

One Meal a Day Startup Guide



It seems like every year another weight loss idea comes around that gets everyone excited, but then when people start doing it, they find out it's too difficult to do with their current lifestyle, they give up and then everyone decides that particular idea was a scam or just doesn't work.

[Eating One Meal a Day \(Omad\)](#) is different. It's been around for literally thousands of years as a way to heal the body, maintain a healthy body weight, and bring mental clarity. With the Omad diet, you [simply choose a 4 hour window](#) and eat your meal within one hour. The time you choose to fast depends on the type of results you desire as well as what works best with your lifestyle and current health profile.

If you think about it, you are fasting every single night while you sleep. If you choose to skip breakfast and eat your first meal at lunch, you're just stretching out the fast longer.

The Omad Diet works well for weight loss because it's only during feeding that your body can store fat. The reason is that when you're eating, insulin is released into your blood stream in order to keep your blood sugar level stable with any extra sugar moved to muscles, liver or fat storage. When you aren't eating this process isn't occurring, therefore you cannot store fat. If you think about this, the advice to eat six or more small meals a day to keep your blood sugar stable is actually causing your body to have the ability to store more fat.

When humans were still hunter-gatherers we often naturally went through times of feast or famine so evolutionarily your body is already set up for fasting as a natural state as always having food available has not even been normal until rather recently. The truth is most of us are simply eating way too much and can live and be even healthier on a lot less food. One way to accomplish this rather painlessly is via the Omad Diet.

Benefits of Eating One Meal a Day



The reason fasting is so popular is that it's purported to help people heal themselves of all kinds of issues. From being overweight to being depressed, people get relief from all sorts of problems using this type of diet to help themselves without medication. [These benefits](#) of the Omad Diet should be considered.

- **Insulin Levels Drop** – If you really want to burn fat, you need to have lower, yet balanced sugar levels on a consistent basis. Giving your body rests between eating can help you do this effortlessly.
- **Increase Human Growth Hormone** – Studies have shown that people who engage in periodic fasts have higher levels of human growth hormone which can help people increase muscle mass, improve skin texture, and increase fat burning.

- **Encourages Cellular Repair** – Giving your body a break from digestion gives it time to start repairing itself. When the body doesn't need resources to digest it can send resources to the rest of the body to get rid of waste, detoxify and heal problems.
- **Aids in Weight Loss** – Because you don't seek to replace the missed calories, you'll naturally lose weight due to eating fewer calories. Weight loss really is as simple as eating fewer calories than you need to conduct your daily life.
- **Improve Cardiac Health**—Many people who eat one meal a day are experiencing a decline in blood pressure, cholesterol, triglycerides, and other markers that indicate good or poor cardiovascular health. Since it helps control inflammation, it works very well for this purpose.
- **Slow the Aging Process** – Studies have shown that people who eat less live longer. A great way to eat less without feeling deprived is with omad. One study showed that rats who were fed only every other day increased their lifespan by more than 80 percent. That's quite a lot as it almost doubled their lifespan.
- **Helps Detox the Cells** – Your body only repairs itself when it's at rest, which is usually only while you're sleeping. But with fasting, you can increase the times your body is in detox mode exponentially, which will help your cells detox.
- **May Lower Risks of Cancer** –Due to the detox effect that fasting causes, some studies have suggested that people who fast may be at a lower risk of cancer. Before modern medicine was available, fasting was often a regular treatment for disease.
- **Improves Your Mood**– Because of reduced oxidative stress, lower inflammation and blood sugar levels along with increased brain-derived neurotrophic factor many people experience improvement in depression and other illnesses of the brain.
- **Lower Risk of Type 2 Diabetes** – Whether people like to admit it or not Type II diabetes is a preventable food borne illness. It doesn't need to be a lifelong battle requiring medication. Using fasting as a treatment is successful because of the lower insulin levels it produces. Before artificial insulin was created, fasting was a common treatment for both types of diabetes.

It may begin to seem as if eating one meal a day is a cure all. While it's not really a cure all, it is a way to help your body heal itself and induce wellness in all ways. If you want more mental clarity and to maintain a healthy body weight, it won't hurt to give it a try.

Honestly, on an Omad Diet you can eat whatever you want. I always encourage healthy food for long term health.

At first, when you're doing omad, you're going to feel strange sitting down to a huge meal. A meal that's bigger than any meal you've likely had before. It's important to get the calories and nutrients for that day if you want omad to work properly.

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Who is the Omad Diet For?



If you're healthy, and don't have any type of food borne illness yet, you can safely try the Omad Diet. Of course, it has to go without saying, but it has to be said too, that you should always check with your health care professional to ensure that you're healthy enough to try it. Even if your doctor is against the idea of it, ask the right question. Don't ask what they think about it; ask if you're healthy enough to try it.

Who Should Not do the Omad Diet?

If you are underweight, have any type of eating disorder such as anorexia, are under 18 years of age, have type-1 diabetes, take medications that rely on food or affect your food consumption, the omad diet is probably not right for you. But again, check with your health care professional to find out if it's acceptable to try it. Some doctors will be all for a type II diabetic to try intermittent fasting, if they think this will help them get a handle on their weight which can end the problems of having type II diabetes.

The thing to remember is that people will have different opinions about whether or not Omad is a healthy way to control weight and gain mental clarity. But, if you're healthy other

than having some weight to lose, it probably won't hurt you. Be mindful of your health, and know who you really are so that you can stay and get even healthier.

