

Nutrition Tips for Intermittent Fasting



- 1) Eat your largest meal after your workout.
- 2) MRT workout days eat lots of veggies and protein and be mindful of carb intake. Allow for one serving of a starchy carb (sweet potato, brown rice, whole grain crackers or bread) ideally after your workout. Stick to non starchy carbs the rest of the day.
- 3) HMF, cardio and yoga days eat mostly veggies and protein. Your carbs for the day should be no more than 2-3 palm sizes of non starchy fruit or whole grains.
- 4) Your non workout/recovery day should be filled with veggies and protein. Keep carbs to a minimum.