## **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> <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> <li>Fruits, vegetables grains/legumes</li> <li>Nuts/seeds/healthy fats proteins</li> <li>Desserts (e.g. dark chocolate, fruit, or honey)*</li> <li>*Note: Is only considered an option in the third phase.</li> </ul>	<ul> <li>Processed food refined carbohydrates alcohol</li> <li>Artificial sweeteners</li> </ul>

Initial phase or first week	
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20-hour fasting period	
Time:	
4-hour eating window	
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