



A Sneak Peak at
The **SECRETS** of
"Waist Away"
The Chantel Ray Way

BEYOND THE FAST

Discover
The *Secret Sauce* to
Weight Loss

FAQ

Everything
you need to **KNOW**
about Intermittent
Fasting

Plus!

MAKE CLEAN
CHOICES USING
80/20
PRINCIPLE



INTERMITTENT FASTING

WHAT IS IT?

INTERMITTENT FASTING

It is a pattern of eating where you restrict the hours that you eat. In my book, we refer to this as "eating windows". You open your eating window when you consume your first meal or snack of the day, and you close your eating window after your last calorie is consumed. There is no magic number of hours each person should remain in their eating window, some people have found that 8 hours work for them, for some it is 6 hours, and others will only eat one meal a day. The basis of this lifestyle is that you are not restricting the types of food you eat, but instead the hours in which you eat. You can eat whatever you want as long as you are eating it in your eating window.

INTERMITTENT FASTING BENEFITS

1. Helps you lose weight and burn belly fat
2. Reduces Insulin Resistance
3. Minimizes Inflammation
4. Increases Mental Clarity
5. May Help Prevent Serious Diseases such as Alzheimer's and Cancer
6. Promotes Cardiovascular Health
7. Heals Your Gut
8. Protects Against Autoimmune Disease
9. Aids in Erasing Chronic Pain
10. Leads to Clear Skin

Intermittent Fasting

Want To Learn More?

When Intermittent Fasting, you are restricting the window of time that you eat during each day rather than the calories you are intaking. In your eating window, you're going to make sure you're only eating when you're hungry. When your window is open, you are eating food and drinking caloric beverages. When your window is closed, you are fasting and only drinking water, coffee or unsweetened tea.

Intermittent Fasting does not limit what foods you eat. You can eat what you truly want! There are all kinds of eating windows. One example of a window is eating 8 hours and fasting 16 hours or you can do a 6-hour eating window and an 8-hour fasting window.

Fasting, despite what you may think, is easy to do. Most people report they feel better and have more energy when they are fasting. It will be easier as the time goes on.

How do you know if you should try a 4, 6, or 8 eating window? You have to pick an eating window that is realistic for you. I suggest you start with an 8-hour window and as that becomes easier you can move to a 6 or 4-hour eating window.

Intermittent Fasting Example Chart

Examples of Intermittent Fasting

Hours Eating	Hours Fasting	Sample Eating Window	Sample Eating Window	Sample Eating Window	Sample Eating Window
8 Hours	16 Hours	11 AM - 7 PM	12 PM - 8 PM	1 PM - 9 PM	2 PM - 10 PM
6 Hours	18 Hours	11 AM - 5 PM	12 PM - 6 PM	1 PM - 7 PM	2 PM - 8 PM
4 Hours	20 Hours	11 AM - 3 PM	12 PM - 4 PM	1 PM - 5 PM	2 PM - 6 PM

How To Do Intermittent Fasting: The Meal Approach

I refer to skipping one or two meals per day as "The Meal Approach." If you want to melt fat away faster, only eat ONE meal a day. The meal approach is great because you end up picking the meals you want to eat each day. Here is an example of how I fast using the meal approach. Throughout the week I either eat one or two meals a day. If I know I'm going to eat a big lunch then I won't eat breakfast or dinner. However, the next day I may be very hungry so I'll eat a small breakfast and a lunch but skip dinner. During the weekends I may have to meet friends out for a meal so I'll usually eat a small snack to hold me over and then eat dinner with my friends or family. Remember while you are fasting you can't have anything but water, coffee or unsweet tea **see book for more details! It is very important that you stick to a schedule that works for you because your body will become more accustomed and melting fat away will become effortless. Below is an example of what one week on the meal approach would look like for me.

