Click to prove you're human



The rules of 16/8 intermittent fasting are pretty strict, and you will have to understand what you can and cannot eat if you want to succeed. This method breaks your feeding and fasting time into eight and 16 hours, respectively. And since you have only eight hours of your daily 24 to eat, you have to be very careful about what you consume and how you do it. Otherwise, all the sacrifice you did for the 16 hours will be useless. During the eight-hour feeding window, you do not have the liberty to stuff your face with anything you want and binge on whatever food you get hands on. You will be eating, of course, but you will have to focus your attention on foods that will support your diet and not derail it. Here are some examples of what you can and cannot consume while on a 16/8 intermittent fasting diet program. What You Can Eat In IFDuring your feeding window, the smart thing to do is to load up on high-fiber and high-protein foods. These include beans, nuts, vegetables and fruit. You may also include tofu, lean meats and fish. Some people combine intermittent fasting with other types of high-protein and low-carb diet programs, such as Paleo or Keto, which they apply during the eating window. Those who have tried it say that such types of meal programs will help maximize the potential benefits of IF. For one, it can help you get into that state of ketosis faster, thus leading you closer to your weight loss goal much sooner. Stay away from sugar and sugary drinks and opt for water instead. If you must have your coffee, take it black, without any creams or sweeteners. According to the The MIND Diet author Maggie Moon, MS, RDN, women on intermittent fasting need at least nine cups of water daily, while men should drink 12 cups. However, if you dont each much while on IF, you will need to drink more (at least 11 cups for men) because the body will be getting most of its hydration of plain water. What You Cannot Eat In IFWhen on IF, you must avoid anything with crystal light or artificial sweeteners at all cost. You should also steer clear of coconut oil, butter, milk or cream. Technically, there are no restrictions to your diet while on IF. However, whats crucial is that you manage your food and drink intake. The goal is to to give your body the nourishment it needs while staving off hunger. Do not overwork your digestive system. Generally, you can have a small meal that contains about 400 calories, plus some easy protein snacks and fruits. Dont forget to include a fat source (such as whole eggs, olive oil or nuts), because you might feel hungry again fast if you keep fat too low.16/8 intermittent fasting, or any other IF strategy for that matter, requires a conscious effort on your part because you really have to watch not just the time but also what you consume. When you count your calorie intake as you make this diet happen, the better it is for you in achieving your fitness goals. With these basic rules about what you can and cannot eat while on intermittent fasting, the 16:8 diet is a simple plan that restricts eating to an 8-hour window each day. Imagenet days and cannot eat while on intermittent fasting, the 16:8 diet is a simple plan that restricts eating to an 8-hour window each day. Credit: StephanieFrey/iStock/GettyImages Fasting that is, abstaining from food for set periods of time is a longstanding practice that has been part of various religions and cultures around the globe for thousands of years. Recently, though, fasting IR), with advocates claiming that its benefits include long-term weight loss, improved health and even anti-aging effects. What Is Intermittent Fasting? Intermittent Fasting? Intermittent fasting is a structured fasting method that restricts eating (and drinking any calorie-containing beverages) to certain hours of the day. One of the primary goals is to help followers decrease their overall calorie consumption, to promote weight loss or support weight control. One of the most popular versions of IF is the 16:8 diet, which allows for an eight-hour window to eat, followed by 16 hours of fasting each day, the latter of which includes the time you're asleep. This dieting method may owe its growing following to the fact that it can feel simple. Besides the eating and fasting windows, there are no rules to follow no restricted foods or calorie counting, and no need to track your macros. Just eat what you like from, say, 8 a.m. to 4 p.m., then don't eat until 8 a.m. the next day. While the science on intermittent fasting is still in its early stages, promising research has shown a variety of potential health benefits for followers. Intermittent fasting has been shown to reduce overall calorie consumption throughout the day by restricting the time you're allowed to eat. Indeed, a December 2019 review in The New England Journal of Medicine found that in short-term studies involving adults who have overweight or obesity, IF is just as effective as overall calorie restriction for weight loss. IF might also be a boon for dieters who've hit a weight-loss plateau. A February 2018 study in the International Journal of Obesity found that alternating periods of energy (calorie) restriction which can be achieved