



EAT

FAST

**TIME
RESTRICTED
EATING**

BY TIM GOJICH

The easiest lifestyle change you can make is when you eat...

I am sure that you have been told that diets do not work in the long run. I know that I have said this quite often over my 20 year career in fitness and nutrition.

I chose the name Fit For Life for a reason. I have dedicated a lot of time and effort to create exercise and nutrition solutions that can be effective for a lifetime. Short term goals are important as long as they lead to a lifelong plan that is easy to stick with.

Time Restricted Eating is not a diet. It is a lifestyle choice that you will make every day. You will feel successful each day when practicing Time Restricted Eating. This is the most important factor for long term success.

Diets are hard to stick to. There are a lot of rules that do not fit most normal people's lives.

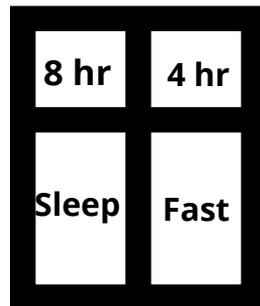
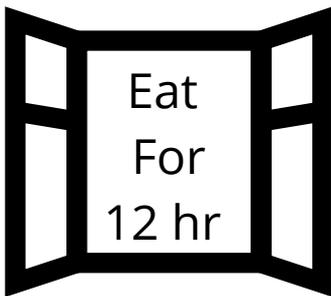
Meal prepping, counting calories and macros, cutting out foods that you like etc. all lead to failure to stick to the diet. Instead of focusing on all of those rules, let's stick to an easy plan. When you eat!



Gain control of your calories by choosing when to eat and fast

A great way to think of your eating and fasting choices is to look at them as windows. You have a window that is open for eating in a 12-hour span. Once you stop eating, you are now fasting. The window is closed. It is a good visual that will help you be successful each day without having to try and be extra disciplined. Your windows for eating and fasting can vary a bit. This is another powerful factor that keeps you practicing time restricted eating successfully weekly, monthly and hopefully annually.

Your window of eating starts when you eat any food or drink that contains calories. This is due to the bodies process of digestion. When the body has to digest food, hormones shift and you are simply not fasted when digestion kicks in. Your window is open during 12 hours of being awake and productive and closed for after dinner and of course sleep.



Fasting is easy to do when it is timed appropriately

We all fast when we sleep. That is the easiest part of any fasting program. With our program, we want you to fast for 12 hours. This gives you an eating window of 12 hours. If you start eating at 8 am, you will close your eating window at 8 pm. It is that simple. As you can see, most of your fasting is done while you sleep. You can move your window up or back to fit your lifestyle. If you prefer to eat early, you would stop earlier. Maybe you like to have breakfast at 7 am and you take your last bite of food just before 7 pm. It is your choice. At night you will need to try and not eat desserts, cereal, snacks, etc. once your eating window is closed. It gets easier each day that you practice time restricted eating.

In the morning hours you can have water, sparkling water, teas, coffees without sugar or cream. Some people do fine with diet drinks that include artificial sweeteners. Those who crave more sugar after drinking a diet drink should avoid them. The most important factor is keeping your window closed for calories when you are fasted. This will allow your body to burn fat as energy over time as well as many other health benefits.



Start craving healthy foods by sticking to the plan

Food choices tend to be people's biggest struggle when trying to stick to a diet. Once again, this program is not a diet. So, I want you to eat foods that you like to eat. Many diets will have you cutting things. I do not disagree with any diet that suggests you cut added sugar, bad fats, processed foods etc. I do not like diets that have people cut out foods that when eaten in moderation are healthy. In fact, the popular diets being thrown around on social media often end up leaving people confused and gaining more weight than they started with over the long haul. Again, say no to diets!

The beauty behind time restricted eating is that you get to eat the foods you love in moderation as long as you are in your eating window. In time, your food choices will get better. Each week that goes by where you stick to the plan, you will start to crave healthy foods. After a month you may find that you are shopping for more organic foods, cutting sugar drinks out, eating less fast food etc. This is no accident. When you allow your body to fast for at least 12 hours per day and you do not eat all day from when you first wake up until you go to bed, your body becomes optimal again. Good food will be all that you crave over time.



What to eat when you are in your 12 hour eating window

When you Sign up for our 6 week program or for a membership, we have meal sheets that are handed out inside the gym. I made these as a guide to help you create a balanced structure with each meal. The food choices are just suggestions. You can choose foods that you like if you do not see it on the menu. I would recommend trying to use the foods from each column as a guide to help you stay satisfied from meal to meal.

When you cut out foods that your body needs for energy, you end up craving them a lot stronger later. This leads to binge eating. You should be able to go 3 to 4 hours before you start craving another meal.

A good example of a day of time restricted eating would look like this.

8 am - 3 eggs, 1 whole wheat toast, 1 apple

Noon - 5 ounces of chicken, 1/2 cup rice, 1 cup green beans

3:30 - 3/4 cup greek yogurt, hand full of blueberries, one pear

7 pm - Spinach Salad, 2 steak tacos made with low carb totillas

Window closed until 8 am the next morning

Your go to plan whenever or wherever

A good plan is necessary for any level of success. Your eating plan is no exception. One of the best aspects of time restricted eating is the flexibility. A good way to start this plan is Monday - Friday. We are usually creatures of habit Monday - Friday. Weekends tend to be a lot less scripted. Do your best to stick to the plan during the week and eventually you will find it easier to keep it going throughout the weekend. Keep in mind that your window can move. If you sleep in on the weekend, start eating later and close your window a little later.

If you are out of town, this plan works great. You do not have to do too much planning to stay on it. Just adjust your window accordingly. You may end up eating foods that you would not normally eat, but if you stay in your window, it will not have such a bad effect on you.

I think that you will love this lifestyle plan that is dedicated to when you eat. I have not only coached hundreds to live this lifestyle, I have practiced it myself for the past 10 years. At 47, I do not think that I would still be at 10 percent body fat had I not found this plan when I did. I hope you find this plan works well for you. If you have any questions you are welcome to email me directly.

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