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ADVANCED INTERMITTENT FASTING GUIDE

**INCLUDES 7 SECRET TIPS FOR GETTING
THROUGH YOUR FASTING WINDOW**

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The 16 Hour Fasting Window

Every day, you spend 16 out of the 24 hours fasting. That means no food whatsoever. This is called your fasting window.

During your fasting window, you reach extremely low insulin levels. The more time you spend in this low insulin state, the more fat you're able to mobilize and burn off, especially from stubborn areas like your stomach and love handles.

This is why I recommend a 16 hour fasting period as opposed to what most people recommend, which is only a 12-14 hour fasting period.

7 Secret Tips To Make It Through Your Fasting Window

Secret Tip #1: Drink Black Coffee

I know what you're thinking, that sounds like a pretty basic tip, but let me explain why it's absolutely crucial if you're going to succeed with intermittent fasting.

First off, black coffee is an extremely powerful appetite suppressant. BUT, more importantly, coffee contains high amounts of Peptide YY, which is literally a satiation hormone. Therefore, by drinking black coffee, you are effectively signaling to your brain that you're not hungry. Your brain is obviously thinking you're hungry since you've been starving yourself, but through the consumption of peptide YY, you're able to trick your brain that you're not hungry, and you no longer FEEL hunger as a result.

Secret Tip #2: Drink Green Tea

Green tea contains a high concentration of what's called EGCG (epigallocatechin gallate), which increases your body's levels of cholecystokinin, thereby triggering the satiation response in your brain. Additionally, EGCG stimulates



norepinephrine production. Norepinephrine is technically a catecholamine, which means it causes fat to be released and utilized as an energy source.

Secret Tip #3: Drink Apple Cider Vinegar

Apple cider vinegar helps because it contains acetic acid, which increases mineral uptake in your body. Since you're fasting, you're not taking in calories, which means you are also not taking in minerals, and that can be bad. However, through acetic acid, you are able to effectively utilize minerals that you took in from previous meals, thereby upping your mineral intake without increasing your calorie intake.

Secret Tip #4: Drink Sparkling Water

Sparkling water curbs your appetite. It has been scientifically proven to suppress hunger. This is one of the more basic tips, but it's good to have plenty of options in terms of things you can drink in order to make your fasting window go by a little easier. Adding sparkling water to your arsenal gives you another option to choose from when you get hungry and need something to blunt your hunger.

Secret Tip #5: Get 8 Hours of Sleep

Make sure you get 8 hours of sleep every night. Studies have shown that if you don't get 8 hours, you wake up 25% hungrier. Additionally, 8 hours spent asleep is 8 hours that you don't have to spend fasting. That's half of your fasting window completed just like that. If you get 8 hours of sleep, you only have to make it through 8 hours of fasting while awake.

Secret Tip #6: Consume Fiber During Feeding Window

At the end of your feeding window, consume a lot of fiber. This will help you feel full for a much longer period of time, thereby making it much easier for you to get through the first couple hours of your fasting window in the morning.

Secret Tip #7: Drink TONS of Water



Do NOT forget to drink lots of water during your fasting window. Clinical studies have shown that water triggers the same satiation mechanisms as food within your body. In other words, drinking water makes you feel full in the same way that eating food does. You obviously won't feel as full as you do after eating, but drinking lots of water really helps in a major way.

8 Hour Feeding Window

Every day, after your 16 hours of fasting is complete, you get an 8 hour feeding window in which you can eat two to three large meals.

Since most people wake up around 8AM, the feeding phase is typically from 3PM-11PM, but you can customize your 8 hour feeding phase however it fits best with your schedule as long as the total time spent fasting equals 16 hours every day.

Many people get through their fasting window and then just start eating whatever they want. You **MUST** not do this if you're serious about losing weight. The meal you break your fast with is extremely important. The rest of your feeding window is a little more flexible, but the first meal is very important.

You need to break your fast with a high protein, low carb meal, or you'll make slower progress. Intermittent fasting works much faster for people who follow this one simple rule. Find some examples of good meals you can break your fast with below.

5 Perfect Meals To Break Your Fast With

Break-Fast Meal Option #1: Chicken breast

Break-Fast Meal Option #2: Protein shake

Break-Fast Meal Option #3: Salmon steak

Break-Fast Meal Option #4: Sirloin steak



Break-Fast Meal Option #5: Hard boiled eggs

Supplements That Can Help You Lose Weight Faster During Intermittent Fasting: Fat Burner, Protein Powder

In order to burn fat and lose weight, your daily calorie expenditure **MUST** be greater than your daily calorie intake. Exercise increases calorie expenditure, and improved diet decreases calorie intake...**BUT**, in my experience, the only way to increase calorie expenditure **AND** decrease calorie intake **SIMULTANEOUSLY** is through daily use of a fat burner. Therefore, in my eyes, **using a fat burner is a requirement.**

PROTEIN is what allows your muscles to recover, **PROTEIN** is what causes your muscles to grow, **PROTEIN** is what is primarily responsible for allowing you to replace the fat you burn with lean muscle, and it's nearly impossible to get enough protein from your diet. Therefore, in my eyes, **using protein powder is a requirement.**

My Pre-Workout Supplementation Routine

WHAT: 1 Serving BurnerTEK Natural Fat Burner 30 Minutes Before My Workout

WHY: If you're doing intermittent fasting to burn fat and lose weight, it's important to know that you still need to be exercising at least 3-4 times per week. You won't see very dramatic results if you don't combine exercise with your intermittent fasting routine.