Meal Approach Examples

YOU CHOOSE THE MEALS THAT OPTIMIZES YOUR RESULTS

1 ~~Breakfast~~ Lunch Dinner

**Day 1, I skipped breakfast because I wasn't hungry so I had lunch and dinner for my two meals.

2 Breakfast Lunch ~~Dinner~~

**Day 2, I ended up having a big lunch so I didn't eat breakfast or dinner.

3 Breakfast Lunch ~~Dinner~~

**Day 3, I was hungry because I didn't eat two meals yesterday so I had breakfast and lunch.

4 ~~Breakfast~~ Lunch Dinner

**Day 4, I skipped breakfast again and ate lunch and dinner as my two meals.

5 ~~Breakfast~~ ~~Lunch~~ Dinner

**Day 5, I knew I was going to meet friends for a nice dinner so I skipped breakfast and lunch.

How To Do Intermittent Fasting: The Clock Approach

Another approach to Intermittent Fasting is "The Clock Approach." The options for the clock approach that I recommend are sticking to the 4 hour, 6 hour and 8-hour windows. That means if I am doing a 4-hour eating window then I will eat from 2PM-6PM, 3PM-7PM or 4PM-8PM. The rest of the time I will fast. If my eating window is 6 hours then I will eat from 3PM-9PM then the rest of the time I will fast. You will do the same for an 8-hour eating window. The longer your fasting window is the more fat you will end up melting away. My eating window is determined by how much weight I want to melt away and the sizes of my meals. The larger meal I want to eat, the smaller my window will be.

Clock Approach Examples

You choose the times that work best for you! Below are examples.

During your eating window you can only eat in that time frame.

The rest of the day you will fast and only drink water.

EXAMPLES:

4 HOUR EATING WINDOW

2-6PM, 3-7PM, 4-8PM

6 HOUR EATING WINDOW

3-9PM, 2-8PM, 1-7PM

8 HOUR EATING WINDOW

1-9PM, 2-9PM, 3-11PM



INTERMITTENT FASTING

FUEL YOUR BODY

Your body has two options for fuel. Either you are feeding off Glucose (Carbohydrates) from the food you recently ate, or you are feeding off the fat in your body. Think of a hybrid car. Some hybrids use only electricity for fuel until there's none left. At that point, it switches over to gas consumption to keep going. That's what it's like in the human body. You want to use up all that sugar and get to the fat because that is what's going to result in weight loss. Your body won't bother going to fat stores for fuel when there's plenty of sugar present. When you start your fast, your body is burning only sugar at first. After 18-24 hours those stores start to run out, so your body is forced to get energy from your fat. That's the key!



FAQ

INTERMITTENT FASTING

Q: WHAT CAN I EAT IN MY EATING WINDOW?

A: Technically, anything excluding grains, dairy, and refined sugar. 80% of diet should come from whole foods such as, lean meat. 20% on inflammatory grains, sugar, and dairy. These are the foods I choose to eat... meats of any kind, seafood, vegetables, eggs, fruit, nuts and seeds of any kind, fat, and paleo sweeteners. However I will limit, grains, legumes, dairy and processed and refined foods.

Q: CAN I HAVE JUICE DURING MY FASTING WINDOW?

A: No, even fruits and vegetables can start digestive process and release insulin, so no.

Q: WHAT CAN I DRINK DURING MY FASTING WINDOW?

A: Water, unsweetened tea or coffee. I don't recommend you drink diet soda because of the chemicals which you'll read in my chapter, "Chemical City." No sugar burning mode only fat burning mode.

Q: CAN I EXERCISE WHEN I AM FASTING?

A: Yes, I absolutely exercise. My routine everyday is to go at 6-7AM and I feel fine throughout the day when I fast. I have many friends that I also call my accountability partners that do it too.

Q: WHAT DOES THE BIBLE SAY ABOUT FASTING?

A: The Bible talks about fasting over 70 times. The Bible doesn't say if you fast but WHEN you fast. Matthew 6:16 says... "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full." The verse is assuming that you are going to fast on regular basis not if you fast.

Q: CAN I DO THIS VEGAN?

A: You absolutely can keep a vegan diet with this plan. You can do whatever you want as long as you are following the principles of fasting, never overeating and only eating when you're hungry. If you're trying to do 80% paleo like me, then you're going to have to eat a lot more veggies and avocados and fats and stuff like that.

I believe God calls different people to different things. If you want to be vegan, I'm 100% on board with that. I believe the Bible is saying eat whatever you want. If you feel like God is calling you to not eat meat, who am I to say to eat meat? You have to decide what is best for you. I believe that eating meat and avoiding a whole lot of dairy and gluten is the best thing for my body.

Q: I'VE READ BEFORE THAT YOU SHOULD EAT BEFORE YOU GET HUNGRY DO AVOID BINGING. IS THAT TRUE?

A: If your car doesn't need gas, you don't put gas in it. If your bill isn't due, you don't pay money on it. I believe the same principle should apply to our bodies. I get the premise of trying to avoid binging, and, honestly, the first couple of weeks of intermittent fasting you probably will overeat some. However, you will adjust.

