

POWER FAST



BODY RECOMPOSITION

fat loss
muscle gain

mealplan
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16hr fast

between the last meal
of the day and the first meal
of the next day;

two meals a day

FORMULA 1 | **A+C**

FORMULA 2 | **A+B+C**

post-workout
30-60 min after a workout;

On days without any training
only use A+C meal formula
for both meals.



add 1 cup of fruit
peeled and sliced
to meal A+B+C;
or to one of the A+C meals
on days without training

A BUILDING 2 CUPS OF ITEMS IN TOTAL

chicken or turkey
pork or beef
prawns or squid
salmon or cod
tuna or sardines
seitan, tofu or tempeh
chickpeas
quinoa
beans
peas
eggs
cheese 1/2 cup
cottage cheese
yogurt
milk
nut or seed butter 1/4 cup
nuts or seeds 1/2 cup

B ENERGY 2 CUPS OF ITEMS IN TOTAL

rice
potatoes
yams
oats
pasta
bread 2 slices
corn
beans
lentils
chickpeas
quinoa
buckwheat
peas
nut or seed butter 1/4 cup
nuts or seeds 1/2 cup

C VITALITY 2 CUPS OF ITEMS IN TOTAL

kale or lettuce
cucumbers
tomatoes
peppers
avocado half
broccoli
brussel sprouts
cabbage
carrots
cauliflower
celery
zucchini
eggplant
beetroot
pumpkin
green beans
spinach
leek, onion