



## Marbella Bro: Intermittent Fasting Quickstart Guide

A simple, effective way to manage weight and boost energy. It's about *when* you eat, not *what* you eat.

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### 1. Choose Your Starting Protocol

Pick a schedule and stick with it for 2 weeks. Sleep hours count as part of your fast.

- **Beginner (14/10): Fast for 14 hours, eat within a 10-hour window.**
  - *Example:* Finish dinner by 8 PM, have your first meal at 10 AM the next day.
- **Common Goal (16/8): Fast for 16 hours, eat within an 8-hour window.**
  - *Example:* Finish dinner by 8 PM, have your first meal at 12 PM (noon) the next day.

### 2. How to Start

- **Start Gradually:** If 14/10 is tough, begin with 12/12 (e.g., eat 8 AM - 8 PM) for a few days first.
- **Listen to Your Body:** It takes time to adapt. Mild hunger is normal; feeling unwell is not.
- **Commit for 2 Weeks:** Give your body time to adjust before changing your protocol.

### 3. What to Eat & Drink

#### During Your Eating Window:

- **Prioritize Protein:** Lean meat, eggs, fish, legumes. Keeps you full and supports muscle.
- **Fill Up on Fiber:** Vegetables, fruits, whole grains. Aids digestion and satiety.
- **Include Healthy Fats:** Avocado, nuts, olive oil. Provides steady energy.
- *Remember: No foods are forbidden. Focus on nutrient-dense choices, but enjoy your favorites in moderation.*

#### During Your Fasting Window:

- **What's OK:** Water, black coffee, herbal tea (no sugar/milk/cream).

- **What to Avoid:** Anything with calories (soda, juice, milky coffee, snacks).

#### 4. Tips for Success

- **Stay Hydrated:** Drink plenty of water. Sometimes thirst feels like hunger.
- **Consider Electrolytes:** A pinch of salt in your water can help if you feel dizzy or have a headache.
- **Be Flexible:** If a special occasion comes up, adjust your schedule. One off day won't ruin your progress. Consistency over perfection is key.

***Disclaimer:*** This guide provides general information and is not a substitute for professional medical advice. Consult with a healthcare professional before making any significant changes to your diet or lifestyle.