

# INTERMITTENT FASTING PLANNER

NAME

DAY

TYPE OF FAST

GOAL WEIGHT

START

AM/PM

FINISH

AM/PM

EXERCISE

- SQUATS
- DUMBBELL PRESS
- DEADLIFTS
- DB SHOULDER PRESS
- PULL UPS

MEAL 1

MEAL 2

3X RICE CAKES, AVOCADO &  
LOW FAT COTTAGE CHEESE

MEAL 3