.

His blog was created to share this information with the world but later evolved into a platform for mutual interaction with his readers. After receiving several requests to write a book from his readers, he wrote 'Positive Thinking', followed by 'The Happiness Edge' and 'Success Habits of High Achievers'.

Besides writing, he loves meditation, yoga, traveling, martial arts, music, nutrition, human psychology & behavior.

You can contact him at:

Email: yoursefactualization@gmail.com

Facebook: facebook.com/selfactualization.co

Twitter: [@selfactualized9](https://twitter.com/selfactualized9)

More Books by Vishal Pandey.

Positive Thinking: How to Stop Focusing on Nonsense and Live a Better Life

The Happiness Edge

Happiness for Beginners

Success Habits of High Achievers

Winner's Mindset

Social Skills: Overcome Shyness, Improve Your Conversations, and Make New Friends

Peaceful Communication in Marriage

Unspoken Rules of Marriage

Beyond Self Discipline

Small Habits

The Complete Keto Diet for Beginners

Mediterranean Diet for beginners

Intermittent Fasting 101

Other Books by Vishal Pandey:

Positive Thinking: How to Stop Focusing on Nonsense and Live a Better Life

Are you **deeply unsatisfied** with your current life situation?

Is it hard for you to **feel motivated**?

Are you having trouble with **self-doubt and negative inner thoughts**?

Do you really want to fix the situation but **cannot make yourself take action**?

This book has the answers you seek.

The author Vishal Pandey is not a self-help guru. He is a regular guy who was fighting with depression, negative thoughts, self-doubt, and procrastination for thirteen long years. Determined to break out of it, he tried out every possible advice, method, and technique under the sun and finally managed to do it. This book is about the **best advice and practices** he found in those thirteen years to break the habit of constant negative thoughts which dragged down his spirit and potential.

Backed up by a combination of science and philosophy, *Positive Thinking* has helped **hundreds of readers** break the habit of negative thinking & self-doubt. Filled with inspiring stories, smart advice, and practical exercises outlined in **clear & actionable steps**, every chapter is designed to help you think and change the way you live.

Discover:

- How to **control your negative thoughts** and experience more joy, peace & fulfillment?
- How to live by your own rules and focus only on things which are meaningful & important?
- How to stop making excuses and **feel motivated** to take action every day?
- How to develop rock solid self-confidence?
- How to **stop sweating over small stuff** that ultimately doesn't matter at all?

- How to get out of your head and crush feelings of self-doubt & inferiority?
- **How to handle negative, toxic people and their comments? They will never have any effect on you.**
- How to stop feeling stuck and be inspired to start moving ahead in life?
- **How to break the habit of procrastination and laziness once and for all?**
- How to never let past rejections & failure bother you again?

Praise for the book:

- **"Brings change at the deepest level"** - Review by **Reader's Favorite**, one of the largest book review organizations in the world.
- **"I strongly recommend** this book. He has tackled various issues in an uncomplicated manner. An absolute **must read** which doesn't drag too much."
- **"As I read this book I could see a lot of the traits of a negative personality in myself. The way to make changes** is easily defined in this book. The author gives **very simple and clear guidelines** on how to make changes in your mindset to ultimately make **positive changes** in your life. Don't just read it and forget it. Start a journal and begin to see life in a positive light!"
- **"I couldn't believe he had never written a book before....this one is better than 90% of all that I have read. Would highly recommend it."**

Do not give up on your dreams. The life you want is only a decision away. Either you could continue to be the way you are now OR you could do something to change it. Get Positive Thinking now.

Other Books by Vishal Pandey:

Success Habits of High Achievers

Success Habits of High Achievers is not only filled with personal stories of Icons, legends, and leaders of our generation but also contains silent victories of regular, everyday people. The high-performance habits, routines, mindset & insights highlighted by *Success Habits of High Achievers* apply to every facet of life, inspiring readers to leverage these ideas to achieve their own aspirations.

The author spent more than a decade studying the lives of the most successful people of our time. This book is about the habits, routines, thought processes and skills which allow seemingly ordinary people to accomplish extraordinary feats.