Q: I'M NOT SEEING MY WEIGHT CHANGE ON THE SCALE. WHAT'S WRONG?

A: I learned about something recently called the “whoosh effect” that explains why you don’t always see a consistent change in your weight everyday while you’re burning fat. Because of the law of thermodynamics, burning more calories than you consume results in weight loss as your body gets the energy it needs from your fat reserves. This isn’t a theory; it’s actual physics. If you don’t give your body food, it has to use the fat in your body. So, you may wonder why you can go a whole week and not lose weight when you know you were burning fat. That’s where the “whoosh effect” comes in. It has to do with water retention. The idea is that your fat cells become filled with water as you’re burning fat. Because of this, the scale doesn’t change even though you did in fact burn fat. But once your body finally drops that water (maybe a week or two later or more depending on the person) you lose a bunch of weight at once. That’s called the “whoosh effect.” Get it? It’s like the sound of your pounds being flushed down the toilet. It’s not that you actually lost that many pounds overnight. It’s that your weight loss finally “caught up” with your fat loss.

I lost no weight at all during my first two weeks of doing this plan. My third week I lost 6lbs and my fourth week I lost four. WHOOSH! I lost all this weight! That’s why I don’t like getting on the scale every day. You’re getting yourself worked up for no reason. Here’s what I suggest as a better way to measure your weight loss: get a pair of pants that you don’t ever wash or dry and try them on regularly to see how you’re progressing. I prefer this method even to measuring your inches with measuring tape because even then you have to be sure to measure the same exact spot and pull the tape just right every time to be accurate.

Q: HOW DOES THE FASTING WINDOW BEGIN?

A: If you’re having trouble figuring out the beginning of your fasting window, remember that you determine when you start and stop eating. The second you start eating, you’re in your eating window and you are considered to be in the fed state. The minute you stop eating is when you have ended your eating window and the fasting window begins.

Q: CAN I DRINK ALCOHOL ON THIS PLAN?

Yes! Just make sure you are in your eating window. Everything that you consume, whether it is eating or drinking, that has calories needs to be consumed in this window. If your goals are weight loss, you will want to focus on wines that have lower sugar content and are organic. The best low calorie go to is liquor mixed with soda water, or other zero calorie beverages.

Q: HOW STRICT DO I HAVE TO BE ON THE 80/20?

A: The 80/20 is important. It’s 100% clean eating that I don’t recommend. Yesterday, I had nothing but grilled veggies, grilled shrimp, and salad. However, I ate large volume of food and I ate so clean because I was surrounded by people who were eating that way too. I really wanted a potato and pasta and I should have gotten that. I could have done that and only eaten a few bites. Instead I tried to do 100% and ended up feeling deprived. So, when I got home I went a half hour over my eating window and ate a bite of pudding and ten mini peanut butter Ritz crackers. That was a mini-binge for me. When I try to be perfect with my eating I get in a bad place and lose a control a little bit. When I eat what I want in the 80/20 system, it doesn’t affect my body negatively. You want to make clean choices, but you don’t want to overdo it. Remember that not overeating is the #1 thing.

Q: ARE YOU GETTING ENOUGH CALORIES WHEN YOU EAT ONE MEAL A DAY

A: You’re not going to ruin your metabolism by eating one meal a day; that’s a myth. You need to get this sort of thinking out of your mind. You are NOT overweight because you didn’t eat enough calories. Let’s be real honest with ourselves. That excuse is ludicrous and it came from the diet industry.

You are eating when you’re hungry and eating until you’re satisfied even when you’re doing one meal a day. You can’t think in a way that you need to get stuffed. You’re eating until you’re full, not until you’re stuffed. That is very, very important.



Q: SHOULD I SHIFT THE TIME OF DAY I HAVE MY EATING WINDOW SO MY BODY DOESN'T GET USED TO IT?

A: Having your eating window at the same time everyday won't really affect your metabolism. The length of the window has a greater effect. You can mix up the length of your eating windows each week to keep your metabolism from getting used to a pattern. For example, one week you might alternate each day between six and eight hour eating windows. The next week you might throw in three Big Power Fasts. Your body does adapt to changes quickly, so mixing up the length of your eating windows is a good idea.

Q: I WANT TO TRY INTERMITTENT FASTING, BUT I HAVE LOW BLOOD SUGAR. CAN I GO THAT LONG WITHOUT EATING?

