



I want to start this by saying I am not a certified nutritionist. But I personally feel and have learned from experience that eating following these guidelines have helped me feel better and lose weight. Since I am not a certified nutritionist, I can't present you with an exact "eat this at this time" type meal plan. But what I can do, is provide you with the basic guidelines that I follow when it comes to trying to lean out. So here goes :)

I'm a big fan of intermittent fasting. While there is tons of data out there that shows plenty of health benefits, the biggest reason I choose to eat this way is because it becomes an easy way to achieve calorie restrictions (and a caloric deficit is what we need to lose weight).

My general eating window over the next 4 weeks is going to be approximately 12pm to 7 pm. I do have a cup of coffee in the morning as well. But outside of that eating window I likely won't eat anything. With that said, my last meals of the day are going to be pretty light, so if I wake up really hungry in the morning then I will allow myself to eat a few eggs, or maybe even a protein bar. But the basic guidelines of what a typical day will look like is below.

**Breakfast (around 8 or 9 am):**

Will only eat if I'm feeling depleted and need to get something into my system. But if I do eat something likely a few eggs or a protein bar.

**Lunch (approximately 12pm):**

A protein source, a carb source, and some veggies (potentially even a piece of fruit if I'm still hungry)

**Supper (around 6:30 pm):**

A protein source, a vegetable, and a fat source

**Snacks (if needed during the eating window):**

Likely just some nuts if anything at all

**Food Source Examples:**

**Protein:** Grilled chicken, steak, ground beef, eggs (fish and shrimp would work as well but my family and I have decided to stay away from Seafood due to the impact the commercial fishing market has on the health of the ocean)

**Carb:** Brown rice, sweet potatoes

**Fat source:** Almonds, peanuts, pistacios, avocado, grass fed butter

**Veggies:** Broccoli, asparagus, corn, (really any vegetable steamed and non breaded, these are just my go to choices)