Success Habits of High Achievers will reshape the way you think about success and growth, and give you the tools and strategies you need to transform your situation, whether you are a team looking improve your performance, an organization hoping to increase profits, or simply a person who wishes to get a better job, become fit, learn something new, or achieve any goal.

Key ideas:

- Discover the secret used by renowned leaders to gain incredible inner drive.
- Proven tips for beating procrastination.
- How to believe in yourself in the face of self-doubt?
- Strategies used by successful people to overcome failure.
- How to create a winner's mindset?
- Little things successful people do differently that makes a huge difference.
- Brain hacks to improve your focus and productivity.
- What to do when you feel overwhelmed & stressed out?
- Actionable advice & exercises throughout the book to readers who are ready to start now.

Here are the ultimate benefits you will get:

- You'll become highly productive.
- You'll be persistent in the face of challenges.
- You'll have a winner's mindset.
- You'll be highly motivated.
- You'll have a success-driven mentality.
- You'll experience success and abundance in all areas of life.
- You'll become the best version of yourself.

Do not give up on your dreams. The life you want is only a decision away. Either you could continue to be the way you are now OR you could do something to change it.

Other Books by Vishal Pandey:

The Happiness Edge

For generations, we have been taught that when we become successful, we'll achieve happiness. If we can just make more money, or find an attractive partner, or get a six-pack, we'll be happy.

The recent advancements in the field of psychology suggest otherwise. We have to first become happier in order to achieve the next level in our endeavors.

The increase in happiness has been proven to facilitate more income, healthier relationships, increased motivation, clear thinking, and better health.

In *The Happiness Edge*, Vishal Pandey shares how happiness still eluded him even after achieving the life of his dreams. His quest to gain a deeper understanding of happiness led him to the field of psychology and related studies to discover secrets of happiness hidden in plain sight.

Backed up by several pieces of research conducted all over the world, *The Happiness Edge* presents eight groundbreaking principles of happiness which made a radical shift in the life of the author and the people he shared them with.

Discover various **tools and ideas** to completely transform your mindset & life:

- 51 simple ways to make your life happier today.
- How to use apply the principle of *Core Element* to increase presence, joy, and productivity?
- How to change everything in your life and business using *The Law of Least Effort*?
- How to train your mind to become more accustomed to health, wealth, happiness, and prosperity by exercising the principle of *Calculated Influence*?

Here are the **ultimate benefits** you'll get:

- You will become more optimistic.
- You will be more positive and confident in your everyday life.
- You will have a morning routine that supercharges your productivity and happiness.
- You will stay motivated and focused all the time.
- You will have a clear understanding of who you are and what makes you happy.
- You will be more grateful and blissful every day.
- You will live a healthier lifestyle.
- You will be a calm and peaceful person.

A must-read by anyone looking to utilize the power of happiness to reach the next level, or simply increase the amount of happiness you experience in a day. By leveraging the eight principles, along

with 51 simple but effective ways to increase happiness, you can completely transform the way you think, live, and work.

Other Books by Vishal Pandey:

Happiness for Beginners

Do you want to be more positive and confident in your everyday life?

Do you imagine yourself FREE from negative self-talk and filled with **joy, fulfillment, peace, and passion every day?**

The sole purpose of **Happiness for Beginners** is to help you break the habit of negative thinking & self-doubt. Filled with inspiring stories, smart advice, and practical exercises outlined in **clear & actionable steps**, you will get to know the exact steps on how to make yourself happy, inspired, thankful, peaceful, content, and optimistic.

