

Intermittent Fasting (g)

Meal #	Item	Serving	Protein	Carb	Fat	Calories
1 (Fasting)						
Protein						
Protein						
Carbs						
Fat						
Veggie						
Veggie						
Fruit						
Liquids	Water (oz)	40				
Liquids	Black Coffee or Tea					
Other						
Total			0	0	0	0

Meal #	Item	Serving	Protein	Carb	Fat	Calories
2 (7 hours after waking up)						
Protein	Eggs (oz)	8	28.8	1	5	326
Protein	Beef	4	24		8.8	180
Carbs						
Fat	Avocado (oz)	3	3	6	12	144
Veggie						
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids	Black Coffee or Tea					
Other	Multi Vita, CLA, Probiotic					
Total			55.8	7	25.8	650

Meal #	Item	Serving	Protein	Carb	Fat	Calories
3						
Protein	Ground Turkey 99% (oz)	6	31.5		12	255
Protein	Bacon (Slice)	3	9	0.3	9.9	129
Carbs	Oats (Cup)	0.5	6	28	2	154
Fat	Avocado (oz)	3	3	6	12	144
Veggie	Cauliflower (Cup)	1	3.7	3	1	55
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other	FO, CLA					
Total			53.2	37.3	36.9	734

Meal #	Item	Serving	Protein	Carb	Fat	Calories
4						
Protein	Chicken (oz)	6	33		9	210
Protein						
Carbs	Oats (Cup)	0.5	6	28	2	154
Fat	Cheese (oz)	3	21	0.12	37	339
Veggie	Asparagus (oz)	6				6
Veggie						
Fruit						
Liquids	Water (oz) w/ Lemon	20				
Liquids						
Other						
Total			60	28.12	48	709

Diet Protei Carbs Fats Calorie
 169 72.42 110.7 2093

Pretty Much count your calories and Skip Breakfast for about 7 hours of waking up.

Substitutes for Meals #3,4,5
 You may Sub the Proteins for Chicken, Turkey, or White fish

Fiber & Unlimited Foods
 Spinach, Arugula, Peppers, Onions, Arugula, Kale, Mushrooms, Celery, Cucumbers

Condiments: Unlimited
 Lemon Juice, Lime juice, vinegar, soy sauce, mustard, herbs and spices, salsa, splenda.

Beverages: Unlimited
 Crystal Light, unsweetened tea, herbal tea, coffee.

Condiments: On Occasion
 Limit of 2 of these one time per day: Ketchup, bbq sauce, light mayo, light ranch (1 tbsp only) Light (not fat free) salad dressing, teriyaki sauce, marinara sauce, tsp butter or margarine, 1 tbsp jelly, 1 tsp brown sugar.

Beverages: Occasionally
 Whole Milk is Fine Diet soda (No more than once a day)
 RARELY: 1-2 times per week, Wine, beer, fruit juice (small)