Common Reasons of Dieting Fails



Many diets are prone to failure. People get hungry and over eat. People eat because they are emotional, tired, sick, and just bored. Most diets actually do work to help people lose weight if they stick to it. But, many of them are impossible to stick to. For example, how many people live a lifestyle that enables them to eat six small meals a day? How many people can really eat enormous amounts of raw food daily (raw food diet)? How many people truly have time to prep for diets?

Not many people. That's the truth. Most people have very busy and hectic lives, just as I do. Most people live on a tight budget and can't afford to spend too much on food. With Omad, it's mostly about when you eat and not what you eat.

Although, if you truly want to be healthy, you should stick to whole food, mostly plant based foods using meat or tofu as a complement. Of course, you can eat whatever you want on in your eating window up to your point of satiation and you may still lose weight. But, it won't mean that you're super healthy. Anyway, there are several reasons why people fail on the Omad Diet to consider.

- **Failing to Plan** – If you don't [pre-plan your eating window](#), you may find yourself in a situation where you are at a birthday party and can't enjoy the festivities. Then you're

going to fall off the plan and think you'll make it up later. That won't work. Only consistency will work when using Omad as a way to lose weight and gain mental clarity.

- **Not Exercising** – It's important for any healthy lifestyle to exercise. Try to incorporate a good workout routine in your weekly schedule that works with your lifestyle and agrees with your goals.
- **Over Eating** – Many people use Omad as an excuse to overeat. They think "Well, I have been doing Omad for a few weeks, so I'm going to this Chinese food bar and I'm going to eat until I feel like puking." No, that doesn't work. Don't over eat. Eat only until you are satisfied. For most people this is a little bit behind "not hungry" to a little bit of a full feeling in your tummy.
- **Other People** – Sometimes when you go on a diet other people will discourage you, question you, and suddenly act as if they had a degree in nutrition hidden in their file cabinet. The best thing to do is not tell other people what you're doing unless they are going to join you.
- **Negativity** – Sometimes, it's the wrong time to try any type of eating plan at all. If you're going through a divorce, a death, or even just got a new exciting job, it's a bad time to change your eating plan or lifestyle.

You can overcome all of these negatives if you think about them and work around them. Plan ahead, use the calendar, eat right, drink plenty of fluids, and get exercise. Only tell the people who need to know what you're doing and seek support from online groups, or a friend who will do Omad with you.

Omad Diet Support Groups



[Official Omad Diet Facebook Group](#)

Why the Omad Diet can be successful



Omad can be very successful because it is truly scientific. On most diets that restrict calories every single day of the year, your body gets used to the deprivation and adjusts its metabolism to reserve fat for famine. When you switch back and forth between deprivation and plenty you trigger your hormones to burn fat, heal the body, the mind and get healthier.

The reason is that processed food is often more calorically dense which means you have to eat more of it to feel full, even while it has more calories. Your body doesn't really know if it has 3 pounds of apples inside it or 3 pounds of cake. But, three pounds of cake obviously has far more calories than 3 pounds of apples.

Intentional Exercise Matters

The truth is, about 80 percent of your results will come from the food you put into your body. If you put highly nutrient dense food in it, you'll be healthier and get close to your body's healthy weight over time. But, if you don't move, you aren't going to get the full benefits that you could enjoy.

Intentional exercise doesn't have to be difficult. It can consist of something as simple as a fast 20-minute walk daily, running, biking, weight lifting and more. It's up to you. The best way to ensure that you'll always include exercise in your life is to pick something you truly like doing. There is no point doing anything you hate. Just like, if you hate broccoli you don't need to eat it because there are other things you can eat with the same nutrients, you don't have to bike up a mountain if that isn't something you will enjoy.

Consistency Matters

With any type of weight loss or mental improvement plan, you need to be ready to stick to your plan for the long haul. You won't know if something is going to work or not after just a day or even a week. You need to decide to stick to anything new for at least 21 to 30 days. The reason is that it will take that long to know if you can stick to it without too much problem. Plus, it's long enough to see results, but not too long that you will give up. After all, you can do almost anything for 30 days.

Your Lifestyle Matters

Most people are super busy and it's hard to prepare meals in advance. With Omad, you really don't have to do that. You're not going to eat six small meals a day, and in fact, you can plan that you'll fast all day if you have a busy job, and eat your meals only at night (even before bed). Plus you can skip breakfast without guilt. This plan works well for super busy people who have more going on in life than cooking and eating.

Additionally, your frame of mind also matters a great deal. If you're experiencing anything negative, don't start anything new. But, if you are otherwise healthy and you truly want to try Omad for weight loss and mental clarity you should. It will work for you if you find a plan that works around your lifestyle that you can stick to consistently.

What to Do Now

Now that you know about Omad, you may want to consider my [Step-by-Step Complete Guide to the Omad Diet](#). I walk you through every step of the way and show you how eating one meal a day can not only become a diet, but a lifestyle.

If you really want to track your progress to know for sure whether Omad is working, keep a diary. Get blood work. Then take your measurements and weight before you start. Do this again when you're done. Compare the numbers. You may discover the secret to longevity, health, weight loss, and mental clarity for you is the Omad Diet.

Your Friend and Coach,

Jimmy



