

# Lesson 10: Common Eating Day Mistakes

Megan Ramos | Co-founder and CEO



the **Fasting Method**

# Filling Up on Nuts and Cheese

The Problem:

- Eliminate starches we used to rely on meals to feel full.
- Fill-up on nuts and/or cheese instead.



# Still Hungry?

1. Half an avocado with EVOO.
2. More protein.
3. Additional fiber.



# Eating Carbs Naked

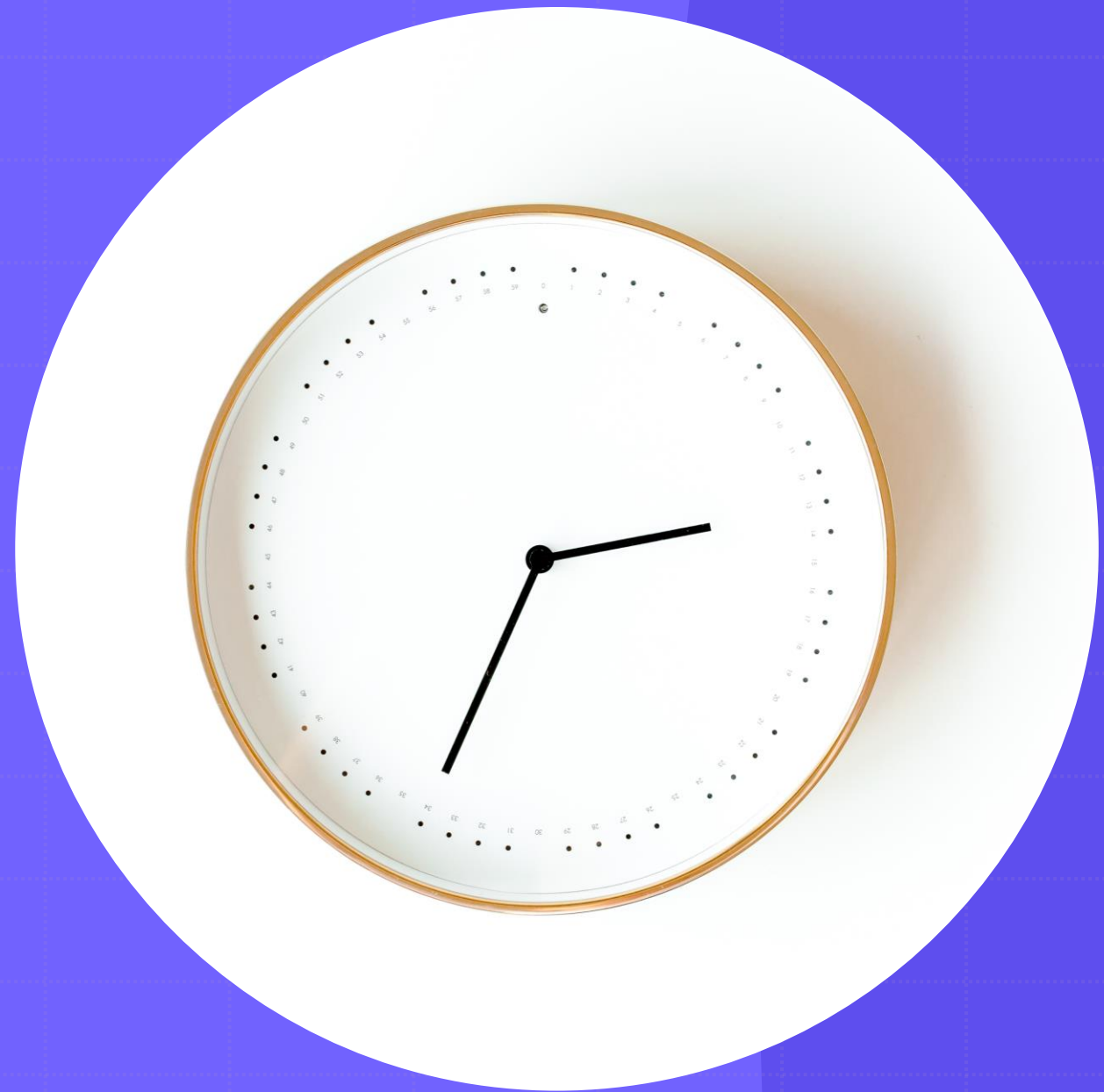
1. Always consume your carbs with fat, protein and vinegar (when appropriate).
2. Eat your carbs last. **Reduces glucose levels by 30%.**



A top-down view of a cast-iron skillet filled with a cooked meal. The dish consists of several sunny-side-up eggs, a tomato-based sauce, and fresh green herbs like parsley. The skillet is placed on a wooden surface. A blue and white striped cloth is visible in the top left corner, and a glass of water is partially visible in the top right corner. The text "Meals ≠ Eating Windows" is overlaid in the center of the image in a white, sans-serif font.

Meals ≠ Eating Windows

# Struggling with Satiating? 90 min Strategy



# Step 1: 0-30 minutes

Eat your meal.



# Step 2: 31-60 minutes

Wait





## Step 3: 61 to 90 minutes

1. Ask yourself if you're still hungry?
2. No: Your meal is complete!
3. Yes: Are you craving more fat, protein or carbs?
4. If carb cravings, eat more protein.
5. End your meal at 90-minutes.



**Don't give yourself 90-minutes  
to eat "just because"!**

# Mini Fasts

1. Set a timer on your smart phone or watch for 90-minutes.
2. Great to do at holiday parties to avoid snacking for hours.
3. If you're struggling to get through the middle of the afternoon or have had bariatric surgery.



# Action Points

Do any of the things we discussed today resonate with you?

If so, give them extra attention this week and try to minimize them.