via fasting with periods of energy balance allowed subjects to achieve greater weight and fat loss. In other words, IF may help you avoid the metabolic process that causes your body to stop shedding pounds during a weight-loss without the need for counting calories. Budding research also suggests that IF may help decrease inflammation in the body.Inflammation is your immune system's natural response to injury or infection, according to Harvard Health Publishing. When you sprain your ankle or come down with a cold, your body mounts an attack led by an army of white blood cells to help you heal. While inflammation can be a good thing in small doses, chronic inflammation caused by toxins in food or the environment, or sometimes excess fat cells in the body has been linked to serious health conditions, from diabetes to heart disease and cancer. But the December 2019 review in the body, which means IF may help lower your risk of developing certain chronic diseases.3. Improved Blood Sugar Control Restricting the number of hours you're eating each day has a direct effect on your blood sugar and insulin levels. Why? Well, when you eat food with sugar, your body releases insulin, which brings the sugar into your cells to be used as energy. When you fast for 16 hours at a time, though, your body gets to take a break from producing insulin. The December 2019 review in the New England Journal of Medicine concluded that practicing IF improves blood sugar regulation, which may reduce the risk of developing pre-diabetes or diabetes. Plus, an early eating window (say from 8 a.m. to 4 p.m.) seems to be more beneficial for your blood sugar (i.e., improved insulin resistance) than a late eating window, according to a July 2021 study in Nutrients. One of the still-budding areas of research around IF shows that it may help fight the effects of aging at least in animals. An old study in the June-July 2011 issue of Mechanisms of Ageing and Development found that a restricted diet using alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded that alternate-day fasting molecules, which are associated with age-related heart failure, and concluded heart failure, and concluded heart failure, and concluded heart failure, and concluded heart failure, and conclude area is new and only being done in animals so far, but the results are promising and could lead to a greater understanding of aging in humans. How to Start a 16:8 Fast Diet When you begin a 16:8 diet, the first step is to determine your eating and fasting windows. Many people who follow this plan prefer to eat between noon and 8 p.m. For most people, it's easier to skip breakfast, have dinner before 8 p.m. and forego any late-night snacking. Other people may prefer a 9 a.m. to 5 p.m. window, though, or even a 10 a.m. to 6 p.m. option, depending on different lifestyle factors that affect their ideal mealtimes. In the first week or so, it may be necessary to experiment with a few different timeframes to determine which works best with your hunger and lifestyle. For example, if you are active and exercise regularly, it's a good idea to time your workout, so you can properly refuel. If your goals include increasing your muscle mass, you'll want to eat protein immediately following strength training. You don't need to jump feet first into a 16-hour fasting window. If you've never fasted before, begin with a 10-hour window and gradually work your way up to 16 by increasing your fasting time by an hour each day for a week. This will allow your body time to adjust and should help you avoid potential side effects like low blood sugar fatigue and headaches.While it doesn't matter when you eat during your selected window, spacing meals and snacks throughout the day will help to keep hunger at bay as well as stabilize your blood sugar. Eating just one large meal per day, on the other hand, could lead to dizziness, headaches and fatigue, and is not recommended.3. Fill Up on Nutrient-Dense Foods With intermittent fasting, there's no restriction on the foods you can or can't eat. But if you want to reap the biggest benefits, you'll want to opt for nutrient-rich foods. Fruits, veggies, whole grains, healthy fats and lean sources of protein will keep you feeling full longer and maximize the amount of vitamins and minerals you're taking in.It's also important to keep meals balanced and include a mix of lean protein, healthy fats and carbohydrates at each meal. This will make sure your body is getting the nutrition it needs to sustain your energy, muscle mass and metabolism during the fasting. unsweetened coffee or tea is recommended even during the fasting period. Bonus: They may help reduce hunger, too.It's important to note that the amount of water you drink is influenced by your local climate, activity level and personal needs. If you are more active or live in a climate that is dry, hot or humid, you will need more water than someone who's not physically active or lives in a cooler climate. According to a publication from The National Academies of Sciences, Engineering and Medicine which is still considered the standard the majority of healthy people meet their daily H2O needs by letting thirst guide them. The publication's general