

# The Warrior Diet Plan

## Patient information

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Referring physician's name: \_\_\_\_\_

What to eat (20-hour fasting phase)	What to eat (4 hours Eating Window)	What to avoid or limit
<ul style="list-style-type: none"> <li>• Non-caloric beverages: water, coffee, tea small amounts of dairy products</li> <li>• Small amounts of hard-boiled eggs</li> <li>• Small amounts of raw fruits</li> <li>• Small amounts of raw vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits, vegetables grains/legumes</li> <li>• Nuts/seeds/healthy fats proteins</li> <li>• Desserts (e.g. dark chocolate, fruit, or honey)*</li> </ul> <p><i>*Note: Is only considered an option in the third phase.</i></p>	<ul style="list-style-type: none"> <li>• Processed food refined carbohydrates alcohol</li> <li>• Artificial sweeteners</li> </ul>

Initial phase or first week	
<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	
<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	

Notes:

**Date:**

20-hour fasting period

Time:

4-hour eating window

Time:

Notes:

**Second phase or second week**

**Date:**

20-hour fasting period

Time:

4-hour eating window

Time:

Notes:

**Date:**

20-hour fasting period

Time:

4-hour eating window

Time:

Notes:

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	

Notes:

**Date:**

20-hour fasting period

Time:

4-hour eating window

Time:

Notes:

**Final phase or third week**

**Date:**

20-hour fasting period

Time:

4-hour eating window

Time:

Notes:

**Date:**

20-hour fasting period

Time:

4-hour eating window

Time:

Notes:

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	
Notes:	

<b>Date:</b>	
20-hour fasting period	
Time:	
4-hour eating window	
Time:	

Notes:

**Date:**

20-hour fasting period

Time:

4-hour eating window

Time:

Notes: