



INTERMITTENT FASTING

BEGINNER'S GUIDE

The MayWay

A SIMPLE GUIDE
WITH ALL YOU NEED TO KNOW
TO GET YOU STARTED
INCLUDING A 10-DAY MEAL PLAN

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PERSONALISED NUTRITION

Let me introduce myself!



As a Masters qualified UK-registered Nutritionist (mBANT) and a real woman with a busy family life, I am here to share with you a simple, no-nonsense approach when it comes to ensuring your health, whilst embarking on an Intermittent Fasting approach to eating as well as meal choices backed up with expert qualified recommendations. I believe in easy, practical, achievable food that's tasty and works for the whole family.

Intermittent Fasting is backed up with good scientific research and is simple to grasp. This beginner's guide will help you understand the concept, the benefits and get you started on this new way of eating.



I live by the advice I offer and regularly fast as a way of life. It's an easy way to lose or maintain my weight and I've never felt better!

Intermittent Fasting Introduction

Fasting is gathering momentum in popularity. All the rage, it is the latest health buzzword when it comes to our health; going for hours at a time without food is certainly more acceptable nowadays and indeed is even considered fashionable amongst some. However, with any health trend, it is important to understand exactly how your choices are affecting your body and above all, ensuring you are not doing any harm.

The benefits of restricting calories on health and extending life span are well established. **Fasting has been used for thousands of years for spiritual and health benefits** and has become popular in recent times due to the celebrity endorsement of intermittent fasting, aka the '5:2 fast diet' or the 16:8!

Although dietary advice has long focused on eating regular low-fat meals, Intermittent Fasting and the 5:2's counter-intuitive approach to weight loss has attracted thousands of women and men. **Fasting for weight loss is a well kept secret in the world of nutrition** but it is not always clear how this can be achieved safely and effectively.

Biologically, in the absence of a health condition, there is no reason why we must eat regularly. It is absolutely safe to leave long gaps between meals and if you find that you are energised and feel good, there is no reason why you can't fast every day, provided you ensure a healthy balanced intake of nutrients and it fits with your lifestyle.

PLEASE NOTE:

If you are under the care of a doctor or other health professional, it is important to consult with them before embarking on the significant changes in eating habits that Intermittent Fasting entails

Why Fasting.....?

It helps with weight loss

Weight loss tends to be the most common reason for Intermittent Fasting. Whilst we may be familiar with the notion that "not all calories are equal", it still remains that caloric restriction plays a vital role in achieving weight loss and maintaining this weight loss.

This fasting approach works on the concept of restricting your energy intake to certain times and in doing so, the research suggests it to be an effective way to lose body fat. After a meal, the digestive system processes the food you have just eaten; digesting and absorbing, so that the body can use the nutrients the food has provided.

This process takes around 4 to 5 hours, during which time the body will prioritise using the carbohydrates provided as part of this meal as its preferred energy source, rather than rely on fat stored in the body.

Following a meal, insulin levels will be high and when insulin levels are high, the body is less likely to use fat as fuel. However, after this point, the body will need to use its fat stores as a source of energy, which will result in weight loss.



If you are addictive by nature and portion control is a struggle, it is important to consider that eating huge, calorific meals whilst Intermittent Fasting will not work, if ultimately you are eating more calories than you are using up. The notion of "Calories In vs Calories Out" still holds true and must be considered carefully with meal choices.

