-the time-restricted eating experiment-

7for7

How it works!

Commit to a 7-day experiment.

Consume all calories across the 24-hour day within a 7-hour window only.

Dietary decisions are made individually, although the typical, most successful options are recommended.

Portions are entirely up to the individual and made to satisfy an enduring appetite.

Ideally, consume the first calories at midday and the last calories at 7 pm.

Why time-restricted eating works!

Basically, for most people,

There are four basic techniques to lower and maintain an optimum blood glucose balance, which triggers the breakdown of unneeded and stored body fat as the body's preferred energy source.

- ☑ Lowering unnecessary dietary carbohydrates.
- ☑ Portioning appropriately.
- ☑ Moving.
- ☑ Fasting & the TRE model.

TRE reported results.

- ✓ Blood glucose (sugar) stabilisation – typically lowering and maintaining <5.4 mmol/L.
- ✓ Boost healthy ketone levels – ketone bodies drive energy from stored fat.
- ✓ Boost in Growth Hormone (HGH) for improved cellular repair.
- ✓ Gut biome recovery and repair.
- ✓ Stabilised and regularised appetite – improved food behaviour (healthier and less caloric volume).
- ✓ Lowering inflammation, re-alkalising the healthy balance.
- ✓ Boost enduring cognitive sharpness.
- ✓ Drives the ideal body weight.

- ✓ The 16-17th hour shows the most significant boost in biological benefits.
- ✓ Extending the fasting beyond 18 hours did not show additional health benefits.

Data shows the most significant long-term value in the TRE model was changing food behaviour towards believing it can survive on far less food (portions).

Introduction of the time-restricted eating experiment.

1) Wake up.
2) Re-hydrate immediately, including electrolytes, appear to work best.
3) Ideally, exercise, but it is not essential during the 7-day TRE experiment.
4) Shower, and finish your shower with 10 seconds of cold water.
5) Day kickstart practice.
6) Lunch at 12.30.
7) Dinner from 7.00 – 7.30 pm.
8) Brush your teeth immediately after your last mouthful.

Bridging.

If the immediate 7-hour eating window appears too great, extend the typical eating habit by 30 minutes each day until you reach the 7-hour window.

e.g. current 'breakfast' is eaten at 6.30 am – consume this first daily meal at 7.00 am, and so on.

Or, practice the extended 30 minutes from the typical eating time for as long as it feels comfortable before increasing the fasting period a further 30 minutes until reaching the 17 hour fasting period.

This bridging adaptation can take 3-4 days days.

The day starting practice.

This practice does not break the 'fasting effect and the goal of lowering the blood glucose and consequent healthy production of ketones.

I recommend,

1. **On waking, start with a glass of water fuelled with electrolytes.**

The key electrolytes are:

- ☑ Sodium (bicarbonate)
- ☑ Magnesium
- ☑ Potassium
- ☑ Calcium

Adding an unsweetened electrolyte tablet to water typically works well.

Nuun, Hydrolyte, Gu tabs, are some fitting choices.

Hydrating properly early in the day has been shown to naturally reduce the appetite across the day and consume fewer calories than otherwise.

2. **Black coffee or tea with a tsp MCT oil.**

Why add 2/3 tsp of MCT Oil to your black coffee?

- o Data shows Medium Chained Triglycerides drive the most health benefits of all (healthy) dietary fats.
- o Despite being found most preveniently in coconut, goats milk, and sheep milk, it is most practical including 30ml a day via reputable MCT oil [Kickstart from Melrose]

MCT Health benefits.

- ✓ Zero spikes in insulin.
- ✓ Very low inflammatory response.
- ✓ Promotes healthy ketosis.
- ✓ Enduring cognitive and athletic energy.
- ✓ Satiates the appetite.

NOTE: More is not better. Research and my observation suggest that 30ml MCT oil, added to coffee, is the perfect healthy dose. Additional dosage drives little further advantage and can upset the gut in some people.

Reducing milk is also a good idea. However, trialling unsweetened almond milk, oat milk, goats' milk, or butter (or coconut oil) has also been shown to boost healthy ketosis and lower the appetite throughout the day.

Caffeine, or coffee is not essential but has been shown to support the TRE ketosis response.

Herbal tea, or just plain water with lemon, is also a good option. I would recommend against the inclusion of MCT oil.

3. Get busy.

Occupying the brain is usually essential.

Moving at an easy all-day effort has also been shown to dissociate the brain from hunger.

4. Lunch – around 12.30.

Kickstart all meals with hydration – ideally with carbonated water.

Fill up to limit the practice of overeating.

While the TRE program does not list a complete food list or volume, the following principles are strongly recommended.

Pick your choice of protein – animal or veg.

Choose some healthy dietary fats – cheese, avocado, eggs, nuts, seeds, olive, coconut & avocado oil, fatty fish and full fat unsweetened yogurt.

Anything from the garden.

Mix & enjoy.

I'd go hard on leafy garden greens, hammer the nuts & seeds, add avocado, olive oil and sea salt, and throw in your pan-fried protein.

Avoid ALL sweetened choices – this also includes fruit, for now.

I'd also avoid nearly all commercial food – you just can't trust mass-produced food. E.g. commercial food halls, sushi would appear OK, but typically you can expect sugary sauces which thump blood glucose to all high.

Flavour with herbs & spices.

5. Dinner

Hydrate before eating.

Again,

Choose your protein, however, I don't recommend consuming excessive 'animal protein.

The combination of dietary fibre (e.g. all veggies) and dietary fat shows the longest satiation between meals.

Load up on veggies. Liberally olive oil and sea salt. Air fry, bake, steam, cook however you wish.

Add some good fat – as previously listed.

Eat slowly, hydrate as you go, communicate free of a screen and brush your teeth on finishing your last meal.

That's it!

Ultimately, you can eat what you wish – include alcohol,

but maintain your 7-hour window for 7-days, spending 70% of the week fasted.