



PersonalTraining
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INTERMITTENT FASTING

Congratulations on downloading your free example intermittent fasting plan!

What if we told you that the answer to losing weight might just come down to just skipping meals every once in a while?

For some, intermittent fasting, going 14 and 36 hours without food or with very few to no calories, can help you to dramatically lose weight whilst still remaining healthy.

This example meal plan follows the 5:2 approach of 5 normal days of healthy eating then 2 days of super low calories and carbs!

The Secret

to Intermittent Fasting

What if we told you that the answer to losing weight might just come down to just skipping meals every once in a while?

For some, intermittent fasting, going 14 and 36 hours without food or with very few to no calories, can help you to dramatically lose weight whilst still remaining healthy.

If you think about it, all of us “fast” every single day – we just call it sleeping.

Millions of people have been experimenting with intermittent fasting recently and they love it!

Plus : Studies have also shown that by decreasing calorie consumption by 30 to 40 percent (regardless of how it's done) can extend life span by a third or more.

But How Do You Do It?

This plan recommends you eat a normal calorie diet for 5 days and then a low calorie diet for 2 days. It couldn't be simpler!

Rinse and repeat!

If working out is part of your routine, you may find it harder to hit the gym on the lower calorie days.

It may be smart to keep any workouts on these days on the tamer side, or save sweat sessions for your normal calorie days.)

As personal trainers and leading experts we recommend paying close attention to the types of food you eat and when & you can explore more about that on our blog.

[View Blog](#)

5 Day Plan

Normal Days

Meal 1:

4 palms of protein (greek yoguht)
3 fists of veggies
2 fists of starchy carbohydrate
1/2 handful of raw nuts
1/2 handful of legumes
500 mL (2 cups) of water

Meal 2: about 3 hours later

3 palms of protein (salmon)
3 fists of veggies
1 fist of starchy carbohydrate
1/2 handful of raw nuts
1/2 handful of legumes
500 mL (2 cups) of water

Meal 3: about 4 hours later

2 palms of protein (chicken)
2 fists of veggies
1 fist of starchy carbohydrate
1/2 handful of raw nuts
500 mL (2 cups) of water

Daily supplements:

1 multi-vitamin

2 Day Plan

Low Calorie Days

Meal 1:

- 1 Diet shake (Protein Shake)
- 3 fists of veggies
- 1/2 handful of raw nuts
- 1/2 handful of legumes
- 500 mL (2 cups) of water

Meal 2: about 3 hours later

- 1 Diet shake (Protein Shake)
- 3 fists of veggies
- 1/2 handful of raw nuts
- 1/2 handful of legumes
- 500 mL (2 cups) of water

Meal 3: about 4 hours later

- 1 Portion of protein (chicken)
- 2 fists of veggies
- 1/2 handful of raw nuts
- 500 mL (2 cups) of water

Daily supplements:

- 1 multi-vitamin



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WE ARE THE BEST IN THIS BUSINESS

PERSONALISED

To achieve amazing results comes down to understanding our customers. Every program, nutritional plan & supplementation protocol is completely personalised to your personal needs. There truly is no better way to achieve your goals!

NUTRITION

Our customers get free access to our Personal Training App. All of your training, nutrition, supplementation, body composition measurements and communication will be stored in a handy iphone/android & web app.

MOTIVATIONAL

There's training, and there's our training. Our science-fueled approach plus your commitment means goals get met. From sign up to training, we keep you motivated.

GET IN TOUCH:

15 - 17 ELSFIELD WAY, SUMMERTOWN, OXFORD

[Bonus: Free Taster Session >](#)

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