



12-HOUR VS 16-HOUR OVERNIGHT FAST

MEAL TIMING CHEAT SHEET

The goal is to work towards eating only every 4 hours, with no snacking in between, with a minimum 12-hour overnight fast.

12-HOUR



7 AM



11 AM



3 PM



7 PM

16-HOUR



10 AM



2 PM



6 PM



TRANSITIONING TO 4-HOUR EATING

MEAL TIMING CHEAT SHEET

Sometimes in the beginning, going 4 hours in-between meals is hard until the body becomes more efficient at burning fat. Use Step 1 for a week and then Step 2 for a week, as your body gets used to diet changes.

STEP 1

9 AM

12 PM

3 PM

6 PM

STEP 2

8 AM

11:30 PM

3 PM

6:30 PM