You will discover various tools and ideas to completely transform your mindset and life:

- **7 Powerful ways to supercharge your life with positivity**
- The perfect morning routine to make you happy and productive all-day
- **6 Simple ways to boost motivation at work and life**
- How to raise your positive vibrations and attract what you need
- **How to start a gratitude practice and change your life**
- 4 Secrets to live a happier, more fulfilling life every day
- **8 Hacks you can do to boost self-confidence**
- How to truly forgive someone who has hurt you
- **How to live a healthier (and happier) lifestyle**
- Simple habits to make yourself happy and peaceful every day

Here are the ultimate benefits you will get out of this book:

- You will become more optimistic
- You will be more positive and confident in your everyday life
- You will have a morning routine that supercharges your productivity and happiness
- You will stay motivated and focused all the time
- You will be able to let go of all anger by forgiving people who hurt you in the past
- You will have a clear understanding of who you are and what makes you happy
- You will be more grateful and blissful every day
- You will live a healthier lifestyle
- You will be a calm and peaceful person

Other Books by Vishal Pandey:

Social Skills: Overcome Shyness, Improve Your Conversations, and Make New Friends

You want to improve your social life. You've always been a little shy and awkward. You frequently think about *what should I say now*. Maybe you don't want a huge number of friends, but you'd like to have some close people who you can trust & share things with.

You want to boost your social skills, but you don't know how. Don't worry. You are not alone. A lot of people struggle when it comes to socializing. This brilliant book *Social Skills: Overcome Shyness, Improve Your Conversations and Make New Friends* provides simple yet effective tools & techniques for developing your people skills rapidly.

It covers four keys to becoming more social:

- 1) Body language mistakes you must avoid
- 2) How to make a great impression through body language
- 3) Bad behaviors that derail your social effectiveness
- 4) Behaviors and traits of instantly likable people

If you feel like you're the awkward person at social events or you struggle in conversations because you're shy, it can impact your social life and your career. However, you can start improving your social skills by following the tips and advice outlined in the book. Soon, you'll be able to enter into conversations with incredible ease & confidence.

Social Skills covers topics including:

- Step-by-step process to create a memorable impression on anyone you meet.
- 8 behaviors that are sabotaging your social skills and how to avoid them.
- A simple technique to make people feel relaxed at the first meeting.
- How to overcome awkward silence and have a free-flowing conversation?
- Powerful exercises to develop confident yet relaxed eye contact.
- How to capture and hold the attention of the entire group for as long as you want?
- Warning signs of low self-esteem and a lack of confidence.
- How to add more fun & positivity in your interactions?

- How to deal with social pressure and exercises to strengthen your emotional resolve?
- How to eliminate friction from your relationships?
- Why your body speaks way louder than your words?
- An easy way to make anyone you meet feel special. This single people skill would boost your likability & social life to unprecedented levels.

Other Books by Vishal Pandey:

Peaceful Communication in Marriage

What separates happy marriages from gloomy ones?

Modern culture suggests that everyone has a soul mate; that love is the be-all & end-all of a successful marriage; that when you marry someone, they will fix your flaws; and that marriages cannot last forever. But these modern-day assumptions are wrong.

Marriage is a beautiful relationship that is also misunderstood and mysterious. *Peaceful Communication in Marriage* offers instructions on how to have a successful marriage and is essential reading for anyone who wants to know how to create a deep bond with their partner.

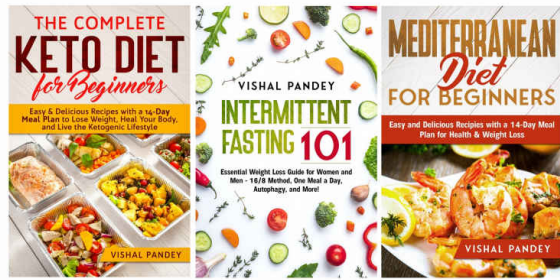
Based on breakthrough studies conducted on human psychology & behavior all around the globe, this excellent guide shows everyone — Christians, skeptics, singles, longtime married couples, and those about to be engaged — how to achieve a wonderful relationship with your spouse.

The simple yet powerful tools and ideas will help you to improve communication, increase appreciation, and learn to reconnect. The creation of better habits will lead you to better results. Living a more satisfying and exciting life together is not only possible; it can happen a lot faster than you may think.

KETO DIET *for beginners +* INTERMITTENT FASTING + MEDITERRANEAN DIET

THE COMPLETE GUIDE TO KETO DIET, INTERMITTENT FASTING,
AND MEDITERRANEAN DIET FOR WEIGHT LOSS & HEALTH

3-in-1



VISHAL PANDEY