

LEARN HOW TO WAIST AWAY THROUGH INTERMITTENT FASTING



Coaching Call WITH CHANTEL RAY



This 4 Week Workbook will teach you how to recognize true hunger, escape the slavery of yo-yo dieting, change when you eat; not what you eat, never sacrifice your social life for your diet, heal your thyroid without medicine and reverse your autoimmune issues!

Learn the secret sauce to weight loss straight from Chantel!

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Week 1

What is Intermittent Fasting?

It is a pattern of eating where you restrict the _____ 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 works 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. You can eat whatever you want as long as you are eating it in your window.

I.F. 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
6. Promotes Cardiovascular Health
7. Heals Your Gut
8. Protects Against Autoimmune Disease
9. Aids In Erasing Chronic Pain
10. Leads To Clear Skin

Biblical Fasting Benefits

1. Protection [Esther 4:16; Ezra 8:21-23]
2. Victory over temptation [Matthew 4:1-11]
3. Commission into ministry [Acts 13:2-3; Acts 14:23]
4. Reach the heart of God [Jonah 3:4-10]
5. Deliverance [Mark 9:28-29; Isaiah 58:6]
6. Preparation for new seasons of ministry [Matthew 4:1-17]
7. Health [Isaiah 58:8]

Intermittent Fasting

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 _____ 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

Fuel Your Body

Your body has two options for fuel. Either you are feeding off _____ from the food you recently ate, or you are feeding off the _____ 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!

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 then eat dinner with my friends or family. Remember while you are fasting you can't have anything but water, coffee or unsweetened tea. 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.

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, etc. The rest of the time I will fast. If my eating window is 6 hours then I will eat from 3PM-9PM 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

Biblical Fasting Overview

There are chains in life that will not be broken without fasting.

Fasting is the secret weapon to you as a believer.

A good analogy about the power of fasting is scuba diving. When you're just looking at the surface of the water from the outside, you can't really see what's going on underneath the surface. It's only after you dive underneath that everything changes. You can see the coral and all the different colors and kinds of fish. It's like everything comes alive! Fasting does that for your spirit. The body is hungry, but the spirit is sharp and everything comes into focus. It makes it easier to hear from God. Fasting definitely needs to be a part of our Christian practice.

For this reason, I won't get into a serious big project without prayer and fasting.

Hebrew word: "tson" refers to the practice of _____.

Greek word: "nesteia" : _____ The Greek word for fasting is nesteia -- a compound of ne (a negative prefix) and esthio which means "to eat." So the basic root meaning of the word simply means "not to eat."

People will say all the time, I am going to fast from Facebook, or I am going to give up TV. Those things are great, but you are getting away from the true meaning of the word Fast: which mean NOT TO EAT!

Matthew 6:16-18 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. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Notice, this verse says _____ you fast, not _____ you fast.

This is in the beatitudes, a set of Christian Guidelines for us to follow. He's downloading to us some of the most important info living as leaders. The first thing we find out is that part of our walk is to have a lifestyle of fasting. It is part of our Christian practice and Christian disciplines.

Matthew 6 is our constitution -

It's one of the biggest imprints that He says is our Spirituality 101.

3 Important Duties We Have as Believers:

1. _____
2. _____
3. _____

Sometimes we say "why am I not living in complete victory?" You've heard me tell you that its often not what we are doing wrong, but we are not doing enough of what's right. We perish because of lack of knowledge. He goes on to reveal in Matthew 6 that with these 3 things - he lands it.

1. Fasting brings _____.

Psalms 42:1- As the deer pants for streams of water, so my soul pants for you, my God.

David says that fasting brings you into a deeper, more intimate and powerful relationship with God. When you eliminate food, your spirit becomes uncluttered and more tuned in like an antenna. It's like turning the dial and getting a really clear frequency. Sometimes when I don't hear clearly, there are life decisions I won't make without fasting. You will hear from God with clarity and precision.

2. Fasting brings _____.

When I fast, I feel that my body heals. I notice my psoriasis go away, and the swelling of my knee and joints go down. My knee has had incredible swelling lately, and I notice the fluid disappearing.

