

reNEW

INTERMITTENT FASTING PROGRAM



Eat by Alex

Dear All,

Welcome to reNEW, our Intermittent Fasting program.

This month will be an opportunity for you to reNEW your healthy habits and start mindfully living. You will be practicing the 14/10 and 6:1 intermittent fasting methods each week to experience the amazing benefits of intermittent fasting.

This guide will familiarise you with the program and answer your questions. As always, the Eat by Alex team is here to support you throughout.

If you have more questions please feel free to reach out to the Eat by Alex team at hello@eatbyalex.com.

Start every week off right with reNEW!

Warm regards,





YOUR reNEW MONTH

INTERMITTENT FASTING 14/10 METHOD

During the 4 weeks of reNEW you will be practicing the 14/10 intermittent fasting method. We recommend you fast for a period of at least 14 hours overnight and consume your food during the remaining 10 hour window. During your eating window, consume your meals at your preferred times. Listen to your body and adjust the fasting length to what is best suited for you.

INTERMITTENT FASTING 6:1 METHOD

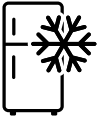
You will also be practicing the 6:1 intermittent fasting method. On the 6 days of the week where you are not consuming your reNEW box contents, return to your normal calorie intake. We recommend you remain mostly plant-based and continue to avoid alcohol, tobacco, caffeinated drinks, and acid forming foods. Focus on whole foods such as vegetables and grains like black rice, quinoa, or buckwheat. Opt for porridge or muesli for breakfast, a nourishing bowl for lunch, and a warm cooked meal like vegetable curry or soup for dinner. Incorporate plenty of greens like spinach, broccoli, and kale into your meals. Remember to stay hydrated with water and herbal teas.

Scan to explore our many easy and delicious online recipes



PRACTICAL INFORMATION

STORAGE



STORE IN FREEZER | -18 °C degrees

Upon delivery, please transfer and store your soups and shots in the freezer.



STORE AT ROOM TEMPERATURE | +20 °C degrees

Your 4 breakfast mixes and snacks can be stored at room temperature.

BEST BEFORE DATE | SOUPS & SHOTS

The best before date on your reNEW soups & shots applies when stored in a frozen state. Upon delivery, please keep your soups & shots in the freezer and reheat from frozen.



PRACTICAL INFORMATION

PLEASE RETURN THE PACKAGING!

To remain as ecologically friendly as possible, we have provided you with a return label to send the complete packaging back to us; it is addressed to FFF Fresh & Frozen Food.

CARDBOARD

Use the outer cardboard box to pack everything.

REMOVE or cover the red "SameDay" sticker on the cardboard box.

ALUMINIUM INLAY + 4 ICE PACKS

Please make sure to dry and clean the aluminium inlay bag as well as the ice packs before returning them to us. If wet, mould might form and we would have to discard it.

PICK@HOME BY SWISS POST

Connect to [Swiss Post here](#) and organise a FREE pick up of your box. Enter your home details and desired pickup time. For a free pick up, make sure to choose the "deposited in the accessible house entrance" option.





YOUR reNEW BOX



SOUPS

Store the Soups & Shots in your freezer at minimum -18°C. Defrost them in the refrigerator one day in advance of consumption. We suggest warming soups prior to consumption. Pour the soup into a pan over medium heat, add a little water to rinse the bottle, and heat gently. Alternatively, you can enjoy your soup at room temperature by letting it sit out for 30-60 minutes before eating.



SHOTS

Shots should also be stored in the freezer prior to consumption. The shots are designed to be enjoyed as a tea. To prepare, pour the contents into a cup and add approximately 1 cup (300ml) of boiling or warm water. If you prefer, the shots can also be consumed straight from the bottle. Enjoy the spicy kick!



SNACKS

Depending on the week, your reNEW day will include a sampling of olives, nuts, and/or Bites. Listen to your body and enjoy your snacks when you feel they are most needed. Remember to maintain the overnight fasting period for at least 14 hours.

YOUR reNEW BOX

MORNING MIXES 2 FLAVORS & 3 WAYS TO COOK

Overnight Oats

Combine morning mix with 80ml of lukewarm water. Cover and refrigerate overnight.



Warm porridge

In a pan on medium heat, combine 120ml water and daily morning mix. Cook for 10 minutes or to desired consistency.



Shake

Combine morning mix and 160ml cold water in a blending jar. Blend until smooth.



