

## Food in the Fast Lane: Energizing Nutrition for a Busy Life

### **Main Types of Intermittent Fasting:**

12-hour fasting (12-hour eating window)  
16-hour fasting (8-hour eating window)  
18-hour fasting (6-hour eating window)  
19-hour fasting (5-hour eating window)  
5:2 (eat “normally” for 5 days, 500-600 calories for 2 days)

### **Supplements: Individualize with your Health Care Provider:**

1. Probiotics: PB 8 by nutrition now, Culturelle and Primal Defense by Garden of Life (many others) [none of these three need refrigeration)
2. Omega 3: Spectrum brand Omega 3 (refrigerated) and Nordic Naturals Omega 3 (not need to be refrigerated)
3. Vitamin D3: 3,000 IU-5,000 IU per day: Solgar brand (soft gels)

### **List of Recommended Nutrition Bars:**

Nu Go Stronger, Square Bar, Raw-More (Paleo Bar), Kind Bar, Lara Bar Zing Bar, Nu Go Free Bar (gluten free & soy isolate free if you buy the dark chocolate crunch), GFB (Gluten Free Bar), Quest Bar (look at ingredients: only 3-4 few flavors are sweetened naturally, some have the artificial sweetener sucralose, rather than stevia).

**Shakes:** Ready to drink (RTD): Muscle milk organic. Make your own: MRM 100% natural whey protein with almond milk and fruit (blended). Vegan: Orgain brand protein powder or ready to drink (RTD).

**SMART Goals:** Specific, Measureable, Achievable, Realistic and Timely