3. Fasting breaks _____ . Back when I was 21 or so, I used to smoke. I wasn't able to quit until I prayed and fasted. Every major breakthrough that has happened in my life has been the result of fasting. When you pair prayer with fasting, it's a powerful tool. It will take you to the next level.

You can't win a _____ with _____.

Some things you can hire the best attorneys, accountants, and legal forces... put together the brain child and legal team, and STILL not succeed! This is because some things are not a natural situation. It's a spirit that you are dealing with.

We wrestle not against flesh and blood, but spiritual wickedness in high places. You've got to know how to fight from your position in Christ and deal with things in the spirit.

Ephesians 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world, and against the spiritual forces of evil in the Heavenly realms.

The purpose of fasting is not so that you _____ spiritual, it's so you _____ spiritual.

You don't have to tell everyone you are on a fast, you can share with your friend or accountability partner. I always have prayer partners to help me because it can be hard to do it by yourself.

God has keys that unlock doors. When we put prayer with fasting and giving, we see that hundredfold harvest. What we do in private, he will reward us publicly. He says "I am going to bless you and people will see me bless you". I am going to openly reward you and show my goodness.

Fasting also makes a lot of extra time available to you that you used to spend preoccupied with food.

While you're fasting, you're not thinking about food, going to the store to get food, or preparing food. Maximize that spare time by spending it with the Lord and see how big of a difference it makes.

Take advantage of this time to lean on Him for the strength you need to make it through the fast.

Around the same time most days, my assistant, Ally, and I will start to feel really hungry like we want to break our fasts early and eat. So, we stop what we're doing and pray together, asking God for the power we need to push through.

Discuss

INTRODUCE YOURSELF TO THE GROUP!

1. WHAT CAUSED YOU TO SIGN UP FOR THIS CLASS? WHAT ARE YOUR GOALS?

2. WHAT HAS BEEN YOUR EXPERIENCE WITH “DIETING” IN THE PAST?

3. HAVE YOU EVER TRIED INTERMITTENT FASTING? IS IT SOMETHING YOU ARE WILLING TO COMMIT THROUGHOUT THIS PROGRAM?

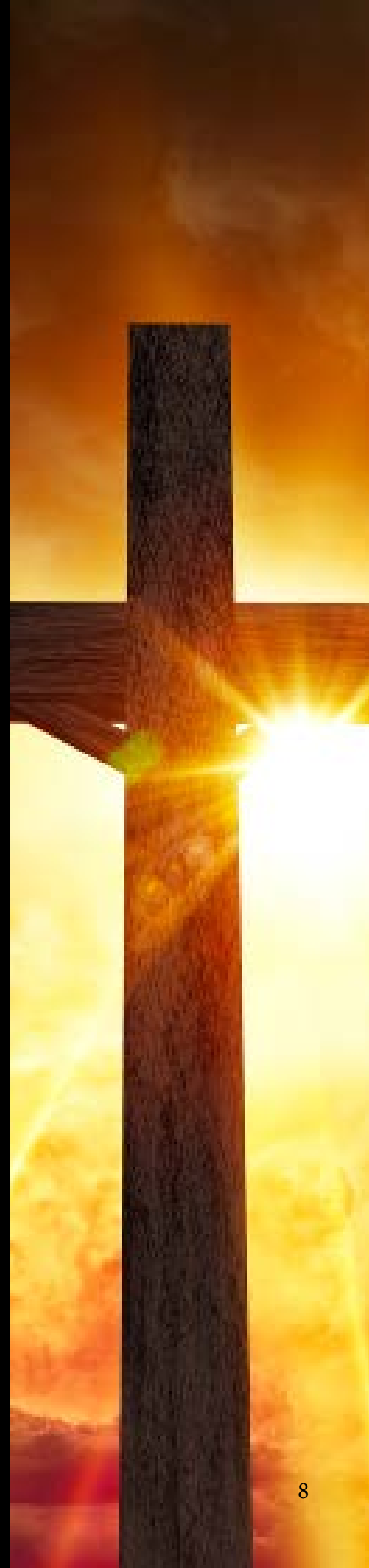
THE 10 CHANTEL RAY WAY RULES

1. Savor The Food
2. Never Eat Past 4 On The Hunger Scale
3. Don't Eat Your First Meal of the Day Until Your Stomach Growls
4. Pick an Eating Window and Stay In It
5. Eat The Best First
6. Eat What You Really Want
7. How Big Is The Differential?
8. Remember The Law of Diminishing Returns
9. Portion It Out
10. Use The 3 Bite Rule