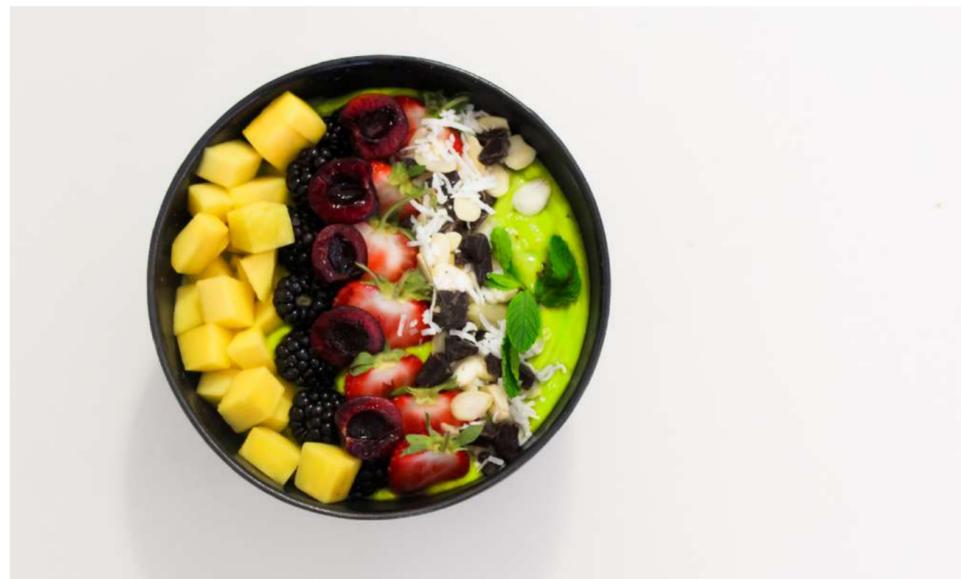
Why Fasting.....?

It can improve glucose tolerance

When the diet is high in sugar, the body is overburdened as it ensures the excess glucose is removed from the blood. Insulin resistance is generally caused as a result of the body's reduced ability to remove this excess glucose from the blood, either because insufficient insulin is released (from the pancreas) or the insulin receptors have become less sensitive.

Glucose is needed as a primary source of energy and as such carbohydrates consumed in the diet will be converted to glucose and used for energy. Once the body has satisfied its energy requirements, excess glucose will be converted to fat and stored in tissues, that are not completely suitable for fat storage. As the body uses fat as a fuel during intermittent fasting, the need to store fat will reduce, allowing the cells to regain insulin function and glucose sensitivity.

Studies show that Intermittent Fasting can improve many health parameters especially in pre-diabetic and insulin resistant people, where a caloric restriction can avoid the need to use medication. Further findings also suggest that short term Intermittent Fasting may be a safe and tolerable dietary intervention for those already diagnosed with Type 2 Diabetes and may improve body weight and fasting glucose levels.



Eating patterns that focus on 3 meals a day as well as snacks (often sweet) in between present an increased risk of insulin resistance and glucose intolerance.

Why Fasting.....?

It helps establish a simple routine

Although it can be difficult to establish a new way of eating in conjunction with family or work commitments at the outset, once you've developed a plan that works, tweaking and adjusting to suit your lifestyle, it'll soon simply become the way you eat, in terms of timings and good quality meal choices.

Understanding your body's genuine hunger signals and not confusing them with cravings often associated with the consumption of too many processed foods, will give you greater understanding of your body and improve your confidence to maintain healthy habits.

Having a regular routine, with strict eating times, can simplify your day-to-day life, especially if you're feeling good for it. As you are not preparing a number of meals and snacks, you only need to focus on the 2 meals you are likely to eat in one day. If carefully considered, these can also work for the whole family.

It improves your skin health

Many skin conditions can be alleviated by eating a good quality diet, high in vegetables and fibre and avoiding processed foods.

To ensure adequate nutrients with Intermittent Fasting, you will need to avoid pro-inflammatory foods that offer little nutritive value, such as processed foods or ready meals and in doing so, you will reduce inflammation associated with skin conditions such as acne and eczema.

Furthermore, if you suspect your skin condition is exacerbated by a specific food sensitivity or intolerance, eliminating this food during a fast will offer you the opportunity to re-introduce a food one at a time afterwards, to establish if it is indeed the culprit.

How to fast for weight loss?

Around 12 hours after the last morsel of food, when the meal has been completely processed and absorbed and assuming no further food has been eaten, the body goes into a fasting state. It is no longer burning the energy from the food that has been consumed.

At this point, the body has a chance to rebalance and it will need to rely on its fat stores for energy to keep the body natural processes working efficiently. It is only at this stage that the body will start to release fat for use as fuel and this will result in weight loss.

