

WARRIOR DIET SCHEDULE (20:4)

WEEK OF: _____ GOAL WEIGHT: _____

TIME PERIOD	PHASE	GUIDELINES & FOOD CHOICES
08:00 AM - 04:00 PM	Undereating Phase	Water, coffee, tea. Small servings of raw fruits, live vegetables, or light protein (poached eggs/yogurt) if necessary.
04:00 PM - 06:00 PM	Pre-Main Phase	High intensity exercise window. Maintain hydration with electrolytes.
06:00 PM - 10:00 PM	Overeating Phase	Main meal window. Start with greens, follow with protein and fats, finish with complex carbohydrates. Eat until satisfied.
10:00 PM - 08:00 AM	Recovery Phase	Fast begins. Sleep and cellular repair.

DAILY PERFORMANCE & NUTRITION NOTES

*Consult a physician before starting any intensive intermittent fasting protocol.