

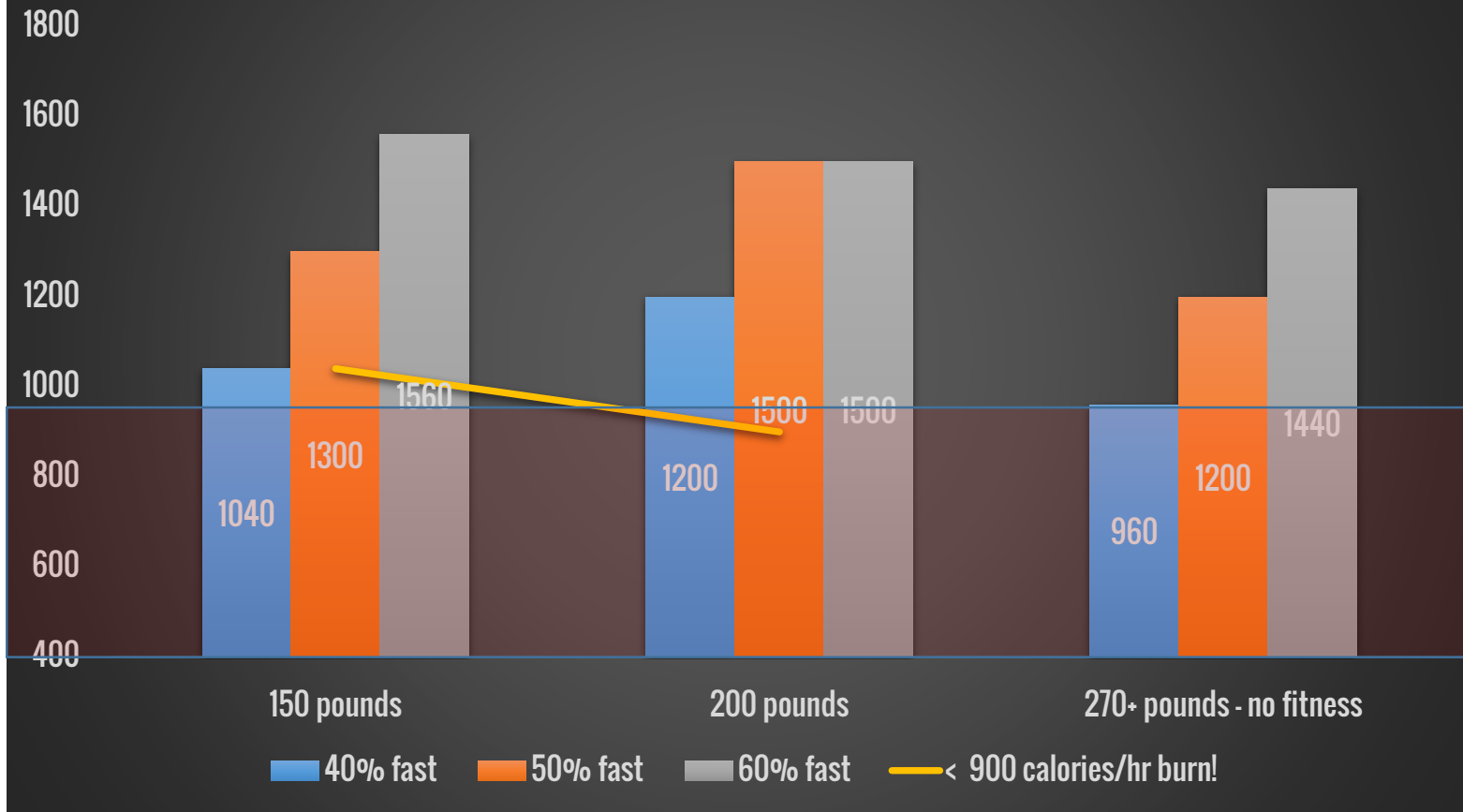
a
PRO | DEV
Session

COACH JOHANN CSCS

Foods for Fasting Intermittently

Meal planning for a relative fast

Limits of calories for a 40%-60% fast



Why 1100 is the lowest Fast



Main objectives

Consume 40% of your total BASE for the day but not below 1100 calories to optimize caloric deficit but keep LBM the same or even increase proportions.

We want to maintain or even increase performance gains too

- Sugar earlier in the day
- Maintain ratios with **Protein 20-30%, F <20%**
 - C: 55%
 - F: 15%
 - P: 30%
- Avoid binging toward day's end
- Eat 3 times (meals) only

Maintaining ratios on a fast



Main objectives

Consume 50% of your total BASE for the day but not below 1100 calories to optimize caloric deficit but keep LBM the same or even increase proportions.

We want to maintain or even increase performance gains too

- Maintain ratios with **Protein 20-30%, F <20%**
 - C: 55%
 - F: 15%
 - P: 30%
- Add 10% more carbs and protein calorically
- Eat 3 times (meals) and one snack (the 10%)

Add 15 grams of carbs & 8 grams of protein

Main objectives

Consume 60% of your total BASE for the day but not below 1100 calories to optimize caloric deficit but keep LBM the same or even increase proportions.

