



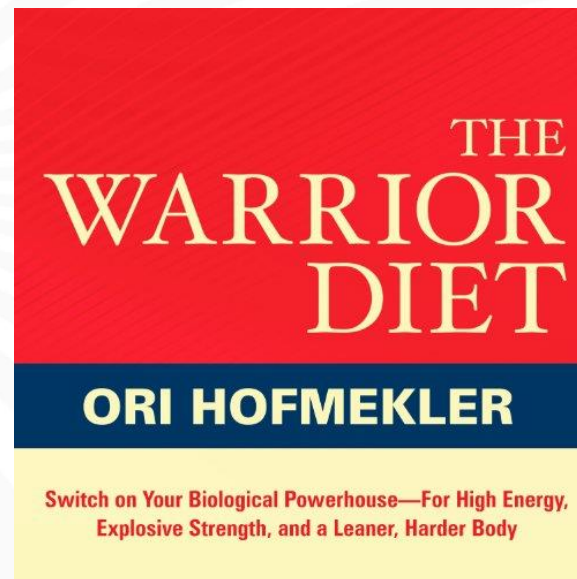
THE FASTING PODCAST **WOW**: EPISODE 125 WARRIOR DIET FORM OF INTERMITTENT FASTING

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP

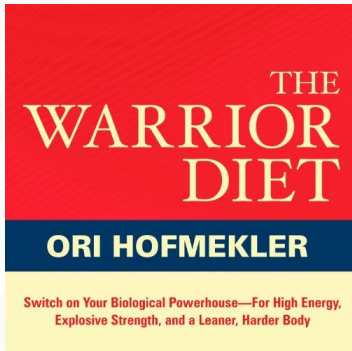




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Origin of the Warrior Diet?

- Eating most of one's daily food in a 4-hour window, typically at night, but able to consume more nutrition during the fasting 20-hour window
- Serving sizes are not specific and no calorie counting is required
- Supplementation is encouraged (multi, probiotics, aminos...) & exercise strength & speed training is important with good hydration
- Created in 2001/2002, defined in a book by Ori Hofmekler (former member of Israeli Special Forces who transitioned into fitness & nutrition) inspired by the early cultures (nomads, hunter-gatherers, Greeks, Romans)
- The book subtitle: "Switch on Your Biological Powerhouse for High Energy, Explosive Strength, and a Leaner, Harder Body"
- Forwards by Fit for Life author Harvey Diamond & Fats that Heal; Fats that Kill author Dr. Udo Erasmus
- Depicted as a lifestyle approach rather than a fad diet
- Based on "survival science" and the author's experience and





4 Hours of Clean Healthy Eating



- The 4-hour eating window can be a large meal of roughly 85-90% of daily food or it can be multiple meals – encouraging enough protein to sustain or help build muscle, healthy fats, nutrient dense foods that include veggies, very flexible options (that we hope are organic) that avoid processed foods including processed meats/refined carbs/artificial sweeteners etc., added sugar/sugary drinks, fried foods:
 - **Protein Foods:** eggs, fish, chicken, turkey, beef...
 - **Cooked Vegetables:** cauliflower, zucchini, Brussels sprouts...
 - **Starches:** legumes, sweet potatoes...
 - **Grains:** oats, quinoa, rice, barley, buckwheat...
 - **Dairy Products:** milk, cheese, yogurt, cottage cheese
 - **Healthy Fats:** nuts, seeds, healthy oils like olive oil
- The book promotes healthy foods & combinations for fat loss



20 Hours of Mostly Fasting

20

- What about the other 20 hours, roughly 10-15% of daily food (we hope organic choices) – small amounts as needed?
 - **Raw Fruits:** apples, berries, grapes, peaches, pears...
 - **Raw Vegetables:** broccoli, cucumber, celery, bell peppers...
 - **Broth:** veggie/chicken/beef/bone broth
 - **Vegetable Juice:** celery, spinach, cabbage, beets...
 - **Dairy Products:** cheese, yogurt, cottage cheese, milk...
 - **Eggs:** hard-boiled, poached eggs...
 - **Liquids:** water (hopefully pure), unsweet tea, black coffee
 - **Healthy Fats:** some like to keep their 20 hours mostly these to increase fat-burning and avoid storing carbs in glycogen stores that may slow down weight loss – some call it a fat fast
- Working/activity – the book contains drills you may consider



Suggested 3 Week Phase

- **Phase I (week 1): “Detox”**

- Undereat for 20 hours during the day on vegetable juices, clear broth, dairy (yogurt, cottage cheese), hard-boiled eggs and raw fruits and vegetables.
- During the four-hour overeating period, eat a salad with oil and vinegar dressing, followed by one large or multiple meals of plant proteins (beans), wheat-free whole grains, small amounts of cheese and cooked vegetables.
- Coffee, tea, water and small amounts of milk can be consumed throughout the day.

- **Phase II (week 2): “High fat”**

- Undereat for 20 hours during the day on vegetable juices, clear broth, dairy (yogurt, cottage cheese), hard-boiled eggs and raw fruits and vegetables.
- During the four-hour overeating period in the evening, eat a salad with oil and vinegar dressing, followed by lean animal protein, cooked vegetables and at least one handful of nuts.
- No grains or starches are consumed during phase II.



Phases (continued)

• **Phase 3 (week 3): “Concluding fat loss”**

- 1–2 days high carbs
- 1–2 days high protein & low carbs
- 1–2 days high carbs
- 1–2 days high protein & low carbs
- On high-carb days:
 - Undereat for 20 hours during the day on vegetable juices, clear broth, dairy (yogurt, cottage cheese), hard-boiled eggs & raw fruits and vegetables.
 - During the 4-hour eating window, eat a salad with oil & vinegar dressing, followed by cooked vegetables, small amounts of animal protein & 1 main carbohydrate such as barley, oats...
- On high-protein, low-carb days:
 - Undereat for 20 hours during the day on vegetable juices, clear broth, dairy (yogurt, cottage cheese), hard-boiled eggs and raw fruits and vegetables.
 - During the four-hour overeating period in the evening, eat a salad with oil and vinegar dressing, followed by 8–16 ounces (227–454 grams) of animal protein with a side of cooked, non-starchy vegetables.
 - Though grains or starches are not to be consumed during the phase-III overeating window, a small amount of fresh tropical fruit can be eaten for dessert.

May repeat all 3 phases, with some preferring to move into flexible 20/4 guidelines that fits their desire/schedule



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Aspects to Consider



- In episode 80 Beware OMAD One Meal A Day, there were many concerns raised for that approach based on clinical studies & opinions of experts – this approach may eliminate or lessen most of those
- This approach allows for eating a meal with family, yet can offer ability to eat out lunch with others because foods allowed during the 20 hrs
- This approach, done with organic foods and pure water, may provide the variety & amount of nutrition needed in a single day w/o cravings
- However, if poor choices are made, may result in weight gain
- This may be better for blood sugar challenged both during 4-hour window and the 20-hour window than typical IF or OMAD
- This approach may be well used for a period of time to improve their health, weight and strength by good candidates (not pregnant/nursing, not children, people without history of eating disorders, not competitive athletes, those without underlying conditions like heart disease or cancer) – many may have a hard time doing it long term



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Possible Next Steps



If this approach appeals to you and you try it for 30, 60 or 90 days, please share your results and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review



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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