THE 10 BIBLICAL PRINCIPLES

1. Never Overeat
2. Recognize True Hunger
3. Fast on a Regular Basis
4. Limit Sugar Intake
5. Don't Make Food an Idol
6. Turn Around with True Repentance
7. Focus on Real Food
8. Quote God's Word When You Want to Eat but You're Not Hungry
9. Listen to the Holy Spirit for Guidance
10. Practice Self-Control



CRW RULE 1 | SAVOR THE FOOD

The best thing you can do to help you decide to stop eating is eat _____ .
Savoring your food is easier when you're eating what you really want to eat.

I used to consider taking what I thought was an "easy route" to lose weight - having surgery or doing a fad diet - but I realized that the true solution was to eat real food and never deprive myself.

In order to do that, I have to savor my food.

Looking back, I'm shocked at how often I used to eat without even thinking about whether I was actually hungry or not. I ate based on how much food was on my plate. No matter how much food filled the plate, I always ate it all. So, I realized that the problem wasn't with the food itself. Thin eaters eat any kind of food they want and don't deprive themselves.

I also noticed how slowly some thin eaters eat. It can take up to 45 minutes for them to eat their food while it's not hard for me to finish in two minutes! When you eat slower, you taste and savor the food. There's a trick to eat help you eat slower called "One Food at a Time."

Discuss

1. What are some of your best tricks to help you slow down when you are eating?

2. Have you ever found yourself depriving yourself of the foods you love only ending up to over eating in an effort to fix your cravings?

BIBLICAL PRINCIPLE 1 | NEVER OVEREAT

Do you want to know the #1 reason losing weight is so complicated for all of us? It's because we're eating too much dang food! We literally eat every hour and that includes snacking. If you look back at our ancestors, they didn't do that. Food wasn't as easily accessible for them as it is for us in 21st century America. Back then, food had to be found, taken, prepared, and then eaten. They weren't eating four to five small meals a day like some diets out there suggest. They didn't have refrigerators to store that much food. I honestly believe that our bodies are hardwired to be able to go without food for a much longer time than we allow ourselves to. Overeating is what's made us sick and fat. Overeating is such a major issue that the Bible mentions it quite often. In Scripture, it's called _____.

Read the verses below aloud and circle the word "gluttony" when mentioned in the verses:

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

Ezekiel 16:49 - "Sodom's sins were pride, gluttony, and laziness, while the poor and needy suffered outside her door."

Proverbs 23:20-21 - "Do not be with heavy drinkers of wine, Or with gluttonous eaters of meat; For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags."

Discuss



1. When do you find yourself most tempted to overeat?

2. When are some of the patterns you've noticed that you tend to overeat, is there a time of the day, a time of the week?

STEPS TO FREEDOM FROM YOUR ENSLAVING SIN

Enslaving Sin Through the Power of Prayer and Fasting

STEP 1 - WRITE DOWN YOUR LIES

Write out the lies you believe that keep you bound. Here are some examples of overeating lies:

- *I don't want to waste food. It's the human trash can excuse. Excess food is going to be wasted one way or another. It's either going in the trash can or in your body. Do you really want your body to be the trash can?*

How do you overcome this lie? Discuss.

- *I'm so tired. If you aren't undernourished, eating food doesn't give you a sudden burst of energy. It makes you more tired. It may give you a sugar high for ten minutes, but that's it.*

How do you overcome this lie? Discuss.

- *I'm so stressed out. Food, drugs, and alcohol can temporarily ease your stress but after ten minutes you're going to be more stressed!*

How do you overcome this lie? Discuss.

- *I hardly ever get to eat XYZ. It's the fear of missing out, right? My Iranian family makes really good food, and they only come to town every couple of months. So, I think I'm never going to get kabob this good again for a long time! But that isn't true. I can always get it again.*

How do you overcome this lie? Discuss.