As we all carry significant fat stores, even if you are considered slim, there is always this source of energy to use up when the usual source, sugar, has been used up, as it has been during a fasting period.

Intermittent Fasting should be viewed as a long term lifestyle choice rather than a crash diet



Intermittent Fasting and Type 2 Diabetes

With modern eating patterns relying on not only 3 meals a day but often with snacks in between, it is easy to see how this fasting state is rarely achieved.

This therefore also means that insulin levels are invariably high as a result of this regular eating pattern, increasing the burden on the pancreas, which is the organ that releases insulin, as well as putting increased pressure on the insulin receptors that are bombarded with insulin throughout the day. In time, these become fatigued, and you are at risk of Insulin Resistance and furthermore developing Type 2 Diabetes.

There is also huge pressure within the food and snack industry to ensure that we do not allow ourselves to go hungry, which is not necessarily advice that is aimed at improving the health of us, the consumer, but fuelled by commercial reasons.

These reasons, amongst others, have contributed to the rise in the development of Type 2 Diabetes in recent years.

Thus, a simple shift in our eating patterns can result in not only a reduction in the number of calories consumed, which helps our “calories in vs calories out” energy balance equation, but also provides the body with a chance to recuperate and rebalance without having to focus on the digestive process and therefore reduce the risk of developing Type 2 Diabetes.



How to implement Intermittent Fasting into your lifestyle

Intermittent Fasting should be viewed as a long term lifestyle choice rather than a crash diet. Otherwise, it is likely that you will regain any weight lost if you resume your original eating habits.

It is also essential that you make healthy food choices; ensuring good nutrition is vital when fasting to ensure the body's processes are taking place efficiently and effectively.



Planning your meals is key, to make sure you are getting adequate nutrients. This is very important.

A big problem can be establishing how to make it work for you; factoring in your work and family life, exercise schedule and health priorities and goals.

Thus, I have simplified your choices and have focused on 2 specific approaches to Intermittent Fasting that I consider the most straightforward and easy to implement into your lifestyle.

Quite simply.....

The Daily Approach or The Weekly Approach

After all, if it isn't a simple concept, you are unlikely to succeed in your desire to incorporate this new way of eating.

The Daily Approach

This approach is commonly referred to as the 16:8 or time restricted eating

The simple concept is to aim to fast every day for 16-18 hours a day and only consume your food in the remaining window of 6-8 hours.

For example, if you eat your evening meal at 6:00pm and you have finished by 7pm, then you would not eat your next meal until at least 1:00pm the following day, allowing an 18 hour fast in between. In this way, you are effectively skipping breakfast.

You can eat your first meal (breakfast) at 8:00am and a late lunch by 4:00pm and then effectively skip dinner until the following morning's breakfast at 8:00am

One of the benefits of this approach is that, by sticking to specific "eating windows" it is easy to maintain and fit into your lifestyle



I want to empower you to make good choices without the need to learn how many calories are in each meal. Thus, the 10-day eating plan at the end of this eBook is aimed at those following this Daily approach and offers healthy balanced choices with specific focus on portion control to help you achieve weight loss.

The Weekly Approach

This approach suggests that you eat normally five days a week and diet two, preferably consecutive, days a week, reducing your calorie intake for those two days to a $\frac{1}{4}$ of their normal level (500 calories for women, 600 for men).

As long as you avoid bingeing for five days and starving for the other two, evidence suggests this can be effective as part of a longer-term weight management strategy.

and there's also.....



Alternate Day Fasting

Just as its name implies, this plan involves alternating "fast" and "feast" days. Fasting days consist of a single 500-calorie meal at lunchtime. People do not have to restrict what, when, and how much they eat on feasting days.

Other alternate day fasting plans involve completely abstaining from food every other day.

Who shouldn't fast?