daily recommendation is 2.7 liters (11 1/2 cups) for women and 3.7 liters (15 1/2 cups) for men, which includes total water from all foods and beverages. Intermittent Fasting Risks and Drawbacks Restricting your food intake to eight hours per day isn't right for everyone. Pregnant or breastfeeding people and those who struggle with hypoglycemia (low blood sugar), have a history of an eating disorder, are taking certain medications or have a chronic condition like heart disease, diabetes or kidney disease should talk with a doctor before starting 16:8 fasting or any type of fasting diet. Also, some studies have shown that limiting food throughout the day can cause increased eating outside of the fasting window. For some people, this can lead to stalled weight loss or even weight gain in the long-term due to the increased number of calories eaten during a session of overeating. Symptoms such as hunger, weakness, fatigue, dizziness and headaches have all been reported by those just starting out with intermittent fasting. some may have continued side effects, and should stop IF or consult with an expert to make sure their approach is healthy and sustainable. Close BannerThis ad is displayed using third party content and we do not control its accessibility features. Fasting is an ancient practice that been used for spiritual and religious purposes for thousands of years. Nowadays, it's the physical benefits of fasting from blood sugar balance to enhanced energythat are the buzziest. There are different types of fasting been shown to be effective for improving multiple health outcomes, but its less restrictive and easier to follow than other methods (looking at you, 5:2). In this article, we break down 16:8 fasting and chat with experts about the benefits and possible risks, plus how to get started with a sample meal plan. 16:8 is a type of fasting (IF) that involves restricting your calorie intake to an 8-hour window. Its been shown to be effective for encouraging weight loss, improving glycemic control, and decreasing heart disease risk factors. Its even considered safe for people with health conditions like PCOS. When fasting, nutrition and exercise are still key: Be sure to keep up with resistance training and prioritize nutrient-dense foods during your eating window to prevent rapid muscle loss during fasting. 16:8 is considered timerestricted eating (TRE), which is one of the major forms of IF. In TRE, calorie intake is restricted to a specific time period2. TRE involves eating as much or as often as you likewithin a defined period of time, usually between 3 and 12 hours per day, which results in a fasting window and fast for 16 hours. Because of its relatively generous eating window and lenient rules, 16:8 is one of the most popular fasting methods, especially among newbies. In addition to being considered one of the easiest forms of IF, 16:8 has been linked to some impressive health benefits, from boosting weight loss? to improving blood lipid levels 4. Here's more on the science behind each: 1. It could encourage sustainable weight loss? your eating to a set time period, it usually results in a reduced calorie intake5. This calorie deficit can then promote weight loss. 16:8 fasting can be used with any type of diet, such as low-carb diets, both of which are effective for promoting diet with 16:8 may be more effective than dieting alone. A 2022 study that included 169 people found that 16:8 fasting paired with a low-carb diet or 16:8 fasting alone over a 3-month period. Additionally, only the combination treatment was effective for reducing body weight at month three compared with month two.Studies also show that IF regimens like 16:8 have a relatively high adherence rate2, meaning that they may be much easier to stick to long-term compared to a more restrictive diet, such as a keto diet or a very low-calorie diet.2. It may support healthy blood sugar control in those with diabetes Research suggests that engaging in IF could be a simple way to improve blood sugar control in people with diabetes. Study findings suggest that adding just a few days of 16:8 fasting into your weekly schedule could have a major impact on blood sugar control. A 2023 study published in Diabetes Care that included 46 people with type 2 diabetes taking insulin found that the participants who fasted for 18 hours per day for three non-consecutive days per week for three months experienced a significant reduction in the long-term blood sugar control marker hemoglobin A1c (HbA1c) compared with a control group. IF is much more likely to cause serious side effects, such as very low blood sugar, in people with type 1 diabetes. Because of this, IF should only be used by those with type 1 diabetes and people with type 2 diabetes on insulin under a healthcare providers supervision.3. It may improve cardiovascular healthIn addition to benefiting blood sugar control and insulin sensitivity (both of which are essential for a healthy heart), 16:8 fasting may improve heart disease risk factors8 like high levels of blood pressure, LDL cholesterol, and triglycerides.Not to mention, 16:8 can be used as an effective tool to reach and maintain a healthy body weight, which is critical for cardiovascular health. 