**Lesson #7: Intermittent Fasting**

All right, so intermittent fasting.

Intermittent fasting is a great option while cutting and recomping, but it is not mandatory.

The type of intermittent fasting I've done is eating during an eight-hour window, 2 PM to 10 PM, for example.

A few benefits I've noticed is that I'm able to stay leaner, I'm less hungry, and I save a lot of time.

Because you are more insulin sensitive in the morning, carbs are more likely to be stored as fat. If you eat all your carbs later in the day, you will stay slightly leaner at the same caloric intake.

Intermittent fasting also helps you with your hunger.

You get to eat larger portions later in the day, which increases your leptin levels. It may take a couple weeks to get used to, but now I'm actually less hungry during the day, if I only eat later in the day, than if I would have eaten throughout the entire day. Also, I don't have to worry about eating all morning, so I am much more productive with that time.

But intermittent fasting is not for everyone.

Highly active people with fast metabolisms that have a high daily maintenance level of calories might find it difficult to eat all their meals in an eight-hour window. Also, some people just can't go that long without eating, and that is fine.

Intermittent fasting is just a tool that some people find useful when cutting or recomping.

Generally, I would recommend working out later in the day while you're intermittent fasting. But if you want to work out fasted, I would recommend drinking some 1UP Nutrition BCAA's during your workout to prevent muscle breakdown.