



METABOLIC FASTING ROADMAP

Step-By-Step Fasting Plan For Fat Loss

FEAST STAGE

FEAST MASTERY
Eat Better to Fast Better

POWER POTENTIATORS
Make Fasting Work Better
and Faster

L.I.F.E. FASTING MASTERY
Lasting, Intermittent,
Flexible, Energizing

FAST STAGE

ADVANCED FAT LOSS FAST
20-36-HOUR FAST
1-3 TIMES PER WEEK

AUTOPHAGE FAST
18-HOUR FAST
6-HOUR FEAST
REJUVENATES THE BODY

THE "FIRST FAST"
16-HOUR FAST
8-HOUR FEAST
RESTORES THE METABOLISM

FLEX STAGE

SLEEP FAST
Instant Boost to Growth
Hormone, Eliminates
Unnecessary Calories

SNACK FAST
Decreases Insulin, Cuts
Unnecessary Calories

FANTASTIC FOUR
Water, Walking, Weights,
Waiting