

# KETO + INTERMITTENT FASTING (16:8)

## Weekly Optimization Schedule

TIME	ACTIVITY / NUTRITIONAL FOCUS
08:00 AM	Fasting: Water, Black Coffee, or Green Tea
10:00 AM	Hydration: Electrolytes (Sodium, Magnesium, Potassium)
12:00 PM	<b>Break Fast (Meal 1):</b> High Fat & Protein Eggs, Avocado, Spinach, Olive Oil
03:30 PM	<b>Keto Snack (Optional):</b> Macadamia Nuts or Bone Broth
07:00 PM	<b>Final Meal (Meal 2):</b> Lean Protein & Cruciferous Veg Salmon/Steak, Broccoli, Butter
08:00 PM	Fast Begins: Herbal Tea

**FATS:** 70-75%  
**PROTEIN:** 20-25%  
**NET CARBS:** < 5%

Monitor ketone levels and stay hydrated. Adjust window based on personal activity levels.