








MEN'S METABOLIC FLEXIBILITY

Fasting Calendar

5-1-1 FASTING SCHEDULE

						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
						
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
						
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

Remember, this is a sample! You can plan the 5-1-1 to fit your schedule that week.

Note: Try "longer fasts" on busy days. Plan "no fasting" for the day you have breakfast plans.



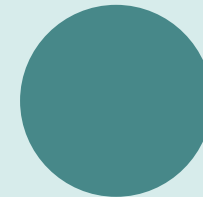
5 days per week

16 hour fast

Example: Lunch between 12-2

Dinner between 6-8

No snacks between meals.

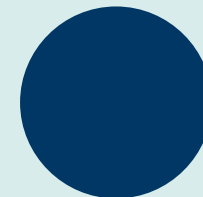


1 day per week

17-36+ hour fast

Push your fast longer

Example: Try dinner to dinner



1 day per week

No fasting

Example: Breakfast, lunch and dinner. Or enjoy a morning beverage with MCT oil.

Note: This isn't a free-for-all day, or a "cheat day" you just might eat more frequently, allowing your body to remain metabolically flexible.

ENHANCE MALE HORMONES

FOODS TO ENJOY

CARBOHYDRATES:

Grains: Bran, Wheat Germ, Wild Rice

Fruits: Apple, Apricots, Blackberries, Blueberries, Cherries, Coconut, Figs, Grapes, Grapefruit, Kiwis, Lemon, Nectarines, Oranges, Passion Fruit, Peaches, Pears, Plums, Pomegranate, Tomatoes, Raspberries, Strawberries

Vegetables: Artichoke, Arugula, Asparagus, Bamboo Shoots, Beets, Bok Choy, Broccoli, Kale Brussels Sprouts, Cabbages, Carrots(raw), Cauliflower, Celery, Chili Pepper, Collard Greens, Cucumber, Eggplant, Green Beans, Green Peas, Jicama (raw), Leeks, Mushrooms, Mustard Greens, Romaine, Lettuce, Spinach, Turnip, Zucchini

Legumes: Beans (Black, Garbanzo, Great Northern, Kidney, Lima, Navy, Pinto, Soy, etc.), Lentils, Hummus

Beverages: Unsweetened Nut Milks, Tea, Coffee

All Herbs & Spices: Basil, Cinnamon, Herbal Teas, Garlic, Ginger, Oregano, Parsley, Shallot, Vanilla, Pepper, Lemon Pepper, etc.

PROTEINS:

Meats: 95%Lean Ground Beef, Chicken Breast, Crab, Duck, Eye of Round, Flank Steak, Halibut, Herring, Lobster, Mackerel, Pork Loin, Salmon, Sardines, Shrimp, Sirloin, Tender Loin, Tilapia, Tuna, Turkey Bacon, Turkey Breast, Whole Eggs, Veal, Wild Game

Dairy: (Choose Full Fat Options) Butter (grass-fed), Cheeses (cheddar, Blue, Brie, Mozzarella, Feta, Monterey Jack, Parmesan, Provolone, Swiss), Cottage Cheese, Cream Cheese, Ghee, Heavy Whipping Cream, Sour cream, Plain Unsweetened Greek Yogurt

Soy Products: Tempeh, Tofu,

FATS:

Fruits: Avocado, Olives

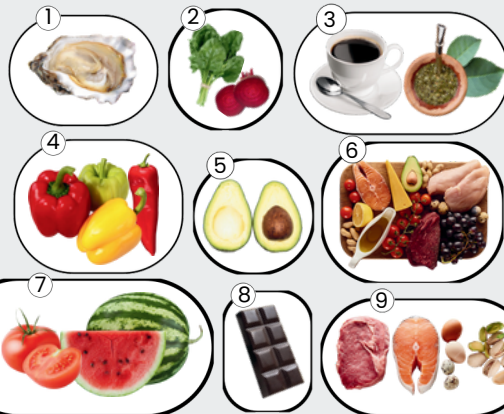
Nuts and Seeds: Almonds, Almond Flour, Cashews, Coconut Flour, Chia, Flax, Hazelnuts, Natural Nut Butters, Peanuts, Pecans, Pumpkin Seeds, Pine Nuts, Pistachios, Roasted Nuts (unsalted/ unsweetened), Sesame Seeds, Sunflower Seeds, Walnuts

Oils: Avocado, Coconut, Fish, Flaxseed, Macadamia Nut, MCT, Sesame Seed, Olive Oil

Condiments: Balsamic Vinegar, Lemon Juice, Mayonnaise, Mustard, Peanut butter Powders, Ranch Dressing (low sugar), Salsa (no sugar added), Soy Sauce, Unsweetened Coconut Flakes, Vinegar

Sweeteners: Erythritol, Monk Fruit, Stevia

THE 9 BEST FOODS TO ENHANCE MALE HORMONES



1. Oysters and Shellfish
2. Spinach, lettuce, beets, and other nitrate-rich vegetables
3. Yerba Mate and Coffee
4. Peppers
5. Avocados
6. Mediterranean Diet
7. Tomatoes, watermelon, and other sources of lycopene
8. Cocoa, chocolate, and other flavonoids
9. Proteins like meat, dairy and nuts

MODERATE 3-5 servings per week

CARBOHYDRATES:

Grains: Barley, Brown Rice, Bulgur Wheat, Buckwheat Groats, Corn Tortillas, Couscous, Farro, Millet, Oatmeal, Steel cut/rolled oats Polenta, Red Rice, Rye Bread, Whole Wheat Pasta, Quinoa, Whole Wheat Tortillas (no hydrogenated oils), Whole Grain Bread,

Fruits: Bananas (ripe), Mango, Melons, Honeydew, Cantaloupe, Papaya, Pineapple, Plantains (not green, cooked), Watermelon

Vegetables: Beets (cooked), Butternut Squash, Pumpkin, Spaghetti Squash, Sweet Corn, Sweet Potatoes, Yams, Water Chestnuts, Plantains (green, cooked)

Wine: Dry Red Wine

PROTEINS:

Meats: 80% Lean Ground Beef, Chicken Thigh, Beef Jerky (low sugar), Ham, Pork Ribs, T-bone steak, Turkey Jerky (low sugar)

Fats: Nuts and Seeds: Chestnuts

LIMIT EATING 1 serving per week

CARBOHYDRATES:

Grains: : All other rice, Bagel, Biscuit, Cereals, Gnocchi, Granola, Granola Bars, Instant Oatmeal, Potato Bread, White Potatoes, White Bread, White Pasta, Rice Noodles

Fruits: Dried Fruit

Vegetables: Rutabaga, Turnip (cooked), All other Potatoes, Cooked Carrots

Processed Foods: Beer, Cakes, Candy Bars, Chips, Crackers Commercially-baked pastries, Condiments Containing, Cookies, Doughnuts, French Fries, Fruit Juices, Ice Cream, Muffins, Packaged Snack Foods, Popcorn, Rice Cakes, Tapioca, Soda Pop, White or Enriched Flour, White and Brown Sugar

Dairy: Sweetened Yogurts Condiments: Agave, BBQ Sauce, Coconut Sugar, Honey, Ketchup

Beverages: Alcoholic Beverages, Diet/ Regular Soda, Juices

PROTEINS:

Meats: Bologna, Brats, Breaded Fish/chicken, Fried Meats, Pork Bacon, Sausage, Hot Dogs Other: Protein Bars

NOTE: If you are using the Feel Great System you may want to have TWO Balance before a meal containing these foods in the "limit eating" section