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60 Days Intermittent Fasting Challenge

by Ágnes Gömöry

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Chapter 1 – Introduction

My name is Ágnes Gömöry. I am a mother of two girls, a working mom, a Spartan athlete, a two-time Spartan European Champion, a HYROX athlete, and a passionate health enthusiast.

With this e-book, I would like to help you start your journey into intermittent fasting so you can experience the wonderful benefits it can bring into your life.

I have been practicing intermittent fasting combined with cyclical ketobiotic eating for over eight months. I'm excited to share with you not just my experience but also practical tips that have worked for me.

About 10–11 months ago, I suddenly gained 7–8 kilos of belly fat — without any clear reason. My training routine hadn't changed, and my eating habits were consistent. This led me to suspect hormonal changes, especially since my menstrual cycle had become irregular and my stress levels were consistently high.

That's when I discovered intermittent fasting and ketobiotic eating. What began as a weight-loss experiment turned into a lifestyle. I stayed for the additional benefits: improved sport performance, better sleep, lean muscle gain, and more balanced hormones.

Background

In order to execute intermittent fasting properly, you need to understand that your body can produce energy in two ways:

1. By burning glucose
2. By burning fat

When you eat, your body produces energy by burning glucose from the food. But if there is no food coming into the body for 10 hours or more, your brain sends a signal to the liver to begin using stored fat. The liver then breaks down that fat and produces energy in the form of ketone bodies.

If your main goal is weight loss, or if you're aiming for the other incredible benefits of being in fat-burner mode, you need to train your body to switch between:

- Sugar-burning mode (fed state)
- Fat-burning mode (fasted state)

This process takes a little bit of time and practice, but once your body gets used to it, it becomes much easier to burn stored fat — and to keep it off long term.

Chapter 2 – The Freedom of Intermittent Fasting

One of the most wonderful things about the intermittent fasting lifestyle is the freedom it offers. You get to choose when your eating window happens, and when your fasting window begins — based on your personal preferences and lifestyle.

If you feel more comfortable fasting after dinner, you can do that by pushing back your first meal of the next day, gradually adjusting it hour by hour.

If you're a breakfast person, you can do the opposite: finish eating earlier in the day, and start your fast in the afternoon or early evening.

This is the style I personally follow. I stop eating after lunch — usually around 1, 2, 3, or 4 p.m., depending on the day — and fast until the next morning. I break my fast with breakfast, which suits my body and training best.

The key is: intermittent fasting should be flexible. It should fit your life — not the other way around.

Chapter 3 – The Fasting Window

Based on the 60 Days Intermittent Fasting Challenge, you'll rotate between the following fasting durations:

- 13 hours

- 15 hours
- 17 hours (autophagy fast)

If you're doing the 16:8 intermittent fasting style, your fasting window will be 16 hours. Typically, you'll be asleep for 8 of those hours, so you'll only need to manage a few waking hours before or after sleep without eating.

You are not allowed to eat any food during your fasting window.

However, the following drinks are permitted and can support your fast:

- Water (still or sparkling)
- Mineral water
- Electrolytes (unsweetened or unflavored)
- Black coffee with MCT oil, stevia, or monk fruit
- Herbal teas (only sweetened with stevia, monk fruit, or MCT oil)

Chapter 4 – The Eating Window

There's a lot you can do during your eating window to support your body in shifting more easily into fat-burning mode. What you eat — and what you avoid — matters.

✗ Foods to Avoid:

- Bad seed oils: sunflower oil, soybean oil, canola oil (inflammatory and block fat-burning)
- Highly processed sugars and flours
- Alcohol and sugar alcohols (they overload the liver, which is key in ketone production)

✓ Foods to Include:

- Avocado: rich in fats, low glycemic index, can be used in moderation even as a fasted snack
- Nut butters
- Extra virgin olive oil and avocado oil

✓ Sweeteners to Include:

- Stevia
- Monk fruit

✗ Sweeteners to Avoid:

- NutraSweet (aspartame)
- Sucralose
- Maltitol
- Erythritol

⚠ If you are gluten-free:

Be cautious with replacement flours in gluten-free breads and pastas — many are high in

glycemic index and may spike your blood sugar, blocking fat-burning.

How Many Carbs to Eat:

- Not less than 50g net carbs/day
- Not more than 150g net carbs/day

Net Carbs = Total Carbs – Fiber

Always check food labels and calculate net carbs to stay within your range.

Chapter 5 – Benefits of Intermittent Fasting

Here's what happens when you consistently practice intermittent fasting:

1. Fat-Burning:

Once your body switches over to fat-burning mode, the liver starts breaking down stored fat into ketone bodies — a clean, high-quality fuel that your brain and body can use efficiently.

2. Autophagy:

After about 17 hours of fasting, your cells activate a process called autophagy — a self-cleaning, self-rejuvenating mechanism. This can help you look and feel younger, more energized, and even sharpen your focus.

3. Disease Prevention:

Autophagy and ketone production support powerful cellular repair. They help identify and clear out damaged cells, contributing to your body's natural self-healing abilities.

4. Stem Cell Activation:

After 24 hours of fasting, your body can begin producing its own stem cells, which support regeneration, anti-aging, and tissue repair.

Chapter 6 – Motivation

This e-book was created to give you a clear, practical, and motivating start to your 60 Days Intermittent Fasting Challenge.

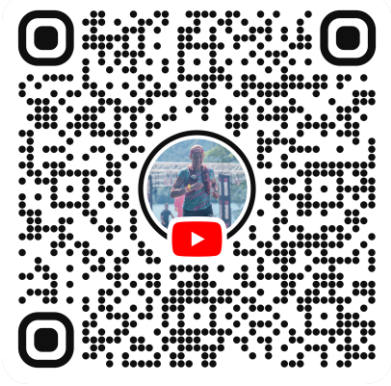
You now understand how intermittent fasting works, how to choose your eating and fasting windows, what foods to eat and avoid, and what incredible benefits you can expect as your body adapts.

But remember — this challenge is not just about weight loss. It's about energy. Clarity. Confidence. Health. Longevity.

You are not alone in this. I'm with you throughout the journey — sharing my personal experience and insights on my YouTube channel.

👉 Make sure to check out all my videos at:

YouTube: @ÁgnesGömöry – FitFlip



📺 Subscribe to the channel for:

- Step-by-step guidance
- Visual explanations
- Fasting recipes, workouts, and mindset tools
- And new weekly content to keep you inspired

☀️ Good luck with your 60 Days Challenge! Believe in your body's ability to heal, transform, and thrive. You've already taken the most important step — starting.

Now keep going. You've got this!