YOUR reNEW BOX

BOUILLON ESSENCE

The bouillon essence provides the perfect savoury and comforting drink for when you have a salty craving. Filled with plant-based goodness, it will keep you warm and nourished throughout the day. To enjoy your bouillon essence, mix half a teaspoon of the essence powder with one cup (300ml) of boiling water. You can consume up to two cups per day.



GOLDEN GLOW BLEND

The Eat by Alex Golden Glow Blend is our proprietary mix of turmeric, stevia leaves and amazing spices. It is the perfect sweet and spicy drink to start the day. Turmeric is an adaptogen with antioxidant and anti-inflammatory effects benefiting the whole body. To enjoy, mix 1 teaspoon of the blend with 1 cup (300ml) of boiling water.



Scan here for ingredient and nutritional information.



reNEW DO'S



WATER

Drink at least 2 litres of water every day to keep your body hydrated. Hot or cold herbal teas like mint, fennel, or verbena are great when you feel tired or fresh ginger tea is good when you are cold.



EXERCISE

We recommend you stay physically active during your reNEW month to support your body and mind. Our partners have put together a curated selection of recommended workouts for you to follow.



BREATHE

Take 5-10 minutes each day to focus on your breathing. We have provided 3 breathwork sessions for you to enjoy. Mindful breathwork improves cognitive function and overall wellbeing.



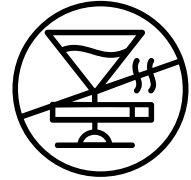
SLEEP

reNEW is your chance to sleep longer and deeper, especially in the first few weeks when your body might feel tired from cleansing and less caffeine. Our busy lives don't give us much chance to sleep, so take this time for yourself to recharge.

reNEW DON'TS

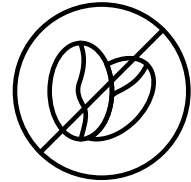
ALCOHOL & TOBACCO

Steer clear of alcohol and tobacco, as they are inflammatory and acid-forming substances. Our program focuses on alkaline-forming foods.



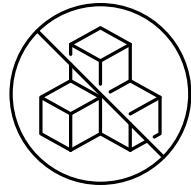
CAFFEINATED DRINKS

Coffee and black tea are common sources of caffeine that can boost metabolism. While caffeine isn't inherently harmful, overconsumption and addiction can be problematic. This month, try to either eliminate or limit your intake to one black coffee or black tea in the morning. Be prepared for potential headaches!



ACID FORMING FOODS

Besides alcohol, tobacco, and caffeine, it's important to avoid sweets, sodas, and artificially sweetened beverages. These items are highly inflammatory and contribute to acid formation. An acidic environment can negatively impact health at the cellular level, making individuals with low pH more susceptible to fatigue and illness.



WORKOUTS ON DEMAND

YOGA FLOW with SARAH MALÄR

www.yogatrapezezurich.ch

This practice includes breathing techniques to calm down, a short meditation, and a gentle yoga flow. It can be used daily. The class consists of 30 minutes dedicated to movement and 15 more to pranayama and meditation.

JOIN



JOIN



BREATHWORK PRACTICE with MICHÈLE FABIAN

www.bewell-michele.com

Experience the transformational power of breathwork with 3 short breathwork sessions - equal ration breathing, mellow morning, and evening unwind.

FULL BODY HIIT with VELOCITY

velocityswitzerland.com

Boost your endorphins with this full body HIIT workout from Velocity. Modifications are offered so you can customise the workout to your energy and fitness level.

JOIN



POSSIBLE SIDE EFFECTS

Many people experience few, if any, symptoms during the reNEW program. However, some symptoms can occur when intermittent fasting and with periodic caloric restriction.

Headaches, ranging from mild to very strong migraines, are also very common when you stop caffeinated drinks and refined sugars. Headaches can be relieved by drinking additional water or one black coffee.

Clinical studies have identified potential risks and discomfort associated with low calorie diets such as on your restricted calorie reNEW day. These risks including anxiety, depression, dizziness, drowsiness, fatigue, headache, hunger, irritability, muscle aches, nausea or spinal pain. You may also feel kidney and liver pain as your body works very hard to detoxify.

The hungry feeling you may experience comes from the hunger hormone called Ghrelin which spikes around mealtimes. The reNEW program will help you stabilise Ghrelin.

WARNING

If you have any diagnosed health condition, allergies, or if you are on any type of medication please consult your doctor prior to beginning the reNEW program.

reNEW is NOT INTENDED FOR

People who are:

- Pregnant or breastfeeding
- Underweight (BMI less than 18.5)
- Taking medications
- Allergic to nuts, seeds, or grains

People who have:

- Type 1 diabetes, cancer, cardiovascular, autoimmune or neurodegenerative diseases. Please consult your physician for advice, permission, and approval
- History of eating disorders

If you have any other questions, please call or e-mail us, we are here for you.

