POWER FAST

16hr fast
between the last meal of the day and the first meal of the next 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

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

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

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