




FREE 5 Day Fasting Guide

Getting ready for Formula3

To qualify for this FREE 5 Day Fasting Guide, answer these questions:


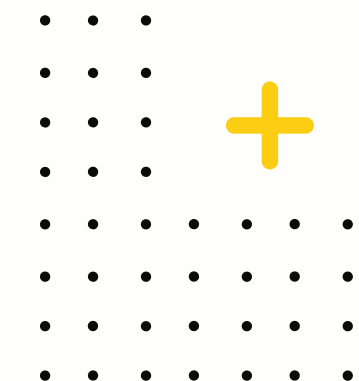
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1. Have you **gained fat without any change** in your eating or exercise routine?
 2. Do you **wish you had more energy and felt better** in your clothes?
 3. Have you **tried cutting calories, counting macros and exercising more without any results?**

If you're like me, I experienced all of these changes and boy, was it frustrating! All I did was make a small tweak in my meal timing and **it's made a complete difference** in my **body fat, energy, how my clothes fit and how I feel about myself.**

This simple tweak is **fasting!**

You may have heard fasting doesn't work for women, but I will help you learn how to fast with your hormones so you feel like yourself again!

If you're ready to **leave the diet culture behind forever**, then start this 5 day fasting schedule and see results right away!





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If you get hungry, **drink any of the following fluids:**

water


black coffee/decaf and tea

lemon/lime juice in water

apple cider vinegar in water

2t heavy cream or MCT oil in coffee, 1-2x/day

sea salt in water



Stay busy to help keep you focused on keeping your eating times less frequent.

You may be wondering WHAT to eat when you do. **Eat whole, nutritious foods you enjoy that give you lots of energy.** Simple!

When you stop depriving yourself of good, nutritious foods, **you WILL see results!**



FORMULA³

BY KLIVFIT

day

1

Breakfast after 9am

Lunch in the middle, no snacking between meals

Finish dinner by 8pm

day

2

Breakfast after 10am

Lunch in the middle, no snacking between meals

Finish dinner by 8pm

day

3

Breakfast after 11am

No lunch or snacking between meals

Finish dinner by 7pm

day

4

Breakfast after 11am

No lunch or snacking between meals

Finish dinner by 630pm

day

5

Breakfast after 12pm**

No lunch or snacking between meals

Finish dinner by 6pm

**If you're feeling adventurous, skip the 12pm meal!

What's next?

Getting ready for Formula3

Now that you're an experienced intermittent faster, **you're ready for Formula3!**

This 12-week course teaches you the **sustainable strategies of fasting and fitness** to get and stay healthy, strong, energetic and vibrant. **Weekly 1:1 and group coaching** keeps you accountable and on-track. **Efficient strength workouts** you can do at home or a gym fit easily into any schedule.

Here's what you can expect with Formula3 participation:

- decreased body fat
- improved blood sugar and insulin levels
- increased metabolic flexibility
- increased energy
- increased strength and muscle definition
- increased endurance
- increased immunity
- improved digestion
- improved sleep
- improved hormone balance
- improved self esteem
- increased interest in others and your future

All that's left to do is **register for a discovery call!**

Schedule your call by texting **your name** and **"I'm ready for Formula3"** to **402-658-1042**.

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