

8 HOUR WINDOW

FAT LOSS AND MUSCLE GAIN

TWO MEALS A DAY

FORMULA 1 | A + B

FORMULA 2 | A + B + C

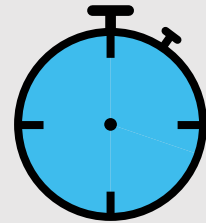
Post-Workout

30-60 Min after a workout

On days without any training only use **A + B** formula for both meals



Add 1 cup of fruit peeled and sliced to meal **A + B + C**; or to one of the **A + B** meals on days without training



16HR FAST

Between the last meal of the day and the first meal of the next day

A PICK TWO One Handful Each

- 01** Kale or lettuce
- 02** Cucumber or avocado
- 03** Tomato
- 04** Bell peppers
- 05** Broccoli
- 06** Cauliflower
- 07** Spinach
- 08** Zucchini or eggplant
- 09** Pumpkin
- 10** Mushrooms
- 11** Beetroot
- 12** Carrots
- 13** Leek or onion
- 14** Brussel sprouts
- 15** Green beans
- 16** Green peas / **HALF**

B PICK ONE 1 Cup / 150g

- 01** Eggs
- 02** Chicken or Turkey
- 03** Port or Beef
- 04** Salmon
- 05** Sardines
- 06** Prawn or squid
- 07** Tempeh
- 08** Seitan
- 09** Chickpeas
- 10** Beans
- 11** Soybeans
- 12** Split peas
- 13** Plain yogurt
- 14** Cottage cheese
- 15** Feta cheese / **HALF**
- 16** Cheese / **HALF**

C PICK ONE 1 Cup / 150g

- 01** Quinoa
- 02** Oats
- 03** Rice
- 04** Potatoes
- 05** Pasta or spaghetti
- 06** Corn
- 07** Buckwheat
- 08** Barley
- 09** Rye
- 10** Bulgur
- 11** Lentils
- 12** Couscous
- 13** Chestnuts
- 14** Bread / **1 SLICE**
- 15** Nuts / **HALF**
- 16** Seeds / **HALF**