TERMS & CONDITIONS

Even if we provide you with general information about health and nutrition, this information is not equivalent to medical advice and is not designed to meet your specific personal requirements. This information does not claim to be complete or correct and in no case replaces medical or pharmaceutical advice from a physician. No liability is assumed for damages of any kind arising directly or indirectly from the application or use of the information. Please read all product supplements and dosage recommendations carefully and consult your doctor or specialist if you have any questions about their use and mode of action.

CONTINUING AFTER reNEW

After reNEW you are refocused on your healthy habits, and have maintained a great intermittent fasting routine. reNEW has prepared you to continue your journey with one of our following programs:

reSET ➔ for a fasting-mimicking detox

reBUILD ➔ for a full day menu of gut-friendly meals

These programs will allow you to dive deeper into achieving your health goals.



BREAKFAST

LUNCH

SNACK

DINNER

DAY 1
WEEK 1

Lemon & Cayenne Shot
Vanilla Morning Mix

Super Greens Soup
Toasted Hazelnuts

Brownie Bites
Bouillon Tea

Spicy Sweet Potato Soup
Black Olives
Golden Glow Tea

DAY 2
WEEK 2

Lemon & Ginger Shot
Berry Morning Mix

Harvest Roots Soup

Nougat Bites
Bouillon Tea

Golden Carrot Soup
Crunchy Almonds
Golden Glow Tea

DAY 3
WEEK 3

Lemon & Cayenne Shot
Vanilla Morning Mix

Spicy Sweet Potato Soup
Toasted Hazelnuts

Berry Bites
Bouillon Tea

Super Greens Soup
Black Olives
Golden Glow Tea

DAY 4
WEEK 4

Lemon & Ginger Shot
Berry Morning Mix

Golden Carrot Soup

Nougat Bites
Bouillon Tea

Harvest Roots Soup
Crunchy Almonds
Golden Glow Tea

Q&A

WHY ARE MY MEALS FROZEN?

This ensures you enjoy your meals at maximum freshness and with full preservation of vitamins and nutrients. Simply store the meals in your freezer, reheat, and enjoy at your own convenience.

HOW DO I HEAT MY FROZEN MEALS?

Store the Soups & Shots in your freezer at minimum -18°C. Defrost them in the refrigerator one day in advance of consumption. We suggest warming soups prior to consumption. Pour the soup into a pan over medium heat, add a little water to rinse the bottle, and heat gently. Alternatively, you can enjoy your soup at room temperature by letting it sit out for 30-60 minutes before eating.

CAN I SWITCH MY MEALS AROUND?

Yes, you can! We suggest listening to your body and choosing when and what you eat according to your own routine.

HOW CAN I RETURN THE DELIVERY PACKAGING?

Frozen meals require extensive delivery packaging, and to remain as ecologically friendly as possible, we ask that you please return your outer carton box, inner aluminum bag, and ice packs. All of our packaging is made from sustainable materials and we aim to reuse them but we need you for that. We ask you to make sure the inner aluminium bag is cleaned and dried before returning it to us. We have provided you with a return label and you can organise a Swiss Post Pick@home for free [here](#) and select "deposited in the accessible house entrance". REMOVE or cover the red "SameDay" sticker on the cardboard box, place all the items in the box, add the return label provided, and return the box to us via the Post.

Otherwise, please recycle your cardboard, the ice packs in your sink, and dispose of the aluminium bag (or save for personal use!).

TERMS & CONDITIONS

Even if we provide you with general information about health and nutrition, this information is not equivalent to medical advice and is not designed to meet your specific personal requirements. This information does not claim to be complete or correct and in no case replaces medical or pharmaceutical advice from a physician. No liability is assumed for damages of any kind arising directly or indirectly from the application or use of the information. Please read all product supplements and dosage recommendations carefully and consult your doctor or specialist if you have any questions about their use and mode of action.



Congratulations, you have completed the reNEW program!

Thank you for participating in the Eat by Alex reNEW Intermittent Fasting program. Your dedication to starting your week off right is an important part of maintaining your overall personal health & wellbeing.

Remember that you can return to reNEW every week to continue reinforcing the healthy habits.

Furthermore, if you would like to continue on your fasting journey, I invite you to try our [reSET fasting-mimicking detox program](#).

Warm regards,

