



Intermittent Fasting

Overview

This is the nutrition guide for SixPackSmackdown workout programs. It is a generic template for you to follow that should help you reach your goals. This specific guide assumes you would like to follow the intermittent fasting protocol.

Eating Guidelines

While following intermittent fasting, we would suggest to fast for a minimum of 16 hours and have an “eating window” of 8 hours. You can fast for longer and have a smaller window if you want, but you should fast for at least 16 hours.

Approved Foods

The approved foods list should be followed as closely as possible when constructing your meals.

<p>Meat & Protein</p> <ul style="list-style-type: none"> • Chicken • Cod • Salmon • Tuna • Lean Beef • Jerky • Turkey • Lunch Meat (Ham, Roast Beef) • Eggs <p>Fats</p> <ul style="list-style-type: none"> • Avocado • Almonds • Brazil Nuts • Butter (Organic) • Cashews • Coconut Oil • Olive Oil • Natural Peanut Butter • Walnuts <p>Condiments</p> <ul style="list-style-type: none"> • Spicy Mustard • Salsa • Salt-free seasonings 	<p>Vegetables</p> <ul style="list-style-type: none"> • Asparagus • Bean Sprouts • Broccoli • Cabbage • Carrots • Cauliflower • Celery • Collard Greens • Cucumber • Garlic • Kale • Kohlrabi • Lettuces • Mushrooms • Mustard Greens • Parsley • Radishes • Salad Greens • Sauerkraut • Spinach • String Beans • Summer Squashes • Turnip Greens • Yellow Squash • Zucchini Squash 	<p>Carbohydrates</p> <ul style="list-style-type: none"> • Brown Rice • *Sweet Potato • Quinoa • *Oatmeal • Whole Wheat Bread • Ezekiel Bread • Barley • Rye Bread <p>* preferred</p> <p>Fruits</p> <ul style="list-style-type: none"> • Apples • Strawberries • Pears • Prunes • Oranges • Grapefruit • Kiwi • Peaches • Grapes • Blueberries • Raspberries • Black Berries
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Sample Daily Food Intake

While on intermittent fasting, you will consume the below sample meals within your eating window. Mix and match, and eat when you're hungry. The easiest way to go about this is to have a meat/veggie/fat for each meal if you want to stay lower carb.

If you want to eat a few more carbs, you can do meat/fat/complex carb (sweet potato or oatmeal).

Protocol 1

Meal 1

- 2-3 Serving Meat/Protein
- 2 Serving Fat

Mid-Eating Window Carb (optional)

- You can consume some form of carbs right in the middle if your eating window

Meal 2

- 2-3 Serving Meat/Protein
- 2 Serving Fat
- 2 Cups Vegetables

Snack Option 1

- Handful of Almonds

Snack Option 2

- 1 Scoop Protein
- Handful of Nuts

Last Meal Before Bed

- 1-2 Bananas
- 1-2 Tbsp Peanut Butter

Protocol 2

Meal 1

- 2-3 Serving Meat/Protein
- 2 Serving Fat

Meal 2

- 2-3 Serving Meat/Protein
- 2 Serving Fat
- 2 Cups Vegetables
- 1-2 Serving Sweet Potatoes or Oats

Meal 3

- 2-3 Serving Meat/Protein
- 2 Serving Fat
- 2 Cups Vegetables

Snack Option 1

- Handful of Almonds

Snack Option 2

- 1 Scoop Protein
- Handful of Nuts

Last Meal Before Bed

- 1-2 Bananas
- 1-2 Tbsp Peanut Butter

Serving Sizes: Carbs: 200 cal Fats: 150 cal Protein: 100 cal 1 Scoop Protein: 150 cal