

X-Treme Fat Loss “Time Restricted” Meal Plan - 220lbs and up Fast for 16 Hours / Feed In 8 Hour Window

Nutrition Log (220 lbs and up)	
Upon Waking Up	Drink 12 ounces of water with lemon
Mid morning	Drink black coffee, Black or Green Tea, Diet Drink of your choice (No Sugar!)
First Meal Break your Fast	Protein + Vegetable + Starch or Fruit
Mid Afternoon	Choose from snack block or Nuts or Shake (See recipes)
Dinner	Protein + Starch + Vegetable + Fish Oil (1 tbsp. or 3 capsule)
Snack *Must Be Within 8 Hour Feeding Window*	Choose from snack block only
Sleep 8 hours	

Protein (Choose 1)	Starch (Choose 1)	Fruit (Choose 1)
4 whole eggs	1 cup cooked oatmeal	apple
2 whole egg + 4 egg whites	3/4 cup cooked quinoa	banana
5 ounces of grilled chicken	3/4 cup millet	pear
5 ounces of lean beef	3/4 cup barely	orange
5 ounces of wild fish	1 large high fiber tortilla	peach
5 ounces of seafood	1 cup beans (any kind)	1/2 cup grapes
5 ounces of wild game	1 cup of lentils	1/2 cup pineapple
5 ounces of organic pork	1 medium yam or sweet potato	1 kiwi
1 1/3 cup cottage cheese	2 slice sour dough bread	1 medium mango
1 1/3cup greek yogurt	2 slice Ezekiel or Rye bread	grapefruit
1 1/2 cans of tuna	1 cup brown, white or wild rice	1 cup watermelon
5 ounces of bison	1 large white or 5 small red potatoes	1 cup cantaloupe
5 ounces of lamb	3/4 cup of couscous	3/4 cup pomegranate

Snack Options

Berries (Choose 1)	Snacks (Choose 1)	Vegetables
3 cup blueberries	2 Brown Rice Cake with 1 tbsp. nut butter	As much as you want Any variety (Green Veggies are best)
1/2 cup blackberries	1 cup cottage cheese + berries	
1/2cup raspberries	1 cup Greek yogurt + frozen berries	
3/4 cup strawberries	2 tbsp. nut butter on celery stalks	
	2 1/2 scoop protein mixed with 3 ounces of coconut milk and 5 ounces of water	

Nut Butters (Chose 1)	
Almond Butter	1 tbsp
Peanut Butter	1 tbsp
Cashew Butter	1 tbsp
Tahini (Ground Sesame Seeds)	1 tbsp

Water Intake

Drink 110-125 ounces of water spread throughout the day