- 
- **People who are underweight;** restricting calories may result in further weight loss;
 - **Children;** their nutrient and energy requirements are different to adults and fasting may not allow a child to thrive;
 - **Pregnant or breast feeding mothers;** pregnancy is a time to ensure good nutrients and adequate calories for a growing baby;
 - **If you have an eating disorder,** this is not for you. Even if you have struggled with an eating disorder in the past, you may find adopting an eating pattern that restricts food could trigger a relapse;
 - **If you're recovering from surgery.** Restricting nutrient intake and energy production may impair healing and repair after surgery;
 - **If you are feeling unwell or have a fever;** it is important to listen to your body and avoid fasting if your body is not in optimal health;
 - **If you are taking any prescribed medications,** Type 1 diabetics and diabetics on insulin; it is essential to consult with your GP before embarking on any weight loss programme.

What you should consider?

- It is important to consider whether or not Intermittent Fasting is feasible within your lifestyle. For example; fasting stresses the body, so it may not be beneficial if you are already facing significant stressors;
- If you have a lot of special occasions and social or work gatherings that involve eating out and big meals, Intermittent Fasting may impact on your social or work life if you choose to avoid these activities;
- If you are training for endurance events or intense exercise, Intermittent Fasting may affect performance if you are competing or participating at these higher levels on fast days;
- Intermittent Fasting is not a magic pill when it comes to weight loss. Restricted eating will not counteract choices that are high in processed foods and refined sugars. Be realistic; you will not lose weight if you skip a breakfast and then eat 4,000 calories of fast food for lunch and dinner!

Getting started with Intermittent Fasting

At the outset, transitioning from eating "on demand" to restricting your intake of food can feel very difficult, but I can assure you that after a few days, you and your body will quickly become accustomed to this new way of eating and you will begin to feel the benefits very soon after.

Initially you may find that not satisfying your expectation of food, for example first thing in the morning, may leave you feeling tired and even in a bad mood. Once your mindset is adjusted and you no longer have the expectation, your retrained body (and brain) will naturally adjust and leave you feeling energised and invigorated. Trust me, this happened to me!

Avoid embarking on a "crash diet" from day 1, instead, over the first week, start with a shorter fasting period of 12 hours and work your way up to 16 hours

Give your body the help it needs....

Intermittent Fasting is as much about ensuring your health as it is about weight loss. With this restricted eating, it is crucial to choose foods that are nutrient dense to nourish your body.

Fasting involves the break down and removal of toxins and waste products and also allows your body to heal and repair. These processes all require adequate nutrients to ensure efficiency. Eating a nutritious balanced diet will provide these nutrients and also ensure you feel full and satiated, as your body will not craving these nutrients in their absence.

Putting Intermittent Fasting into Practice

To start with, **increase the gap between dinner and breakfast**. If you're not hungry you could skip breakfast altogether; going from dinner to lunch works best.

Consider the ideal ratio of 16:8 hours that works for you. This means you'd be eating a lower-calorie but nutrient dense diet within the eight-hour window. Typically, this would be from midday until eight o'clock at night or 10 o'clock in the morning until 6 o'clock in the evening. Spread this period over two meals and then fast until lunch the following day

Repeat this routine at least two to three times per week. **If you feel hungry any time outside of the eight-hour window, distract yourself with an activity or task so that you're not so aware of the hunger pangs.** Gradually increase the number of days you fast if desired.

If you're opting for the weekly approach, do not fast for longer than three days in a row to avoid a significant reduction in your metabolism and to protect against muscle loss.

If you've embarked on this approach on a long-term basis, including a cheat day every now and again is not a problem!

Frequently Asked Questions

Will I feel hungry on fasting days?

At the outset, you may find that your body is not used to not eating "on demand" or smaller quantities, so it is important to set aside time to plan and prep meals in advance, to ensure that the quality of your meals is good to sustain you until the next time you eat

Can I still exercise whilst fasting?

Once you are used to this new way of eating, probably after around 10 days, your energy levels should revert to similar levels to those before embarking on this restricted eating plan. It may help to ensure that you finish your exercise session around 1 hour before your mealtime

Will I eat too much on non-fasting days?

It is not uncommon to eat a little more on "feast" days. However, as long as binge eating is avoided, this extra quantity is still not enough to make up for the lower intake on fast days. Over time, it is not uncommon to intuitively eat less on non-fasting days as well, as you become used to eating less in general

Should I practice Intermittent Fasting to maintain my weight?

