

Beginners Guide To Time Restricted Eating (TRE)



Time Restricted Eating is about giving your body enough time between meals to lower insulin levels, use stored energy, and improve appetite control

Most men are trapped into the cycle of

- Constant snacking

- Energy crashes

- Cravings

- Weight gain

This guide will help you break this cycle by showing you the core principles of Time Restricted Eating.

What is Time Restricted Eating

TRE Means

Eating within a set time window & fasting for the remaining hours, example stop eating at 8pm & start eating again at 8am.

What is happening during the fasting period

- Insulin levels begin to fall

- The body starts using stored energy (fat)

- Hunger hormones improve



Why TRE works

Many people believe weight loss is only about calories, but hormones also matter, & when we constantly eat

- Insulin stays elevated

- Fat burning is reduced

- Hunger signals increase

- Cravings become stronger

- TRE gives your body time to

- Digest properly

- Lower insulin

- Access stored body fat

- Improve hunger regulation

For many men in their 40s and 50s this feels like a far more achievable lifestyle long term than other stricter lifestyles.

Start Slowly - Don't rush

One of the biggest mistakes beginners make is trying to jump straight into long fasts

That then usually leads into

- Extreme hunger

- Low energy

- Binge eating

- Quitting after a few days

Instead build your fasting window gradually.



Step 1 - This starts once you can do a 12 hour fast

This first step helps many people

- Reduce late night snacking

- Improve Digestion

- Sleep better

- Feel more in control

Step 2 - Move to 13 - 14 Hour fast

Once 12 hours feel comfortable push your breaking the fast meal back another hour or two. At this stage many people notice.

- Fewer cravings

- More stable energy

- Better appetite control.

Swap between these two times until it feels easy. Believe me after a while it will.

Step 3 - Build towards 16 hours

This is the sweet spot for fasting creating the conditions for

- Optimal fat burning

- Autophagy (cellular clean up)

- Improved insulin sensitivity

But be mindful that you don't have to fast for 16 hrs every day forever.



What you can have during the fast

During the fasting window stick to

Water

Black coffee

Black tea

Sparkling water (not flavoured)

Apple cider vinegar in water

MCT oil (usually in coffee or tea)

The importance of light movement

TRE works even better when combined with simple movement

Not punishing workouts

Not exhausting cardio

Just easy movement (eg 25 air squats)

First thing in the morning & After your main meal

10 - 15 minutes of light movement can help

Improve insulin sensitivity

Help regulate appetite

Blood sugar control

Digestion

Improve sleep quality

This is one of the simplest habits with huge long term benefits



Common beginner mistakes

Starting too aggressively

Under eating

Overtraining

Trying to be perfect

Weekend overeating

What results can you expect

Weight loss

Better energy

Reduced cravings

Better sleep

Improved digestion

Less bloating

Better hunger control

The biggest change for many of my clients is the fact they finally stop thinking about food all day.

TRE is not a crash diet, it's a structure that controls your hormones instead of constantly fighting against them. Small habits built over time change your health extremes don't.

Want help staying on track at the weekend.

For many men the weekends are where progress slows down.

Too many takeaways, alcohol, grazing, lazing about can undo a full week of good habits.

My weekend weight loss plan shows you

How to enjoy weekends without ruining progress

5 simple strategies to stay in control

How to balance social life and weight loss Easy fasting structures for weekends

Reset plan for when the weekend turns into a binge

This is designed specifically for men in their 40s and 50s who want realistic results without living like a monk.

Check it out at lifechoice50.co.uk/weekendplan

Ready for full coaching & structure

If you want a complete step by step system, my 12 week TRE program takes you through

Building fasting windows

Hunger & cravings control

Fat loss hacks

Exercise routines built around you (If you want to exercise)

Mindset and consistency coaching

Long-term maintenance

Daily actions to complete through my coaching app.

The goal isn't just losing weight, it's building a lifestyle you can actually maintain while improving your health, energy and confidence.

All done through access to my coaching app where you will receive notifications each day that you have to interact with and a messaging facility where we can communicate as much or as little as you need. I've been coaching for so long that I understand it's not one size fits all, my program has a structure but how each client navigates it can vary and that's where I come in. I help each client get the most from the program.

If you have decided that my program is a fit for you and your goals. The only reason you don't sign up is fear. Fear that it will be a waste of money. Let me take that fear away for you by giving you a no questions asked 30-day money back guarantee. Now you have nothing to lose. lifechoice50.co.uk/start