4. It could decrease your risk of some diseasesesUsing the 16:8 method may also support overall health by reducing systemic inflammation and stimulating autophagya cellular cleansing process by which your cells break down and destroy old, damaged, or abnormal substances. This cellular waste is then used for energy or to make new cellular components. Because the process of autophagy preserves cellular health11, using practices that trigger autophagy, such as IF, may help support a longer and healthier life. Is 16:8 fasting effective for weight loss? Theres a reason why many healthcare providers recommend the 16:8 method for weight loss. A 2020 review that included 27 studies found that fasting regimens, including 16:8 fasting protocols, that lasted for 2 to 26 weeks resulted in weight loss ranging from 0.8% to 13.0% of baseline weight. A 2023 review of 43 studies showed that people who engaged in IF regimens like 16:8 experienced greater reductions in waist circumference13, body weight, and fat mass compared to the other diets. Fasting is especially beneficial for promoting belly fat loss, including the loss of visceral fat, a type of deep belly fat linked to increased disease risk. In a 2020 study, adults considered overweight who were randomized to their baselined by the loss of visceral fat levels a type of deep belly fat loss, including the loss of visceral fat levels a type of deep belly fat loss of visceral fat levels a type of type a type of type a t levels. While more extreme fasting programs can lead to additional weight loss in the short term, they don't typically help establish long-term habits in the same way a more balanced, conservative program can, Grant Tinsley, PHD, a professor at Texas Tech University and intermittent fasting researcher, previously told mindbodygreen. One thing to consider if you're looking to use fasting to lose fat is that you'll likely lose muscle in the process too. Muscle mass can negatively impact strength and metabolism15, and having more muscle mass through resistance -protein diet while fasting. Prioritizing healthy, nutrient-dense foods within your eating window is also key. And although 16:8 can be an effective way to lose weight, its not the only way to reach your body composition goals. restriction (CCR), others have found no difference17 between the two, meaning both methods can help you lose weight. Studies show that 16:8 fasting can be a safe and effective way to support weight loss and improve body composition. However, it's important to keep up with resistance training and prioritize nutrient-dense foods while fasting to prevent drastic reductions in muscle mass. Theres a decent amount of research supporting the safe use of 16:8 and other TRF fasting methods in women. Many studies have shown that 16:8 can be effective for promoting weight loss, improving blood sugar levels, and supporting other aspects of health18 in women of all ages. That said, there are a few factors specific to womens health to consider. For example, unless its being used to treat a specific health issue, fasting during the luteal phase of their period, when they tend to be more vulnerable to stress. Sara Gottfried, MD, a board-certified physician who specializes in womens health and integrative medicine, explains that intermittent fasting can be especially effective for women with polycystic ovary syndrome (PCOS), a hormonal disorder characterized by cystic ovaries, irregular periods, and excess androgen levels. A 2021 study 20 published in The Journal of Translational Medicine found that women with PCOS who followed a 16:8 fasting regimen for six weeks experienced significant improvements in body weight, insulin resistance, menstrual cycle irregularity, and testosterone levels. But keep in mind that taking any type of calorie restriction too far can have negative impacts on women's fertility, bone density, and mental health. If youre interested in fasting seems to be safe for most women. There's research to show it might even ease some of the symptoms of menopause and conditions like PCOS. That said, it may not be suitable for women who are pregnant or breastfeeding or have a history of eating disorders. Optimizing your feeding window in the morning or evening. People who have busier mornings or who like to work out earlier in the day may prefer to schedule their eating window closer to their morning workouts or their eating schedule. Some research findings suggest that earlier eating schedules may be more beneficial for certain health goals, such as supporting belly fat loss6 and greater overall weight loss21. However, when choosing a feeding window, its most important to fuel your body with nutritious foods. Though there are no food rules associated with 16:8 fasting, its best to choose whole, nutrient-dense foods whenever possible. Here are sample meal plans for different 16:8 fasting, its best to choose whole, nutrient-dense foods whenever possible. Here are no food rules associated with spinach and cheddar cheese served with spinach and cheddar cheese served with spinach and berries 12 p.m.: Brown rice and vegetable bowl topped with grilled chicken2 p.m.: Sliced apple and nut butter4 p.m.: Chickpea curry12 p.m.: Overnight collagen oats with berries and pumpkin seeds3:30 p.m.: Fish tacos with cabbage slaw8 p.m.: Turkey burgers with sweet potato fries and a saladArguments against 16:8 fastingThough 16:8 fastingThough 16:8 fasting has been linked with several health benefits, not everyone's a fan of the practice. Some people may not like going for extended periods of time with no energy intake or have physically demanding jobs that require a steady supply of calories throughout the day, for example. Its also important to point out that if youre interested in using the 16:8 method to support weight loss or improving other aspects of health like blood sugar but arent looking forward to limiting your calorie intake to 8 hours a day, there are plenty of other safe methods you can use to reach your goals. For example, transitioning to a higher-protein diet22 and increasing your activity levels23 are easy ways to enhance blood sugar regulation and encourage fat loss that dont involve fasting. As long as its done in a healthy way, intermittent fasting is considered one of the least restrictive fasting types, as it only involves an 8-hour fasts, such as fasting regimens that involve fasting for 24 hours, are more likely to cause side effects 24 like extreme hunger, headaches, irritability, nausea, fatigue, and lightheadedness. However, people who are sensitive to calorie restriction may also experience these side effects when engaging in shorter fasts, such as 16:8 fasts. Though 16:8 is generally considered safe, you should always check with your healthcare provider to make sure fasting is the right choice for your specific health needs, especially if you have a medical condition or are taking medications. If you're interested in time-restricted eating, the 16:8 fasting plan is a solid place to start. It's less restrictive than other plans but still has research backing up its benefits for metabolic function and cardiovascular health. 16:8 fasts usually lead to caloric restrictions, and weight loss by extension. To ensure you're not losing too much muscle along with fat, aim to do resistance training and eat plenty of protein on this plan. Emma Loewe, mindbodygreen health & sustainability director Frequently Asked QuestionsThis depends on what goal youre hoping to achieve. For example, 16:8 can encourage changes in body weight and blood sugar levels in a few months, even when you just do it a few times per week. A 2023 study that included 46 people with type 2 diabetes taking insulin found that the participants who fasted for 18 hours per day for three non-consecutive days per week for three months experienced a significant reduction in the long-term blood sugar control marker hemoglobin A1c (HbA1c) compared with a control group. There is no best way to lose weight loss, the best weight loss method is one that you can stick to and helps you feel your best. If fasting isnt for you, there are plenty of other weight loss methods you can try, including high-protein diets and low-carb diets. The only rule of 16:8 fasting is to fast for 16 hours per day and consume all of your calories within an 8-hour window. Timing and food choices are completely up to you. 16:8 fasting is a type of TRE that involves fasting for 16 hours and eating within an 8-hour window. 16:8 has been linked to a few health benefits, including promoting weight loss and improving blood sugar levels. Because 16:8 involves a shorter fasting window, its often recommended to people who are new to fasting and to those who want to reap the benefits of fasting without engaging in very long fasts. Hare are even more tips to help you get started with your first fast. This ad is displayed using third party content and we do not control its accessibility features. Updated: May 26, 2025 Comments Intermittent fasting has taken the health and fitness world by storm. What started as a nitch nutrition strategy has quickly found a spot with a mainstream audience. There are many different fasting options, but the 16/8 method is one of the most popular approaches, and for good reason. This eating pattern involves fasting for 16 hours and consuming all your daily calories within an 8-hour window. Eating this way allows you to fast for an extended period each day without sacrificing muscle and performance. Plus, it can be effective for weight loss and is linked to numerous other benefits that support a healthy lifestyle. But with so much information available, it can be effective for weight loss and is linked to numerous other benefits that support a healthy lifestyle. begin. In this article, we will cover the details of 16/8 intermittent faster or new to the concept, this guide will provide you with all the information you need to implement this eating pattern into your lifestyle successfully. Table of Contents: What is 16/8 Intermittent Fasting? Different 16/8 Intermittent Fasting SchedulesHow Does a 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Benefits of a 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasting Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasting Meal Plan Work? What To Eat During 16/8 Fasting? Different 16/8 Intermittent Fasti Who Should Avoid an Intermittent Fasting Meal Plan?Daily Macros & Calories Following A 16/8 Intermittent Fasting Meal Plan For Muscle Building7-Day 16/8 Intermittent Fasting Meal Plan For Fat LossMeal Prep Tips For These 16/8 Intermittent Fasting Meal Plan For Muscle Building7-Day 16/8 Intermittent Fasting Meal Plan For Fat LossMeal Prep Tips For These 16/8 Intermittent Fasting Meal Plan For Fat LossMeal Prep Tips For These 16/8 Intermittent Fasting Meal Plan For Muscle Building7-Day 16/8 Intermittent Fasting Meal Plan For Fat LossMeal Prep Tips For These 16/8 Intermittent Fasting Meal Plan For Fat LossMeal Prep Tips For These 16/8 Intermittent Fasting Meal Plan For Muscle Building7-Day 16/8 Intermittent Fasting Meal PlansTips For Successfully Following A 16/8 Intermittent Fasting Meal PlanFAQs What is 16/8 Intermittent Fasting (IF)method involves restricting food intake for 16 hours a day, followed by an 8hour eating window. Martin Berkhan popularized this time-restricted eating style in the mid-2000s with the website Leangains. At the time, many of the principles of intermittent fasting flew in the face of standard fitness advice. During the sixteen hours of fasting, the goal is to abstain from consuming calories. Non-caloric beverages such as water black coffee, tea, and diet soda are allowed. The 8-hour eating window can occur whenever it fits your lifestyle. Most people find fasting is to take your mind off eating and give the body a brief break from constantly digesting and processing food. The 16/8 intermittent fasting methodwill help you see results, but it's more flexible than other options, such asalternate day fasting. There's a reason it made our list of Best Diets To Build Muscle & Lose Weight At The Same Time! Different 16/8 Intermittent Fasting schedules. The goal is to make the transition to IF as seamless as possible. Here are a few standard 16/8 IF schedules. Option #1: The Morning FastMost people works well. If you are the type of person who is not hungry in the morning anyway, this will be perfect for you. With this schedule, you can have your first meal anytime between noon to two pm. I recommend reverse engineering your day based on when you typically go to bed. You don't want to have your last meal at 8 pm if you will be awake for another six hours. Pushing your eating schedule back makes sense if you are a night owl. Morning Fast eating window options:12 pm to 8 pm2 pm to 10 pmOption #2: The Evening FastFollowing an evening fast might be your best option if you work the second shift. In this case, you would wake up and eat breakfast like usual, have a snack at some point, and finish your day of eating with a big Intermittent Fasting schedule while still eating a typical three-meal-per-day meal plan. For example, you could have breakfast at 9 am, lunch at 12 pm, and dinner at 5 pm. If you can refrain from snacking past dinner, your fasting window could be 5 pm to 9 am to 5 pm. If you can refrain from snacking past dinner, your fasting window could be 5 pm to 9 am to 5 pm. If you can refrain from snacking past dinner, your fasting window could be 5 pm to 9 am the following morning. pmOption #3: The Morning WorkoutWork-AroundOne struggle with intermittent fasting is that it can be challenging to fit in your workouts. This is especially true if you prefer to exercise in the morning fasted and still get in a great workout. It's possible with the option I'm about to go over. It's an exception to the standard IF rules. If you work out first thing in the morning, 15-60 minutes before the workout, have 25-30 grams of protein powder or 10 to 15 grams of Essential Amino Acids (EAA). The exception is this does not start the clock on the feeding window. The pre-workout protein intake stimulates protein synthesis and can give you a jumpstart on muscle recovery. Using this approach is a compromise to help optimize results. How Does a 16/8 Intermittent fasting Meal Plan Work? The 16/8 intermittent fasting meal plan is simple. As mentioned, you fast for sixteen hours and limit your eating to an eight-hour window. Outside of those parameters, you can set the diet up any way you'd like. IF is commonly used as a fat-loss diet but can just as easily be used for building muscle as long as it is set up with adequate calories. During the eight-hour eating window, there is no limit to the number of meals you can eat. That said, most people find that three meals work best. There is nothing special about the 16-hour fast. A range of 14-18 hours will likely result in the same effect. However, stick to the 16/8 timeline in the beginning. Once you get comfortable with the easy part. During the sixteen-hour fast, try not to consume any calories. As you would expect, the goal during the fast is to not eat. However, drink plenty of water during the fast to stay hydrated. All zero-calorie drinks, such as coffee, tea, and diet soda, are allowed, too. We're not dry fasting here. Although we want to limit calories as much as possible during the fast. don't stress about the small stuff. You can have a few calories here or there from things like a splash of creamer in your coffee, some gum, celery, or a 20-calorie energy drink. During the eight-hour eating window, eat healthy, whole foods as usual. Build your diet around lean