Intermittent fasting has been shown to provide many health benefits as well as weight loss, so if you are comfortable with this eating approach, you can certainly continue indefinitely. You can consider increasing your quantities (or calories) as well as decreasing the number of days you fast each week.

What can go wrong?

You're not eating enough outside of the fast period
If you continue to restrict your food intake at mealtimes, your body will receive the wrong message and go into starvation mode. By eating healthy balanced meals at mealtimes, the body will learn to adjust its recognition of fullness, helping you to sustain this way of eating on a long term basis

You're not staying hydrated

If you're restricting your food intake this doesn't mean you should neglect to drink enough water throughout the day. As part of the fasting process, the body will break down and detoxify waste products and drinking plenty of water will help to flush these toxins from the body efficiently, thus also avoiding symptoms such as headaches and lethargy

You become obsessed

Whilst embarking on an Intermittent Fasting way of eating may require more thought and attention at the outset, ideally this should also develop into a more intuitive way of eating. In other words, you will know how much to eat at mealtimes and your body will register fullness and satiation

Extreme approach to restricting food windows, minimal calories & over-exercise at the same time

If you start a punishing exercise routine, as well as restricting the times you can eat and then further restricting the calories during that meal, your body will be subjected to multiple "stressors" and you are likely to burn out very quickly. Ease yourself gradually into this new way of eating and lifestyle

Before you begin

Monitoring your progress can help to keep you motivated and feeling great and achieving your goals will be your best inspiration!

At the outset.....

Take photos: full body - this will help you track any changes in physique achieved as a result of weight loss and a generally more healthy lifestyle;

Weigh yourself - although not a definitive guide, a reduction on the scales will also provide motivation;

Take your waist measurement (at the narrowest part) and hip measurement (at the widest part) and calculate your waist-to-hip ratio by dividing your waist circumference by your hip measurement:

Men Male Waist-to-Hip Ratio Health Risk
0.95 or below... Low risk
0.96–1.0... Moderate risk
1.0+... High risk

Female Waist-to-Hip Ratio Health Risk
0.80 or below... Low risk
0.81–0.85... Moderate risk
0.85+... High risk

Over time, you will be able to track the changes and then consider if this approach is for you!

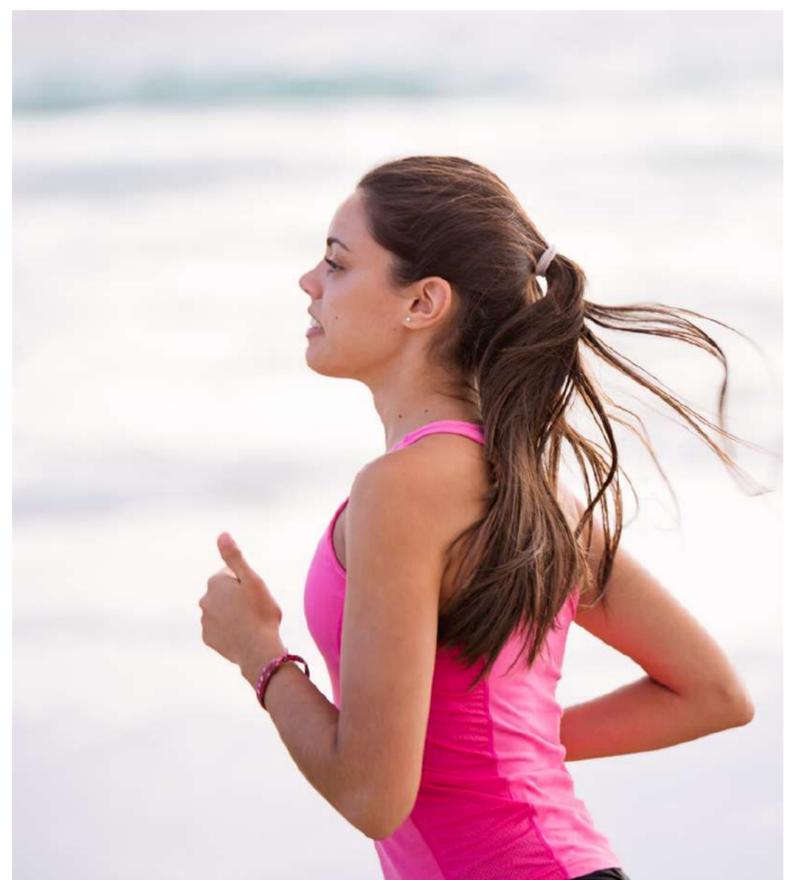
Exercise

Factoring in a daily brisk walk will help to speed up your metabolism and maintain muscle mass.

