

# INTERMITTENT FASTING CHEAT SHEET

Choose your fasting schedule: 16/8, 20/4, 5:2

Example:

16 hours fasting, 8 hour window for eating

For maximum weight loss results with Intermittent Fasting, you should avoid eating during your fasting times.

Exercise and drink plenty of water.

Keep your carb count under control. You don't have to count calories but it is good to keep macros in mind.

See the full guide at:

[GingerCasa.com](http://GingerCasa.com)