

16-8 Intermittent Fasting Protocol

IF Fast-Feed Schedule

	9-10 PM	10-11 PM	11-12 AM	12-1 AM	1-2 AM	2-3 AM	3-4 AM	4-5 AM	5-6 AM	6-7 AM	7-8 AM	8-9 AM	9-10 AM	10-11 AM	11-12 PM	12-1 PM	1-2 PM	2-3 PM	3-4 PM	4-5 PM	5-6 PM	6-7 PM	7-8 PM	8-9 PM
Sunday									Fast												Feed			
Monday									Fast												Feed			
Tuesday									Fast												Feed			
Wednesday									Fast												Feed			
Thursday									Fast												Feed			
Friday									Fast												Feed			
Saturday									Fast												Feed			
Sunday									Fast												Feed			

TRAINING DAYS

Sunday - Monday

Two Pre-Workout Meals

Carbohydrate intake starts moderately with the first meal of the feeding period, it is tapered off during the second meal and is moderate to high in the post-workout meal depending on the workout completed.

Setup

9 PM - 1 PM: Fasting Period

- No calories are to be ingested during the fasted phase, coffee and green tea are ok (no sweeteners).

1 PM- 9 PM: Feeding Period

- **1 PM: Break-n-Fast Meal.**
 - Approximately 20-25% of daily total calorie intake.
 - Primarily protein and veggie based.
 - Get most carbs from legume sources (peas & beans), small amounts of fruit & minimal starch.
- **2 PM: Small Snack (optional)**
 - Greek Yoghurt (protein), Fruits (carbs-berries, banana etc) & Nuts (healthy fats- almonds, pistachio etc) or a suitable alternative.
- **4 PM: Pre-Workout Meal.**
 - Approximately 20-25% of daily total calorie intake.
 - Primarily protein and veggie based, healthy fats.
 - Little to no carbs, if consuming carbs keep them legume based (peas & beans).
- **6:30 PM: Training**
 - BCAA
- **8 PM- 9 PM: Post-Workout Meal (Largest Meal).**
 - Protein, Carbs (starch & legume based), Veggies.

Saturday

7 AM: Training

- BCAA

9 AM - 9PM: Feeding Period

- **9 AM: Break-n-Fast Post Workout Meal (Largest Meal)**
 - Protein, Carbs (starch & legume based)/Fruit, Veggies.
- **12 PM: Small Snack (optional)**
 - Greek Yoghurt (protein), Fruits (carbs-berries, banana etc) & Nuts (healthy fats- almonds, pistachio etc) or a suitable alternative.
- **2 PM: 2nd Full Meal**
 - Approximately 20-25% of daily total calorie intake.
 - Primarily protein and veggie based, healthy fats.
 - Get most carbs from legume sources (peas & beans), minimal fruit & starch.
- **5 PM: Small Snack (optional)**
 - Keep it protein and healthy fat based, little to no carbs.
- **8-9 PM: Final Meal.**
 - Approximately 20-25% of daily total calorie intake.
 - Primarily protein and veggie based.
 - Little to no carbs, if consuming carbs keep them legume based (peas & beans).

ACTIVE REST DAYS

Tapering Meals

Carbohydrate intake should be tapered as the day progresses. The largest meal contains the most carbs for the day but with limited starch based foods.

Setup

9 PM - 1PM: Fasting Period

- No calories are to be ingested during the fasted phase, coffee and green tea are ok (no sweeteners).

1 PM- 9 PM: Feeding Period

- *1 PM: Break-n-Fast Meal (Largest Meal)*
 - Protein, Carbs (starch & legume based), Veggies & Healthy fats.
- *3 PM: Small Snack (optional)*
 - Greek Yoghurt (protein), Fruits (carbs-berries, banana etc) & Nuts (healthy fats- almonds, pistachio etc) or a suitable alternative.
- *4 PM: Second Meal.*
 - Approximately 20-25% of daily total calorie intake.
 - Primarily protein and veggie based, healthy fats.
 - Small amounts of carbs, get them from legume sources (peas & beans).
- *5 PM: Small Snack (optional)*
 - Keep it protein and healthy fat based, little to no carbs.
- *8-9 PM Final Meal.*
 - Approximately 20-25% of daily total calorie intake.
 - Primarily protein and veggie based.
 - Little to no carbs, if consuming carbs keep them legume based (peas & beans).