A: The crazy thing is intermittent fasting will actually help regulate your blood sugar. If you hang in there, you'll notice it gets better. So, if you come into this having blood sugar issues you'll need to do a good job of gradually weaning yourself off of a long eating window. You may have to start with a 12 hour eating window, then step it down to 11, then 10, and so on. I had low blood sugar as well, so I absolutely understand what it's like. Intermittent fasting's effect on blood sugar is really fascinating. One of the biggest benefits of intermittent fasting is the positive effects it has on blood sugar. Keeping insulin from being introduced to your system for 18-24 hours helps you burn fat and keep your weight down. Always check with your doctor before you start a new diet, but I've learned that much of the time people don't experience low blood sugar as often as they think. Sometimes people are just fatigued and it's because of something other than low blood sugar. My blood sugar is more stable now than it was when I was eating foods with a low glycemic index.

Q: I'M REALLY CONFUSED. I'VE OFTEN HEARD THAT EATING 5-6 SMALL MEALS A DAY WILL KEEP MY METABOLISM ELEVATED. IS INTERMITTENT FASTING BAD FOR MY METABOLISM?

A: That claim about 5-6 meals a day is a myth. Your metabolic rate is not based on how many meals you eat. It's based on what type of foods you eat, your digestive health, how much you exercise, and what body type you have. For example, if I eat 6 meals of pancakes and fast food burgers, I'm not going to have a six pack. Intermittent fasting is not bad for your metabolism. Intermittent fasting has gotten me results while eating 5-6 meals a day in the past hasn't.

HAVE MORE QUESTIONS?

SEND US AN EMAIL!

QUESTIONS@CHANTELRAYWAY.COM





BEYOND THE FAST.

10

CHANTEL RAY WAY RULES

A crucial part of the Chantel Ray Way is intermittent fasting. When I stumbled across the Intermittent Fasting lifestyle I truly believed I discovered the secret sauce to weight loss I had always been looking for! But there is much more to the Chantel Ray Way.

Rule 1

Savor the food

Rule 2

Never eat past 3 on the Hunger Scale

Rule 3

Don't eat your first meal of the day until your stomach growls - don't eat second meal until you are truly hungry - no snacking

Rule 4

Pick an eating window and stick to it

Rule 5

Eat the best food first

Rule 6

Eat what I really, really want

Rule 7

Consider the differential factor (ex. cheeseburger vs. chicken sandwich/greek yogurt vs. ice cream)

Rule 8

Stop at diminishing returns (ex. First bite is so amazing, second bite isn't as good, keeps going down, never as good as the first bite.

Rule 9

Portion it out

Rule 10

The three bite rule x2 (only eat three bites of things that are really decadent, and allow yourself that twice a day.



BIBLICAL PRINCIPLES.

FEED YOUR HUNGER WITH GODS WORD

10

BIBLICAL PRINCIPLES

While you are fasting, spend time out of your day to read these bible verses and feed your hunger with God's Word.

1. Never Overeat

Ezekial 16:49
Proverbs 23:2

2. True Hunger

1 Corinthians 6:12b

3. Fast on Regular Basis

Romans 12:1-2
Matthew 6:16

4. Not Too Much Sugar

Proverbs 25:16
Proverbs 25:27

5. Don't Make Foods an Idol

Exodus 34:14
Romans 6:16

6. True Repentance

Acts 3:19

7. Focus on Real Foods

1 Corinthians 3:16-17
Ecclesiastes 9:7
Psalm 81:16
Genesis 9:3

8. Quote God's Word When You are Hungry

Psalm 63:5
Psalm 119:103

9. Listen to the Holy Spirit for Guidance

Philippians 3:19-20
Matthew 4:4

10. Self Control

Proverbs 25:28
2 Timothy 1:7
1 Corinthians 9:27
Proverbs 27:7

BIBLICAL PRINCIPLES.

FEED YOUR HUNGER WITH GODS WORD

1. Never Overeat

Ezekial 16:49(NLT) Sodom's sins were pride, gluttony, and laziness, while the poor and needy suffered outside her door.

Proverbs 23:2 ...and put a knife to your throat if you are given to gluttony.

1 Corinthians 3:16-17 Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.

Genesis 4:7 But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.

2. True Hunger

1 Corinthians 6:12b I have the right to do anything, but I will not be mastered by anything.

Psalms 27:14 Wait for the Lord; be strong and take heart and wait for the Lord.

