

How to eat like a food blogger and stay fit

# Intermittent Fasting

This is my guide (not as a dietitian!) just as a reflection of my regular routine that so many of you asked me about.

## Hydrate

Hydrating is KEY. I have a huge water bottle that I fill all day long. I also like to start the day by drinking 2 tsps of apple cider vinegar dissolved in a large cup of water- totally optional, but read about the benefits!

The goal is you drink 1/2 your body weight (in pounds) in ounces of water every day.

**1 kg=2.2 pounds, 1 ounce=28 ml.**

eg: You weigh 65 kg. Multiply by 2.2 to get 143 pounds. Divide by 2 = 72 ounces of water each day. Multiply by 28 to get the amount in ml = 2022 ml or around 2 Liters water

**IN SHORT: WEIGHT X 0.031 = L PER DAY OF WATER REQUIREMENTS**

**65kg x 0.031 = 2 liters per day**



## Be intentional

When I don't have any food tastings or gatherings I'm VERY careful with what I eat. I eat small super healthy meals, so that on special days I can indulge guilt free! I would never restrict myself at an event where there's amazing food, but my at home meals are a different story.



## Exercise!!

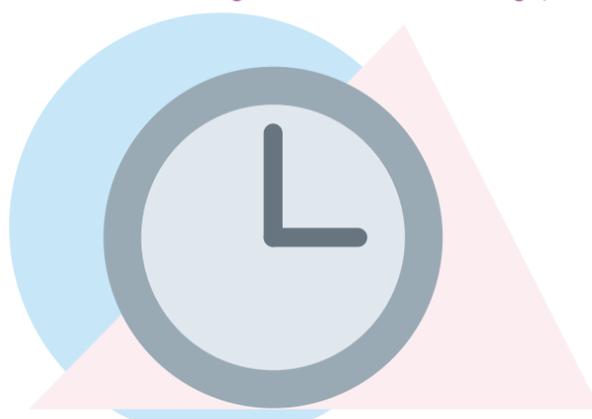
I try to treadmill every day for 30 minutes (speed intervals incline. I do 4% incline, then walk at 5.5 speed for 3 minutes, run at 7.5 for 2 minutes and keep going till I reach 30 minutes.) I also do stretching and core exercises. You don't have to do that- just make it a goal to move your body for 30 minutes a day! Walk if you have to. It's just a great practice to get into and so stress relieving. You'll get addicted to it!



## Fast

I intermittent fast every weekday, and keep my weekends free to indulge and have breakfast. I do a **16:8 fast**, which means I have an eight hour a day window to eat, and sixteen hours of fasting

eg: My last meal ended 8 pm -> I can't eat till 16 hours later (12 pm the next day) This keeps me in line so I don't eat too late and push my eating window the next day (keeps me from late night Netflix snacking!)



## Caffeinate!

Even when intermittent fasting, you can drink black coffee or black/green tea during your fast.. No milk! The point is not to consume any calories before breaking fast. I have a big cup every morning and it helps me stay energized and full until eating time.



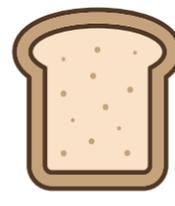
## Reduce Carbs

You'll never find me doing keto or hard core carb restriction, but I do think controlling white rice/pasta/ bread intake does wonders. When fasting, you usually have two meals a day, lunch and dinner. My rule of thumb is to try and have one meal without any grains/bread, and one meal with COMPLEX grains (brown rice, whole wheat pasta, multigrain bread, quinoa, etc.)

For example:

Meal 1: loaded salad/eggs/oatmeal/protein with a side of veggies/ loaded sweet potato

Meal 2: Healthy pasta/brown rice with an Arabic stew/multigrain sandwich



Happy Intermittant Fasting!



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