We want to maintain or even increase performance gains too

- Sugar earlier in the day
- Maintain ratios with **Protein 20-30%, F <20%**
 - C: 55%
 - F: 15%
 - P: 30%
- Avoid binging toward day's end
- Eat 3 meals, 2 snacks OR 4 meals, 1 snack if this is a workout day

7.3 grams Fat, 181 gram Carbs, 99 grams of protein TOTAL

MEAL 1 - "9AM"

- 400 calories
 - Fruits
 - Protein
 - Dairy
 - Nut butter
 - Yogurt

MEAL 2 - "3PM"

- 200 calories
 - Fiber
 - Salad
 - Complex carbs
 - Salad
 - Bread
 - Veggies
 - Protein
 - Meat
 - Nuts
 - Trail Mix

MEAL 3 - "9PM"

- 500 calories
 - Balanced
 - Any lean protein
 - Complex carbs
 - Cook with seed-based oils
 - Dairy
 - Nut butter
 - Yogurt

40%

MEAL 1 "8AM"

- 400 calories
 - Fruits
 - Protein
 - Dairy
 - Nut butter
 - Yogurt
 - 1 blood orange

PRE WORKOUT SNACK

- 100 calories
- Trail mix with candies
- OR
- Cold pressed juice
- OR
- ¼ muffin
- Simple sugar, some protein

MEAL 2

- 200 calories
 - Fiber
 - Salad
 - Complex carbs
 - Salad
 - Bread
 - Veggies
 - Protein
 - Meat
 - Nuts
 - Trail Mix
 - Turkey jerky

MEAL 3

- 500 calories
 - Balanced
 - Any lean protein
 - Complex carbs
 - Ramen/noodles
 - Cook with seed-based oils
 - Dairy
 - Nut butter
 - Yogurt

50%

MEAL 1 "8AM"

- 400 calories
 - Fruits
 - Protein
 - Dairy
 - Nut butter
 - Yogurt
 - 1 blood orange

PRE WORKOUT SNACK

- 100 calories
- Trail mix with candies
- OR
- Cold pressed juice
- OR
- 1/4 muffin
- Simple sugar, some protein

MEAL 2

- 200 calories
 - Fiber
 - Salad
 - Complex carbs
 - Salad
 - Bread
 - Veggies
 - Protein
 - Meat
 - Nuts
 - Trail Mix
 - Turkey jerky

POST-WORKOUT SNACK

- 100 calories
- PROTEIN
 - Hard boiled eggs
 - OR
 - Peanut butter
 - Salad - loaded

MEAL 3

- 500 calories
 - Balanced
 - Any lean protein
 - Complex carbs
 - Ramen/noodles
 - Cook with seed-based oils
 - Dairy
 - Nut butter
 - Yogurt

60%

Main objectives

Benefits of fasting for the 16 hours per day typically allow us to take advantage of increase FFA build up and subsequent “quick” metabolism. And, catabolism is heightened at the tail end of this fast, the 16 hour mark.

It might be beneficial for food habit and behaviors too! This is because you learn to deal with your hunger as it pertains to health and avoid the unhealthy habit of binging.

Furthermore, you are still afforded the opportunities to workout and exercise despite a fast since it is not overwhelmingly deleterious to your energy stores.

- Maintain ratios
- Fuel workouts and exercise
- Sleep great! 8 hours of the fast is in slumber.
- Normal calories, meal - focused, “ad-lab”



MEAL 1 "2PM"

- 30% calories
 - If pre-workout
 - Sugars
 - Fruits
 - Light protein
- If post workout
 - Heavier protein
 - Sugars
- More complex carbs
- Good protein

MEAL 2 "530PM"

- 20% calories
 - Pasta salad
 - Spinach, kale, greens, added beans and seeds
 - Pumpkin seeds
 - Cranberries
 - Soup/stew
 - Decent protein complex carbs
 - Light simple carbs

MEAL 3 "845PM"

- 50% calories
 - Balanced
 - Plenty protein
 - Complex carbs
 - Full balanced dinner
 - 2/3 protein
 - 1/3 carbs

MEAL 1 "7AM"

- 30% calories
 - If pre-workout
 - Sugars
 - Fruits
 - Light protein
 - If post workout
 - Heavier protein
 - Sugars
 - More complex carbs
 - Good protein

MEAL 2 "11AM"

- 20% calories
 - Pasta salad
 - Spinach, kale, greens, added beans and seeds
 - Pumpkin seeds
 - Cranberries
 - Soup/stew
 - Decent protein
 - complex carbs
 - Light simple carbs

MEAL 3 - "3PM"

- 50% calories
 - Balanced
 - Plenty protein
 - Complex carbs
 - Full balanced dinner
 - 2/3 protein
 - 1/3 carbs

LATE "SNACK"

- Wheat germ shot!

