

INTERMITTENT FASTING

A Pattern of Eating | **Not a diet**

*Affects Human Growth Hormone & Insulin

Step #1: 5 Meals --> B | S | L | S | D

Step #2: 3 Meals --> B | L | D

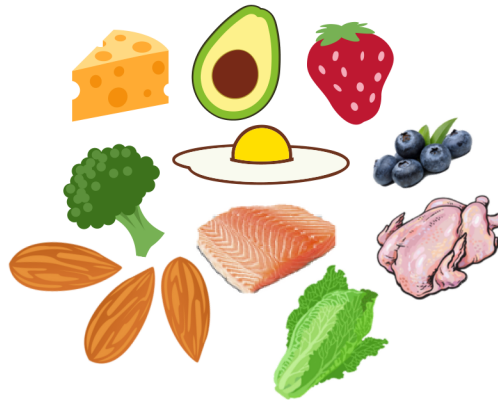
Step #3: 3 Meals IF --> 8hr. Feeding Window (16:8)

BEFORE 11am



Fasting Window

11am - 7pm



Feeding Window

AFTER 7pm



Fasting Window

Step #4: 2 Meals IF --> 6hr. Feeding Window (18:6)

BEFORE 11am



Fasting Window

11am - 5pm



Feeding Window

AFTER 5pm



Fasting Window

Keto: 75% FATS, 10-15% PROTEIN, 10% CARBS

Advanced Plan: 65% FATS, 25% PROTEIN, 10% CARBS

Maximize Results with HITT Workouts!



ERB
FAMILY WELLNESS