There is only one surefire approach to consistently decreasing your body fat percentage and losing weight on a daily basis, and that is ensuring your daily calorie intake is lower than your daily calorie expenditure. This can be very difficult to achieve without the use a fat burner. A high quality fat burner such as BurnerTEK accomplishes three different things for the user...



First, it spikes your metabolism and energy levels, which allows you to get the most out of your workouts and significantly increases your overall daily calorie expenditure. When your workouts are powered by an efficient fat burner, you are able to enhance your body's performance inside the gym like crazy.

Second, it decreases your daily calorie intake by tricking your body into feeling like it's full through the use of Glucomannan. BurnerTEK uses a heavy dose of Glucomannan, which is a very fibrous natural substance, in order to suppress your appetite and ultimately reduce your calorie intake.

Third, it increases the amount of calories your body is burning even outside of the gym through the use of thermogenic ingredients. When the process of thermogenesis is induced, your body must expend a significant amount of calories in order to get its internal temperature back to its optimal level.

The combination of thermogenic ingredients, appetite suppressants, stimulants, and metabolism boosters is what makes BurnerTEK the best fat burner I've used in all my years of experimentation.

My Post-Workout Supplementation Routine

WHAT: 1 Scoop Hydro Whey 100 Immediately After My Workout

WHY: Everybody knows it's important to use protein powder after you exercise for muscle growth and recovery, but most people will just use any protein powder they can get their hands on. People don't understand how important it is to make sure you're using the right protein powder.

Almost every protein powder on the market contains Whey Protein Concentrate (WPC) because it is the cheapest type of protein to use, but It's important to avoid using any protein powder that contains WPC. The WPC fat content is rather high, the purity level is low, and it does not absorb into the muscles rapidly. Before buying a protein powder, check the label for WPC. If you see it on there, do NOT buy that product!



The much more effective option is Whey Protein Isolate (WPI), which digests and absorbs much faster than concentrate. Plus, it is extremely pure and contains essentially no fat. The only way to create a protein powder that is even more pure, digests faster, and absorbs more rapidly, is by hydrolyzing WPI in order to create Whey Protein Hydrolysate (WPH), otherwise known as Hydrolyzed Whey Protein Isolate.

You will find that basically no protein powders on the market today use WPH, and that's because if they used it, they would make a lot less money. WPC and WPI are much cheaper to use than WPH, but WPH is far and away the most effective when it comes to producing faster muscle recovery and subsequent muscle growth.

The ideal protein powder would use 100% Pure Whey Protein Hydrolysate, which is something that didn't exist until late 2017 when TEK Naturals created Hydro Whey 100. I switched to Hydro Whey 100 ever since it came out as it is the purest protein powder on the market.

SPECIFIC RECOMMENDATIONS: BURNERTEK, HYDRO WHEY 100

You don't have to pay for the intermittent fasting guide, but unfortunately, sports nutrition companies don't give anything away for free...supplements cost money. With that being said, I have provided you with as much information as possible about how to save money on the supplements (see the info below).

Below, you'll find the website where you can buy the protein powder and fat burner that I use. Make sure you use the code CFIT15 to save 15% on your order. This is the largest discount they currently offer. If you use the discount code, then the supplements aren't very expensive at all. Plus, you can get an even larger discount by utilizing one of my **Pro Tips** below.

WEBSITE: TEKNATURALS.COM

SUPPLEMENTS: BurnerTEK, Hydro Whey 100



DISCOUNT CODE: CFIT15 (SAVE 15% AT CHECKOUT)

PRO TIPS: HOW TO SAVE MORE MONEY ON SUPPLEMENTS

PRO TIP #1: BUY IN BULK

If you buy in bulk, they give you an enormous discount. As I said before, I personally recommend buying in bulk because you're always going to need these supplements for as long as you follow the Super Shred program, so I figure why not save some money by stocking up.

Plus, the combination of the discount you get from using the discount code AND buying in bulk allows you to save A LOT of money.

PRO TIP #2: AUTO-SHIP

Luckily, the supplement has an auto-ship option, which is super convenient. Auto-ship means you get a fresh batch of supplements shipped to your door every month without you having to visit the website again or anything...they just automatically charge your card once a month.

When you sign up for auto-ship, you save 10% on the supplements. Therefore, if you use the 15% off discount code I gave you AND select the auto-ship option, you save 25%. That's a lot of money, and another upside of the auto-ship option is that you don't spend a lot of money at one time. You just get auto-charged a small amount every month. I still prefer buying in bulk, but if you don't have the money, auto-ship is a great option too.

Other Supplementation Tips

I recommend drinking a protein shake at the beginning and end of your feeding phase every day to really maximize your protein intake and help you take in less calories each time you eat. The protein shakes will also allow you to feel fuller for longer periods of time.



I personally drink 3 protein shakes per day: 1 at the beginning of my feeding phase with meal 1, 1 after my workout, and 1 at the end of my feeding phase with meal 2. Those 3 scoops of Hydro Whey 100 in combination with your daily serving of BurnerTEK is going to minimize general calorie intake, maximize protein intake, and ultimately transform your body into a real fat burning machine.

For More Supplementation Advice...

If you have any more questions about what supplements to use, when to use them, why to use them, how to save money on them, or anything else at all, feel free to contact me directly via Instagram. Simply visit my Instagram page, follow me so that I can see your messages, and then direct message me with any questions you may have.

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