It is important to consider that exercise needs fuel in the form of food, so if you're including more intense workouts whilst Intermittent Fasting, you will need to ensure you structure your exercising so that it fits with your eating habits.

Essentially you will still need to focus on the timing of your meal, but the food choices may differ according to how intense you will be exercising or working out.

If you've been fasting, consider a lower intensity workout; you should be able to carry on a conversation easily. Listen to your body and stop exercising if you feel light-headed or dizzy. Save your higher intensity workouts until after you've eaten and perhaps include more carbohydrates in your meal if you are planning a tougher workout.



Fast smart: Simple Guidelines to Ensure Success

- Include at least two to three portions of **vegetables** with each meal and aim to ensure these make up at least half your plate;
- **Limit your fruit portions** per day to a max of 2 or 3;
- **Include protein with every meal** – this means meat, chicken, fish, eggs, cheese, pulses. This should make up at least 1/4 of your plate. Ensuring your meals are protein rich to help you stay full and avoid cravings;
- Steer clear of fizzy drinks and fruit juices and instead opt for water, energising herbal teas or refreshing green teas. **Aim to drink more water than usual** during the fasting period, to stay hydrated and it will also help you to feel full;
- Include **more healthy fats** in your diet. Foods such as olive oil, butter, avocado, nuts and seeds are a great place to start. If you're choosing a nut butter, pick one that is minimally processed and without any additions;
- **Limit your intake of carbohydrates** such as bread, pasta, potatoes and rice as well as sugary foods like cakes, biscuits, sweets, chocolates and desserts
- In an ideal world, you should completely **avoid alcohol** but making a significant reduction of your intake is also great and will make a big difference to you achieving success;
- If you're pushed for time, you can consider a protein shake as a healthy option and a convenient meal alternative.

Day 1

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

Day 2

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

Porridge oats made
with (any) milk,
topped with grated
apple, cinnamon
and 1 tbsp flaked
almonds



Open sandwich
wholegrain/Rye
bread with fennel,
radish & red onion
salad & smoked
salmon



Butter Bean
and Tomato
Bruschetta on
sourdough toast

[Recipe on website](#)



Smoked Mackerel
with homemade
red cabbage, red
onion
& carrot coleslaw
with
mustard/lemon
juice dressing

[Dressing recipe on
website](#)

Wild salmon fillet
with ginger, soy
sauce baked
with selection of
green vegetables,
1/2 portion of
buckwheat noodles



Baked chicken
breast
marinated in
lemon juice,
olive oil/herbs with
cherry tomatoes.
Served with
steamed green
beans & 1/2 medium
sweet potato



Day 3

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

Day 4

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

Greek yoghurt with
berries (fresh or
frozen) &
1tbsp pumpkin
seeds OR 2 tbsp
homemade Granola



2 Poached eggs,
half an avocado,
mashed with
lemon & chilli
flakes, on 1 slice
sourdough toast,
with tomatoes



Prawn, Fennel &
Radish salad with
Asian sesame
dressing

Dressing recipe on
website



2 egg Spanish
omelette muffins
with red peppers &
spring onion
with a rocket &
tomato side salad

Wild salmon fillet
with ginger, soy
sauce baked
with selection of
green vegetables,
1/2 portion of
buckwheat noodles



Roast or pan-fried
cod on spiced puy
lentils,
with roasted cherry
tomatoes,
steamed
tenderstem broccoli
and green beans



Day 5

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

Day 6

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

2 eggs, scrambled
with 1tsp butter
with sautéed
mushrooms
wilted spinach with
a little butter, S&P
& grilled tomato



Chia overnight oats
topped with fresh
(or defrosted frozen)
berries

[Recipe on website](#)



Grilled harissa
(cayenne, smoked
paprika & lemon
marinade) chicken
breast, with mixed
salad & 2tbsp
cooked quinoa



Scrambled egg
with wilted spinach,
sautéed
mushrooms and
tomato

Baked wild salmon
fillet marinated in
lemon & fresh herbs,
with roasted red
onion, courgette,
red peppers,
aubergine, garlic
and 2tbsp cooked
quinoa



Vegetable Thai
Curry with 2 tbsp
brown rice

[Recipe on website](#)



Day 7

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

Day 8

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

2 eggs, scrambled
with a tsp butter
with sautéed
mushrooms
wilted spinach with
a little butter
& grilled tomato



Wilted spinach
with tomatoes
and grilled
halloumi cheese



Sautéed prawns
with garlic, chilli
and diced
vegetables (onions,
peppers, carrots)
with courgetti



Red pepper &
tomato Shashuka

[Recipe on website](#)

Pan-fried sea bass
with courgette
risotto & wilted
chard



Baked Portabello
mushrooms
stuffed with cream
cheese, sundried
tomatoes & basil



Day 9

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

Day 10

CHOOSE EITHER
A BREAKFAST OR
LIGHT LUNCH
OPTION AS WELL
AS MAIN MEAL
CHOICE.

2 eggs, scrambled
with a tsp butter
with sautéed
mushrooms
wilted spinach with
a little butter
& grilled tomato



Mashed avocado
with lemon
topped with
sundried
tomatoes &
olives
Option: add
crumbled feta
cheese



Salad Niçoise with
fresh (or tinned)
tuna, boiled egg,
green beans, red
peppers, avocado,
tomatoes



Quinoa & Lentil
Tabbouleh Salad
Option: Grilled
Halloumi or
crumbled feta
cheese

[Recipe on website](#)

Aubergine & Red
Pepper Chickpea
Stew with
parmesan shavings
and 2 tbsp cooked
brown rice



Smoked Salmon
fillet with a rocket
& watercress salad,
radishes and
pumpkin seeds
with lemon &
mustard dressing



[Recipe on website](#)

[Dressing recipe
on website](#)

