

8 HOUR WINDOW

FAT LOSS AND MUSCLE GAIN

TWO MEALS A DAY

FORMULA 1 | A + B

FORMULA 2 | A + B + C

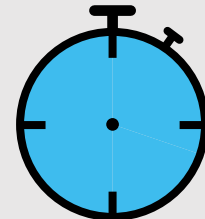
Post-Workout

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**