STEP 1 - WRITE DOWN YOUR LIES

- *This tastes so good. Not a good excuse! Food tastes better the hungrier you are. Actually, if you practice fasting, you'll often eat food when you're hungrier and enjoy it!*

How do you overcome this lie? Discuss.

- *I'm on vacation. This is an excuse for doing anything I want!*

How do you overcome this lie? Discuss.

- *I have eaten so clean all day so I need to reward myself. Junk food is not a reward for clean eating.*

How do you overcome this lie? Discuss.

- *I will work it off later.*

How do you overcome this lie? Discuss.

- *I might get hungry later. This is "preventative eating:" eating because you don't want to get hungry later.*

How do you overcome this lie? Discuss.

List all of these things that you're saying to yourself. List as many as you possibly can. It's really important to share these in a group setting. We need to list all of these things so that we can recognize them. So, when the lies come up again you can fight them with Scripture.

STEP 2 - TAKE PERSONAL RESPONSIBILITY

To break the bondage, you have to accept your share of responsibility for the problem. Understand this is not your husband's or your children's problem. Constantly blaming other people for why this is an issue in your life is counterproductive. Sometimes, I blame my husband because I wouldn't eat dinner if not for him. I'm never really hungry at night and I could fast during that time but my husband wants a huge meal and sometimes I finish my son's plate. If he ate his own food, I wouldn't be finishing it. See the blame game? It's stupid, right?

You need to fully take responsibility and say:

"I take personal responsibility for allowing myself to be addicted to _____."

STEP 3 - SHARE THE PROBLEM

1 John 1:9. We need to confess to a group of people - making a vow saying this is what I am going to do.

STEP 4 - GET RID OF THE NEGATIVE INFLUENCES

For example, if you have friends that are obviously drinking too much or friends that are doing drugs, you're not going to be able to hang out with those people and break free. You need to get rid of those influences in your life. If you have certain friends that think it's fun to overeat and encourage you to overeat, then they're people you have to step away from for the time being.

Do you have any negative influences in your life that keep you from your goal?

STEP 5 - FLEE THE TEMPTATION

Write down ways you are able to flee the temptation.

Example: Throw away the pizza, keep a journal of what you eat every day, change your scenery, etc.

STEP 6 - QUOTE GOD'S WORD

Make an affirmation.

1 Cor. 10:13. I believe that there is no earthly temptation that can enslave me but that God has a way of escape for me. I am going to start my fast on _____ and end my fast on _____.

STEP 7 - FAST WITH INTENSITY

In order for you to have a meaningful fast, you can't just withhold food but you have to agonize in prayer. Fasting communicates to everyone, including God, the seriousness of this issue.



With Your Accountability Partner

What is your biggest "AHA" from today's lesson?

Write down three commitments you will make for yourself this week.

Ex. I commit to savoring the food I eat.

1. _____

2. _____

3. _____

Sample commitments:

Listen to the podcast everyday

YES NO

Read 1 chapter of the book each week

YES NO

Listen to 1 chapter of the audio book each week

YES NO

Do a 24 hour fast

YES NO

Spend 15 min of the Lord with Prayer

YES NO

With Your Accountability Partner

Were you hungry before you ate?

YES NO

Did you eat beyond full or past the hunger scale of 4?

YES NO

Was there anytime you got yourself to a 4.2 or 4.3 ?

YES NO

Did you limit the amount of sugar ?

YES NO

Did you eat your first meal when your stomach growled?

YES NO

Did you pick an eating window and did you stay in it?

YES NO

Did you eat the best first?

YES NO

Did you eat what you really wanted?

YES NO

*Did they text you or email you every time they ate?

YES NO

*Did they take a picture before and after of what they eat?

YES NO

*OPTIONAL

Use the space below to write in other commitments with your accountability partner.

WEEK ONE

MEMORY VERSES

Proverbs 23:2

"...and put a knife to your throat, if you are given to gluttony."

Mark 7:18-19

"Are you so dull?" He asked. "Don't you see that nothing that enters a person from the outside can defile them? For it doesn't go into their heart but into their stomach, and then out of the body."

(In saying this, Jesus declared all foods clean.)