A few pointers

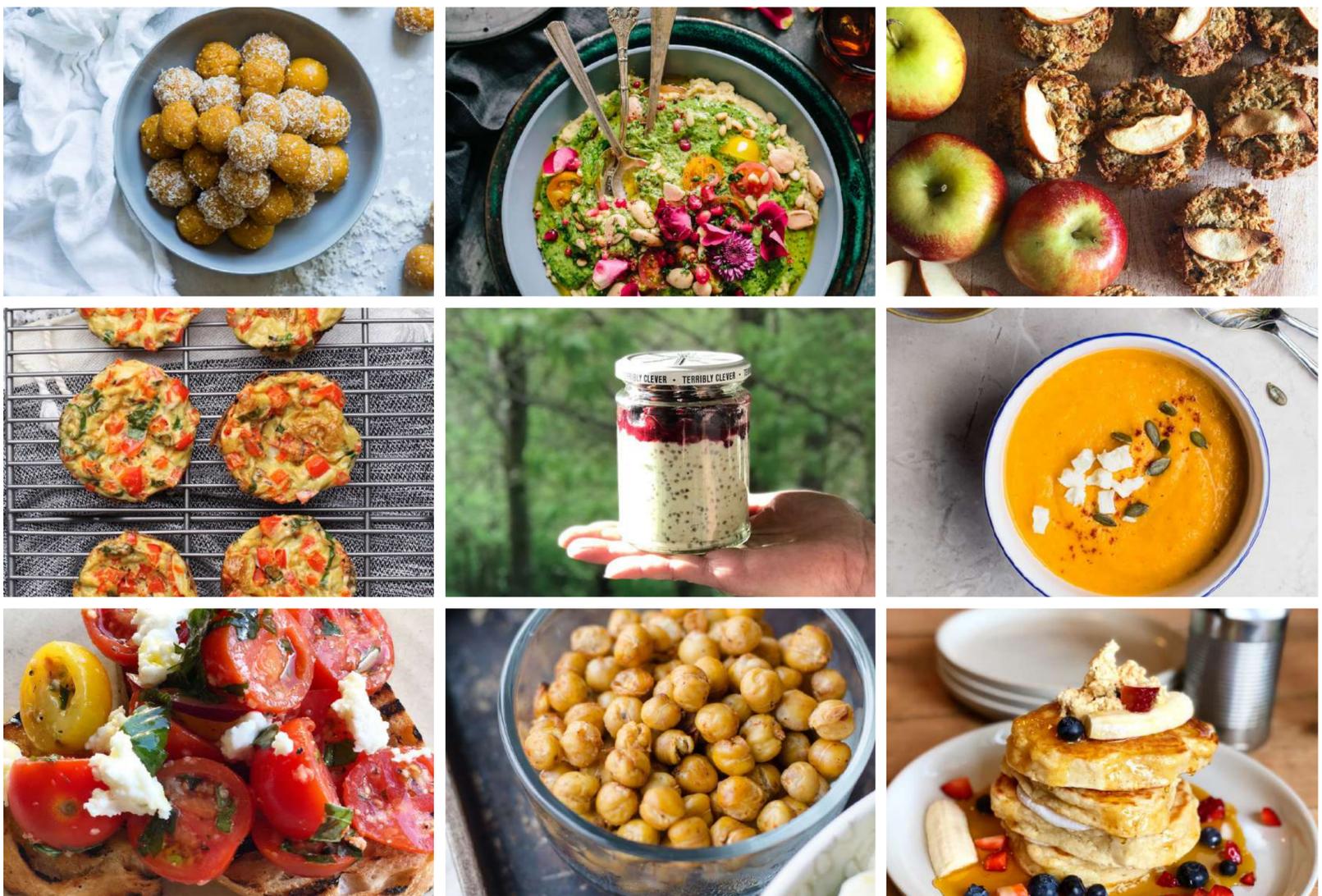
- Aim to make up 1/2 your plate with vegetables, out of the other half, 1/4 - 2/3 should be protein and 1/4 or 1/3 carbohydrates;
- Include at least 2-3 varieties of vegetables with each meal;
- Carbohydrate foods include bread, rice, pasta, potatoes and other starchy vegetables such as butternut squash, sweet potato & parsnip;
- Include a maximum of 2 portions of fruit per day;
- When making up a salad, try to include at least 5 varieties e.g. lettuce leaves/rocket/watercress/tomatoes/cucumber/radishes /olives/carrots/spring onions/asparagus/avocado;
- Include more legumes such as chickpeas, lentils, butter beans. These are also protein foods and good sources of fibre;
- Protein foods include: beef, lamb, pork, ham, chicken, turkey, duck, fish, eggs, cheese;
- Try to include more oily fish such as salmon, mackerel, anchovies, sardines, herring, tuna (fresh), pilchards - rich in essential fats;
- Eggs and Dairy are ideal protein foods if you're looking to reduce meat e.g. cheese, milk, eggs, Cottage Cheese, Feta (Greek), yoghurt- probiotic/live;
- Nuts and Seeds are a good source of essential fats as well as protein/fibre

Snacks

Whilst the 10-day meal plan above does not include snacks, you may find you need to include some healthy light snacks either at the end of your meal or within your eating window.

Good choices include:

- A small piece of dark chocolate at the end of your meal;
- 2 tablespoons Greek Yoghurt with 1 tablespoon fruit compote
- 2 tbsp Hummous with raw vegetable cruditées



Power Snacks

For more nutrient-rich power meals, take a look at this recipe collection, which are ideal to include as part of an Intermittent Fasting plan:

"9 Nourishing Snacks that Energise, Satisfy & Banish Cravings"

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AN EASY ACHIEVABLE APPROACH TO HEALTHY LIVING

The May Way

IT'S A JOURNEY TO KNOWLEDGE, JOY AND EMPOWERMENT



Please do not hesitate to get in touch
with any queries whatsoever:

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