

Maintenance Masterclass

Lesson 4: Nutritional Recommendations

Megan Ramos | Co-founder and CEO



the Fasting Method

Trigger Warning!

**We will be discussing
specific foods during
today's lesson.**



Lesson 4 Outline

Long-Term Dietary Strategies

Carb Cycling

A Food Freedom Approach

Common Nutritional Mistakes





Long-Term Dietary Strategies

What is safe to do long-term?

Men and Postmenopausal Women:

- Ketogenic diets.
- Occasional carb cycling.

Perimenopausal Women:

- Low-to-moderate carbohydrates.
- Scheduled ketogenic eating.
- Scheduled carb cycling.

Menstruating Women:

- Follicular phase: Low carbohydrate or ketogenic eating.
- Luteal phase: Moderate carbohydrate.

Everyone needs to prioritize protein!




Carbohydrates to Consume

1. Root vegetables like yams, potatoes, carrots, turnips, parsnips, beets, etc.
2. Fruits like berries, avocados, apples, pears and olives.
3. Squashes and pumpkin.
4. Nuts and seeds (cashews are very insulinogenic).

Carbohydrate Scale

1. Ketogenic: <20 grams of net carbs.
2. Moderate low carb: 20-50 grams of net carbs.
3. Liberal low carb: 50-100 grams of net carbs.



Flour, bread, pasta and rice are all processed carbs...

**Real Whole Food Carbs and
Sugar Are NOT the Same! And
Sugar doesn't have to taste
sweet!**



Carb Cycling

What is carb cycling?

1. You plan 1-2 days per week to consume carbohydrates at one or both of your meals.
2. If having them during one meal, then consume them with your larger meal of the day.
3. Occasionally spiking our insulin levels has some benefits for hormonal health.
4. Can make a fast more effective.



When to Carb Cycle While Fasting

- Last meal (or the day) before a therapeutic fast.
- During maintenance, do it twice a week spread out through the week or before doing glycolytic sports.
- Glycolytic activities: sprinting, tennis, swimming, basketball, etc.





Common Nutritional Mistakes

Where we can go wrong!

Snacking!

Using nuts and dairy as side dishes rather than garnishes.

Not eating often enough: the OMAD trap.

Failing to consume adequate protein.

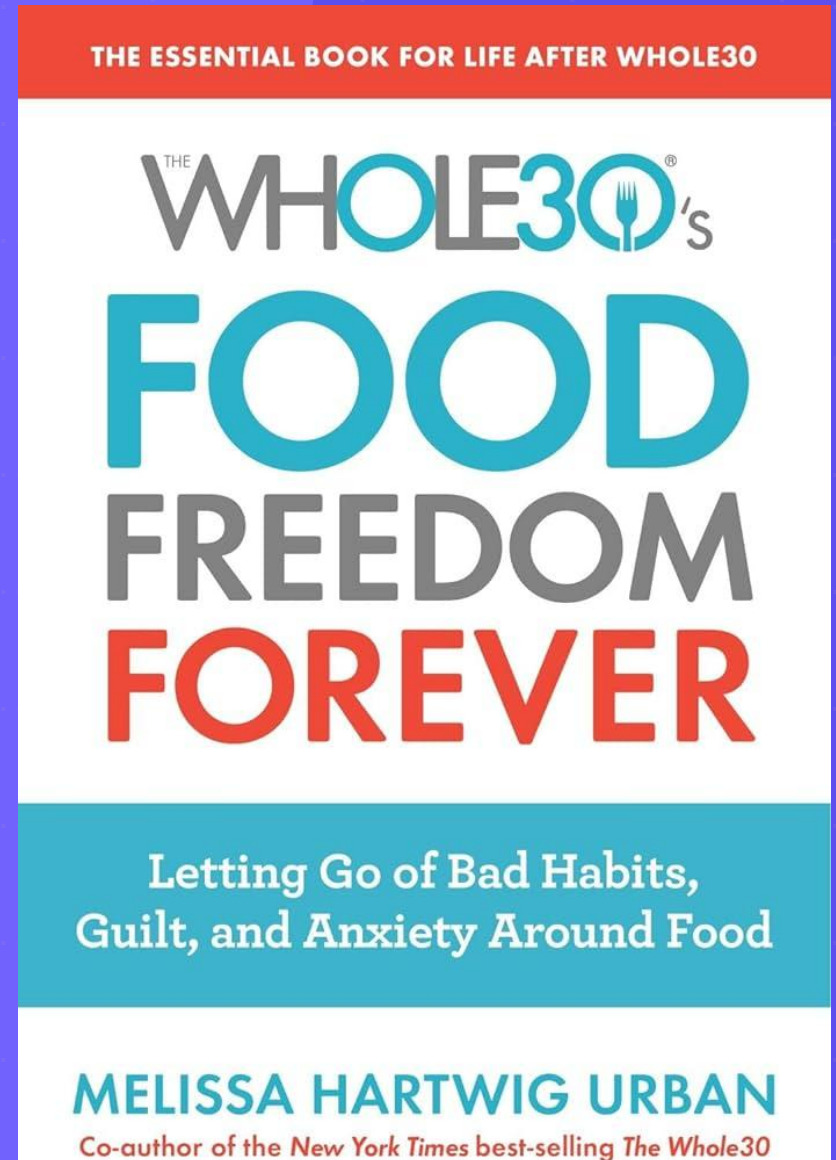
Frequent indulgences.



A Food Freedom Approach

Food Freedom by Melissa Urban

1. You can eat what you want but it needs to be worth it!
2. This helps you turn down indulgences aren't ideal.
3. Steers you away from an "all-or-nothing" mindset.
4. People who allow themselves "food freedom" may find that they don't even indulge at all over the course of the year.



You can hit your goals and reverse insulin resistance but still need to work on your relationship with food!

And that's more than OK!

The Fasting Method is here to support you with all aspects of your journey.