meats, complex carbs, healthy fats, and plenty of fruits and veggies. Examples include chicken, fish, eggs, lean red meat, oats, rice, potatoes, apples, bananas, broccoli, and high protein nuts and seeds. Benefits of intermittent fasting, including: Weight Loss: Intermittent fasting works well for weight loss because people naturally tend to eat fewer calories when restricting food intake to a specific window. When you are fasting for sixteen hours a day, it cuts down on the time you have available to eat. Fasting can also reduce the temptation to snack throughout the day. Blood Sugar Control: Fasting for sixteen hours a day, it cuts down on the time you have available to eat. Blood Pressure: Intermittent fasting has been shown to help lower blood pressure in obese adults2. Reduced blood pressure may result from losing weight, but if fasting helps take their mind off food and focus on work. Eating can be a distraction, and stopping work to eat can disrupt productivity. Simplified Meal Planning: With a limited eating window, and fewer daily meals, people may find it easier to plan and prepare what to eat. Drawbacks of a 16/8 Intermittent Fasting Meal PlanWhile there are several potential benefits of a 16/8 Intermittent fasting meal plan, there are also some drawbacks to consider Hunger: The most significant drawback to intermittent fasting is hunger. Now, keep in mind that the body is quick to adapt, and 16 hours isn't extremely long, especially when you compare it to 20/4 fasting ora 3-day fast. At first, the hunger may seem unbearable. However, after following a fasting schedule for a week or two, hunger typically gets manageable. However, if it is something you cannot stand, there might be better dieting options than fasting. Disrupts Social Life:Following a strict eating window starts at noon, it would be awkward to go out for breakfast with a friend and not eat. Of course, you could always order a cup of coffee and simply enjoy the company, but that is something you'll need to decide. May Overeat during the eating window. Since there is no magic to fasting, eating more calories during the eating window. to make up for fasting defeats the purpose. Difficult To Maintain Long-Term: If the 16:8 schedule doesn't fit your lifestyle, it will be challenging to maintain. In this instance, you may be better off following a meal plan for weight loss, as the most important aspect of nutrition is consistency. The best diet is the one you can follow for an extended time. Who Should Follow a 16/8 Intermittent Fasting Diet Plan?Here are a few groups of people who will get the most from the health benefits a 16/8 intermittent fasting can be an effective way to lose weight. Intermittent fasting can be an effective way to lose weight. follow and can be sustainable over the long term. However, it's important to note there is nothing magical about fasting. You still need to be in a calorie deficit at the end of the day to lose weight. 2) Those with a Busy Schedule: The 16/8 intermittent fasting plan can be a good option for people with busy schedules who don't have time to prepare multiple meals throughout the day. Restricting your meal planning and save time. 3) People Not Hungry in the morning, skipping breakfast and following a 16/8 intermittent fasting schedule can give you more calories to eat later in the day. 4) Bodybuilders Out of all of the intermittent fasting schedules, the 16/8 method is the best for bodybuilders. With 16/8 IF, you can still hit your daily protein goals and maximize performance in your workout split. Who Should avoid it or at least consult a healthcare professional before starting. These include: 1) People with a history of an eating disorder or who have a poor relationship with food may find that intermittent fasting triggers unhealthy behaviors. 2) Those with Type 1 Diabetes: Since people with diabetes are sensitive to changes in glucose levels, meaning intermittent fasting may not be their best diet strategy. If you have type 1 diabetes, talk to your doctor before fasting. 3) If it doesnt fit your lifestyle or your preferred eating schedule. If you don't want to go 16 hours without eating, we have plenty of other great meal plans for you to try, like this high protein meal plan, for example. Daily Macros & Calories Following A 16/8 Intermittent Fasting Meal PlanCreating an IF meal plan starts like any other diet, with calorie intake. Despite what some people will tell you, intermittent Fasting does not change the laws of thermodynamics. Your calorie intake. determines if you gain or lose weight, regardless of your eating schedule. The first step in creating a meal plan is calculating total daily energy or calories a person burns daily through various activities such as resting metabolic rate, physical activity, and digestion. TDEE is essential when maintaining losing, or gaining weight, as it determines how many calories a person needs to consume to maintain their current weight. Once you know your TDEE, you can add calories to gain weight or reduce them to lose weight. A basic way to calculate your TDEE is to multiply your weight by 14 to 16. Keep in mind energy expenditure is correlated with daily activity. For a sedentary lifestyle, go with 