

# 16 hour fast

**This is assuming you stopped eating at 8:00 P.M. the previous evening**

Begin your day with drinking 2 cups of water If this is a training day, then you will want to work out just before or as soon as the fast ends. You may also want to consume 1 cup of green tea			<b>8:00 – 11:00</b>
This section is only applicable if you have a workout session – Otherwise skip ahead to the next section. Be sure to drink a BCAA supplement during your session			<b>11:00 – 12:00 (Workout)</b>
<b>First meal – Largest of the day</b> 3-4 protein servings 2-3 complex carbohydrate servings 2-3 vegetable/fruit servings 1-2 healthy fat servings	<b>Sample Meal</b> Protein shake: 1 scoop of protein mixed with 2 tablespoons of chia seeds 8 oz. sirloin steak 1 large sweet potato 1 mixed greens salad	<b>Sample Meal</b> Protein shake: 2 scoops of protein mixed with 2 tablespoons of almond butter 4 oz. pork chop 1 cup of brown rice 1 cup of broccoli	<b>12:00</b>
<b>Second meal – Moderate size</b> 2-3 protein servings 1-2 complex carbohydrate servings 1-2 vegetable/fruit servings 1-2 healthy fat servings	<b>Sample Meal</b> 4 oz. of chicken breast 1 cup of wild rice 1 cup of carrots 1 serving of krill oil supplement	<b>Sample Meal</b> 6 oz. of lamb 1 cup of whole grain pasta mixed greens salad 1 banana	<b>15:00</b>
<b>Third meal – Moderate size</b> 2-3 protein servings 1-2 complex carbohydrate servings 1-2 vegetable/fruit servings 1-2 healthy fat servings	<b>Sample Meal</b> 1 cup of cottage cheese 1 large apple Protein shake: 2 scoops of protein mixed with flax seeds and oats	<b>Sample Meal</b> 1 cup of Greek yogurt 1 cup of whole grain cereal Protein shake: 1 scoop of protein mixed with peanut butter	<b>17:00</b>
<b>Fourth and final meal – Moderate size</b> 2-3 protein servings 1-2 complex carbohydrate servings 1-2 vegetable/fruit servings 1-2 healthy fat servings	<b>Sample Meal</b> 4 oz. grilled salmon 1 cup of quinoa 2 cups of sautéed mix vegetables	<b>Sample Meal</b> 6 oz. of Filet mignon 1 cup of wild rice 1 cup of asparagus 1 cup of sautéed kale 1 small apple	<b>19:30 - 20:00</b>

# 24 hour fast

**This is assuming you began the fast at 3:00 P.M. the previous day**

<p>Begin your day with drinking 2 cups of water During the fast, you can consume water, tea, coffee, and other non-calorie beverages. If this is a training day, then you will want to work out just before or as soon as the fast ends. You may also want to consume 1 cup of green tea Once the fast is over, resume normal eating habits. To maximize your results, eat clean, well-balanced meals. Example shown below.</p>			<p><b>8:00 – 15:00 (depending on what time you wake up)</b></p>
<p>This section is only applicable if you have a workout session – Otherwise skip ahead to the next section. Be sure to drink a BCAA supplement during your session</p>			<p><b>14:00 – 15:00 (Workout)</b></p>
<p><b>First meal – Largest of the day</b> 3-4 protein servings 2-3 complex carbohydrate servings 2-3 vegetable/fruit servings 1-2 healthy fat servings</p>	<p><b>Sample Meal</b> 4 oz. of chicken breast 1 cup of wild rice 1 cup of carrots 1 serving of krill oil supplement</p>	<p><b>Sample Meal</b> Protein shake: 1 scoop of protein mixed with 2 tablespoons of chia seeds 8 oz. sirloin steak 1 large sweet potato 1 mixed greens salad</p>	<p><b>15:00 (fast is over)</b></p>
<p><b>Second meal – Moderate size</b> 2-3 protein servings 1-2 complex carbohydrate servings 1-2 vegetable/fruit servings 1-2 healthy fat servings</p>	<p><b>Sample Meal</b> 6 oz. of lamb 1 cup of whole grain pasta mixed greens salad 1 banana</p>	<p><b>Sample Meal</b> 1 cup of Greek yogurt 1 cup of whole grain cereal Protein shake: 1 scoop of protein mixed with peanut butter</p>	<p><b>18:00</b></p>
<p><b>Third meal – Moderate size</b> 2-3 protein servings 1-2 complex carbohydrate servings 1-2 vegetable/fruit servings 1-2 healthy fat servings</p>	<p><b>Sample Meal</b> 6 oz. of Filet mignon 1 cup of wild rice 1 cup of asparagus 1 cup of sautéed kale 1 small apple</p>	<p><b>Sample Meal</b> Protein shake: 2 scoops of protein mixed with 2 tablespoons of almond butter 4 oz. pork chop 1 cup of brown rice 1 cup of broccoli 1 cup of mixed fruit</p>	<p><b>20:00</b></p>