

Day 5 (Health): Intermittent Fasting

- Did you cut out the sugary drinks ? (Remember, and Diet sodas, Nectars, etc. should be avoided for this exercise)
- Did you reduce your daily snacks ?
- Out of your daily snacks, did you make sure they are organic, whole foods ? (Remember, NO packaged snacks should be part of your plan here !)
- Do you eat adequate proteins and healthy fats ? (either vegetables or animal protein)
- Did you reduce/cut filling up on extra bread, pasta, etc. (free carbohydrates in general)?
- Do you have a daily 'last meal time' set ?
- Did you incorporate 'leafy greens' in your diet?