

OPTIMIZED FASTING



NUTRITION PLAN

Optimized fasting is a nutrition protocol that allows you to eat intuitively without counting calories and without being restrained by the kitchen. It is essentially a combination of intermittent fasting, nightly carb spiking, morning workouts, and cheat meals.

WHO'S IT FOR?

BUSY INDIVIDUALS

FAT LOSS

MUSCLE BUILDING

ANYONE WHO HATES EATING CONSTANTLY

INDIVIDUALS WITH SOCIAL LIFESTYLES

WHAT IS INTERMITTENT FASTING?

Intermittent fasting is a way of eating where you alternate between periods of eating and longer periods of fasting (not eating). For example, a 16/8 Fast means that you are allowed to eat for 8 hours of the day and the remaining 16 you cannot. You set your fasting and eating windows around YOUR life and the hours you sleep count towards your hours of fasting.

Ditch the “You need to eat 6 meals a day to gain muscle or burn fat” mentality. It’s not that complicated. Unless you’re an advanced athlete you needs to shred down from 7% body fat to 5% body fat in 3 weeks, you only have to focus on the number of calories you consume a day. For instance:
5 meals of 600 calories = 3,000 calories and 2 meals of 1,500 calories = 3,000 calories.

With intermittent fasting, you eat less meals a day in a shorter time frame. This is great for busy individuals because this allows you to wake up, work out, and start your day without having to worry about food first thing in the morning. It also allows you more freedom to eat what you want! Since you’re eating less often, you need to work harder to consume enough calories. This means that you can have that juicy burger more often.

For this program I recommend sticking with a 16/8 protocol. What works best for people is eating their first meal at 12pm and their last meal at 8pm. That gives them an 8 hour eating window. However, mess around with the best eating times for you!

Note: I highly recommend ending your eating window close to when you go to sleep. Especially, for this program, where I recommend training in the morning, you want to go to sleep on a full stomach.

WHY CARB SPIKE AT NIGHT?

Carb spiking at night is great for 3 things.

- It triggers a naturally sleepy response that helps your body fall asleep and stay in a deep sleep for longer.
- It allows you to satisfy your cravings. This reduces your chances of indulging on the wrong foods throughout the day.

- Most importantly: these carbs will up your muscle glycogen so that way in the morning you have the necessary fuel to train hard.

Bulking or cutting, it doesn't matter, you want to carb spike at night! Bananas, cereal, apples, oatmeal, a piece of cake, whatever it is, make sure you carb spike. With that said, be reasonable. Try to stick with healthier options and keep your goals in mind. If you're cutting, you may only want to stick with 1 banana and if you're bulking, you may want to eat 2 bananas and some greek yogurt.

You'll wake up every morning with more energy and fuller muscles.

MORNING WORKOUTS

This is where the nightly carb spikes really help out. This is called 'optimized' fasting for a reason. We're here to optimize your day by being as efficient as possible. The carb spikes at night have prepared your body for strenuous training in the morning, so there's no need to wake up and eat. Simply wake up early and hit the gym. Working out on an empty stomach will help you metabolize more fat and will set up the rest of your day up for success. Working out early also gives you a big WIN before

others have even woken up. This is why busy individuals and entrepreneurs benefit from it so much.

CHEAT MEALS

Intermittent fasting allows you to eat more freely. This doesn't mean you can eat crap all of the time, but it does allow you to enjoy yourself. For this program I recommend saving your cheat meals for the weekend. 3-4 cheat meals tops. That means 2 on friday and 2 on saturday, or 2 on friday, 1 on saturday, and 1 on sunday. The key here is to snap back into it on sunday night. End your weekend with a healthy meals and prepare yourself for another strong week. Try not to overdo it on your cheat meals and be mindful if you go overboard. If you're trying to cut fat and you go too hard on those chicken wings and beer saturday night, then skip the rest of your cheat meals for the weekend.

PUTTING IT ALL TOGETHER

Here are the guidelines you should follow:

For cutting: Eating 2 to 3 nutrient dense meals a day, primarily made up of Protein, Fats, and Veggies. Your vegetables will take place of fibrous carbohydrates throughout the day.

For bulking: Eating 2 to 3 nutrient dense meals a day, primarily made up of Protein, Fats, and Veggies. Consume some carbohydrates with each meal.

For bulking:

Make sure to focus on your fats and proteins.

1-2 protein shakes a day depending on how hungry you may feel.

Go along with your body. If you feel like you need to have another meal or protein shake then do so and vice versa.

Carb spiking at night. Consume a carbohydrate source (along with peanut butter or almond butter if bulking) before going to bed. Try to stick to healthier foods such as apples or bananas when possible, however, you could essentially eat sushi or pumpkin pie every night and this would not break these guidelines. (Any carbohydrate is going to break down into sugar regardless)

You're able to have 4 cheat meals on the weekends. ONLY IF, you stay fairly consistent throughout the week and make sure to begin your healthier meals come Sunday night.

If you feel like you're gaining weight then limit the cheat meals. If you feel like you are losing unnecessary weight then add a cheat meal or an extra meal/protein shake per day.

For bulking: consume an extra protein shake with a larger carb spike at night

Drink 1 gallon of water throughout the day

While fasting: only consume black coffee, BCAAS before training, or water.

A TYPICAL DAY:

5AM: WAKE-UP

5:30AM: DRINK BLACK COFFEE AS PRE-WORKOUT.

5:45AM: AT THE-GYM. SIP ON A BCAAS SUPPLEMENT WHILE TRAINING. CHOOSE BCAAS THAT DO NOT HAVE SUGAR.

7:00AM: START YOUR DAY

12:00PM: MEAL 1

3:00PM: MEAL 2 (OPTIONAL)

6:00PM: MEAL 3

8:00PM: CARB SPIKE

9:00PM-10:00PM: GO TO SLEEP