



Fast Training Week

COMPANION GUIDE

KETO CALM

November 2-6, 2020

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Welcome!

Welcome to Fast Training Week, so glad you're here. Each month I lead a week-long, themed fasting experience.

My intention for creating Fast Training Week is to bring the Resetter community together to practice fasting, learn new styles of fasting and to push our fasting growth edges.

The most important thing I want you to remember is, there is NO such thing as a failed fast. Every fasting experience makes you stronger, healthier and better adapted. So please hang in there.

My team is here to support you, on my social media platforms, as well as in the Resetter

Collaborative on Facebook. And of course, if you're a Reset Academy member, you have guides in there to help you with questions.

Happy fasting,
-Dr. Mindy




How to join Fast Training Week:

1

Subscribe to my  channel.

2

Click on the  icon to receive notifications when videos are live.

3

For community and support, join the Resetter Collaborative on Facebook.

4

Watch the daily training videos on Youtube.

YOUTUBE

Fasting Options:

Option 1: Intermittent Fasting
Beginner

Option 2: One Meal A Day (OMAD)
with Ketobiotic Meal
Intermediate

Option 3: 3-5 Day Water Fasting
Advanced

[WATCH VIDEOS](#)

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Recommended Breathwork:

Each day I recommend setting aside time for a calming routine. That can include reading, journaling, meditation, chanting/singing, prayer, and/or breathwork.

Here are two of my favorite breathwork options:

[Soma Breath Meditation by Niraj Naik](#)

[Wim Hof Method Breathwork App](#)

**INSTRUCTIONS FOR
OPTION 1:**

Intermittent Fasting

WATCH: [3 SIMPLE STEPS TO FASTING](#)

WATCH: [WHY DOCTORS SHOULD
RECOMMEND FASTING](#)

THE BASICS

- Fasting for 13-15 hours
- Water, coffee and tea ok
- Break fast with good fats
- Remove processed, refined flours and sugars
- Remove bad oils
- Remove alcohol

A background image featuring a light-colored, textured surface. In the top left, a small teal bowl contains a dollop of butter. Below it, another teal bowl holds several slices of yellow cheese. At the bottom, a collection of almonds and blueberries is scattered across the surface.

8 GOOD FATS

TO BREAK YOUR FAST

AVOCADO

OLIVES

ANDREAS SEED OIL

(USE CODE PELZ FOR DISCOUNT)

NUT BUTTER

GHEE

RAW DAIRY

GRASS-FED BUTTER

BONE BROTH

**WATCH: WHAT FOODS
BREAK A FAST**

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FOODS TO AVOID

bread	sports drinks
rice	high
cereal	fructose corn syrup
pasta	artificial sweeteners
cakes	sodas, juice
crackers	vegetable oils: canola,
cookies	sunflower, corn, soy
candy	fried foods
chips	fast foods
pastries	processed meats

[READ: GOOD FATS](#)
[VS. BAD FATS](#)

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OPTION 2:

What is One Meal a Day fasting?

WHY OMAD WORKS

One meal a day fasting, aka OMAD, is just like it sounds, eating one meal in a 24 hour period, whether it be breakfast, lunch or dinner. Generally I find dinner-to-dinner fasting to be the easiest. Tea, coffee during this fast is okay.

When you break your fast, it will be a **Ketobiotic Meal**. See next page for details.

Ketobiotic Meal:

Macros:

- 50g protein
- 50g net carbs, ideally with all carbs coming from vegetables
- 60% of calories coming from good fats

I recommend using the Carb Manager App for calculating your macros.

[CARB MANAGER APP](#)

Ketobiotic Recipe

Ketobiotic Avocado Bowl

INGREDIENTS:

- 1 avocado, mashed
- 1/2 cup sauerkraut (high-quality from the refrigerated section)
- 2 tbsp feta cheese (goat, sheep or raw dairy preferred)
- 1 tsp organic hemp seeds
- 1 tsp organic chia seeds

INSTRUCTIONS:

In a large bowl, smash avocado until desired texture is achieved. Stir in sauerkraut until well mixed. Sprinkle feta cheese, if using, on top or mix in. Enjoy alone or as a spread or dip for veggies.

Dr. Mindy

@drmindypelz

JOIN THE RESET ACADEMY
FOR MORE RECIPES

HOW DO YOU KNOW IF
YOU ARE READY FOR
OPTION 3:

3-5 DAY WATER FAST?

HOW TO PREPARE FOR A
LONGER FAST

- You are comfortable fasting 24 hours
- You have a blood sugar and ketone measuring device
- You are testing your ketones and blood sugar 3x a day
- You know the warning signs of *when* to break your fast
- You know *how* to safely break your fast

How to break a 3-5 day water fast

**FOLLOW THIS ORDER.
GO SLOW.**

1

aloe vera
bone broth
Ketaboshake
coconut kefir

2

sauerkraut
fermented foods

3

steamed vegetables



AVOID THE FOLLOWING:

animal protein (wait 24 hrs)
restaurant food
alcohol, soda
gluten

[WATCH VIDEO](#)

WARNING SIGNS:

**WHEN YOU SHOULD
STOP FASTING**

[WATCH VIDEO HERE](#)

If your blood sugar drops below 50 mg/dL (2.2 mmol/L) and/or your ketones rise above 8 mmol/L this is a warning sign that you should **BREAK YOUR FAST**, also if you are experiencing dizziness, fatigue and/or lethargy.

Important: You should be measuring ketones and blood sugar 3x per day while doing a longer fast. I recommend using the **Keto Mojo** ([USA](#), [Europe](#)).

NEED MORE HELP?

Next Steps

Fast Training Week is a great place to get your feet wet with fasting, or develop your diet variation skills. However you may feel like you need more help with fasting or troubleshooting your fasting experience. In these cases I recommend you:

[JOIN THE RESET ACADEMY](#)

Here is where I offer online courses, group coaching calls, recipes, cheatsheets and exclusive videos.

[JOIN MY NEXT LIVE RESET: NOV 9-23](#)

The upcoming 15-Day Fat Burner Reset will help you achieve metabolic flexibility. You'll learn different fasting styles and time for Q&A on our 4 live calls!



WATCH NOW

DAILY TRAININGS

[YOUTUBE](#)

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