Matthew 6:25 Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

3. Fast on a Regular Basis

Matthew 6:16- "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, ""Man shall not live by bread alone, but by every word that comes from the mouth of God.""

4. Not Too Much Sugar

Proverbs 25:16 Do you like honey? Don't eat too much, or it will make you sick!

Proverbs 25:27 It's not good to eat too much honey, and it's not good to seek honors for yourself.

5. Don't Make Foods an Idol

Exodus 34:14: 4Do not worship any other god, for the Lord, whose name is Jealous, is a jealous God.

Romans 6:16 Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living.

BIBLICAL PRINCIPLES.

6. True Repentance

Acts 3:19 Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Romans 12:1-2 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

7. No Real Foods are Off Limits

Ecclesiastes 9:7 So go ahead. Eat your food with joy, and drink your wine with a happy heart, for God approves of this!

Psalms 81:16 I would feed you with the finest wheat. I would satisfy you with wild honey from the rock.

Genesis 9:3 Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.

1 Corinthians 10:31 So whether you eat or drink, or whatever you do, do it all for the glory of God.

Genesis 1:29-30 And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so.

8. Quote God's Word when YOU are Hungry

Psalms 63:5 You satisfy me more than the richest feast.

Psalms 119:103 How sweet are your words to my taste, sweeter than honey to my mouth.

1 Corinthians 10:13 No temptation has seized you except what is common to man. And God is faithful, he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

9. Listen to the Holy Spirit for Guidance

Philippians 3:19-20 They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth. But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior.

Matthew 4:4 Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Psalms 81:10 I am the Lord your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.

BIBLICAL PRINCIPLES.

10. Self Control

Proverbs 25:28 He that hath no rule over his own spirit is like a city that is broken down and without walls.

2 Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

1 Corinthians 9:27 I discipline my body like an athlete, training it to do what it should.

Proverbs 27:7 When you've stuffed yourself, you refuse dessert; when you're starved, you could eat a horse. (MSG)

Proverbs 27:7 A person who is full refuses honey, but even bitter food tastes sweet to the hungry. (NLT)

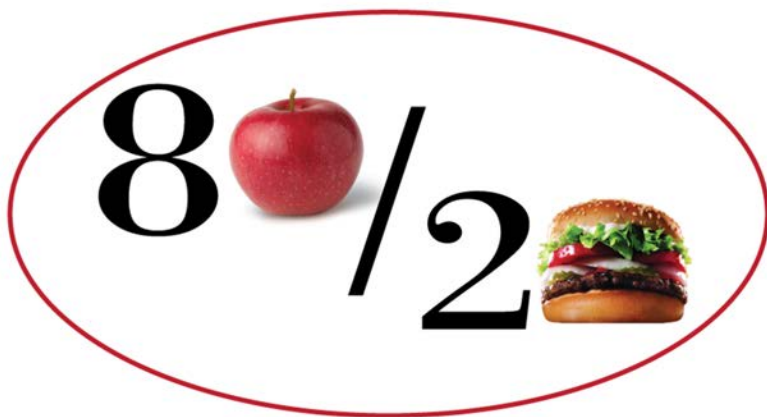
1 Peter 1:13-14 Therefore, prepare your minds for action; be self controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance.



THE 80/20 PRINCIPLE

WHAT EATING 80% HEALTHY
AND EATING 20% JUNK

LOOKS LIKE....



When I am in my eating window, I recommend abiding by the 80/20 Principle. Simply put, this means that 80% of the foods you are consuming will be clean, healthy foods, and the other 20% will be those splurge items that you are craving.

I feel my absolute best when I'm eating clean – for me, that's a diet of meats, fruits, non-starchy vegetables, nuts and seeds, and natural oils (olive oil, palm oil, etc.). For meats, I eat poultry, beef, and seafood. I don't eat a lot of grains, beans, refined sugar, or processed oils like canola oil, vegetable oil, and soybean oil. I also don't have a lot of dairy. This is the 80% of my diet.

"I know that if I want to feel just absolutely FANTASTIC I could eat 100% clean all the time but I know that it's not good for me to try to commit to that because it makes me crazy and obsessed with food."

I know that if I want to feel just absolutely FANTASTIC I could eat 100% clean all the time. But I know that it's not good for me to try to commit to that because it makes me crazy and obsessed with food. That's something we need to avoid.

I eat enough of that 20% category of "non-clean" foods that I don't feel deprived, but as little as I can for my body to feel optimal.