14. If you are highly active, use 16, and 15 represents somewhere in the middle. For example, a moderately active 175-pound person would multiply 175 by 15 for a TDEE of 2625. Theoretically, their body weight would be stable if they consistently ate 2625 calories. We will use this number for our intermittent fasting meal plans below. However, if you weigh more or less than 175, adjust the numbers to fit your body weight. Calories & Macros For Building Muscle:Once we know our TDEE, creating a muscle-building meal plan is easy. All we need to be massive. A modest 15-20% calorie increase above TDEE is all you need to get the ball rolling. In our example, an extra 15% to 2625 would give 390 extra calories 175 pounds x 15 = 2625 calories 2625 x 15% (390) = 3015 calories 2625 x 15\% (390) = 300 calories 2 Research shows that eating around one gram of protein per pound of body weight maximizes muscle building3. In our example, 175 grams of daily protein will be the goal. Carbohydrate and fat distribution are more complex. There are many different options. At the end of the day, it comes down to personal preference. For a muscle-building intermittent fasting meal plan, I recommend a fat intake of 25% of the total daily calories. The rest of the calories will come from carbohydrates intake (25% of calories): 85gCarbohydrates intake (whats left): 385g Calories & Macros For Weight Loss: To lose weight, you must create a calorie deficit, which simply means eating fewer calories than your body needs. Reducing 500-1000 calories daily can lead to a safe and sustainable weight loss of 1-2 pounds per week. Unless you have a lot of weight to lose, start with a 500-calorie daily deficit and go from there. Since we already know our TDEE, creating a 500-calorie deficit is simple. All we have to do is subtract 500 from our TDEE of 2625 to get 2125 calories. The distribution of protein and fat is the same for fat loss as muscle building. Fat loss calorie goal: 2125Protein intake (1g/lb BW): 175gFat intake (25% of calories): 60gCarbohydrates intake (what's left): 220g Your 16/8 Intermittent Fasting 7 Day Meal Plan Grocery ListRegardless of whether you're following the bulking or cutting version of this meal plan. 1. Protein Sources: Lean protein, fish, and Greek yogurt will be your primary protein sources, but make sure you have a good protein powderas well, as supplementing with one can easily help you hit your daily macros goals. MEAT:Chicken BreastChicken Thighs93% Lean Ground NY StripSalmonCanned TunaCodHaddockTilapiaDAIRY:EggsLow-Fat Greek YogurtPROTEIN SUPPLEMENTS:Protein Powder (your choice)2. Carbohydrates Sources:Rice, whole grains, pasta, and plenty of fruits and veggies are great sources of energy and if we're being honest, are just plain delicious. BREAD:Whole-GrainBreadBREAKFAST:Cereal: Multigrain CheeriosOatmealPANTRY:PastaPasta Sauce ChocolateRice CakesWhite RicePRODUCE:Sweet Potatoes & Russet PotatoesFruits (Apples, Bananas, Blueberries, & Strawberry Jam)Veggies (Broccoli, Asparagus, Mixed Greens, Green Beans)3. Healthy Fats:Spreads and help keep you feeling full between meals. DAIRY:ButterPANTRY ITEMS:Salad DressingOlive OilAlmondsPeanut Butter4. Drinks & Dessert:Our favorite section: sips and sweets! Sometimes, having a dessert to look forward to or a drink that contains more flavor than standard water can help satiate a craving, which is great for diet adherence. BEVERAGES:Coffee & TeaAlmond MilkFlavored WaterOrange JuiceDiet SodaDESSERT:Frozen YogurtYour 7-Day 16/8 Intermittent Fasting Meal Plan For Muscle BuildingIf building muscle is your goal, then look no further than this 16/8 intermittent fasting 7 day meal plan for bulking. Monday:Daily nutrition breakdown:3072 calories, 177g protein, 383g carbs, 90g fat Breakfast: 6 whole eggs100g oats170g low-fat Greek yogurt1 medium banana8oz orange juiceNutrition:1204 calories68g protein138g carbs42g fat Lunch: 2 scoops protein powder12oz almond milk1 medium apple4 chocolate rice cakes32g peanut butterNutrition:1060 calories57g protein154g carbs21g fat Tuesday:Total daily nutrition breakdown:2892 calories 172g protein, 383g carbs, 80g fat Breakfast: 4 whole eggs100g oats1 medium banana cup blueberriesNutrition:897 calories42g protein117g carbs29g fat Lunch: 2 scoops protein117g carbs29g fat Dinner: 6oz salmon3 servings pasta1.5 cups pasta sauce100g asparagus1tbs olive oilNutrition:1101 calories70g protein151g carbs25g fat Wednesday:Daily nutrition breakdown:2982 calories, 176g protein129g fat Breakfast: 6oz chicken breast12oz sweet potato1 medium banana cup blueberries8oz orange juice1.5tbs butterNutrition:921 calories60g protein129g carbs19g fat Lunch: 2 scoops protein powder12oz almond milk1 medium apple3 cups multigrain Cheerios32g peanut butterNutrition:894 calories59g protein142g carbs37g fat Thursday:Daily nutrition breakdown: 3005 calories, 177g protein, 381g carbs, 85g fat Breakfast: 8oz chicken thighs 290g white rice1 medium banana1 cup broccoliNutrition: 871 calories 41g protein 123g carbs 19g fat Dinner: 10oz NY Strip Steak3 servings pasta1 cup pasta sauceNutrition:1314 calories80g protein137g carbs48g fat Friday:Daily nutrition breakdown:2986 calories, 170g protein126g carbs57g fat Lunch: 6oz chicken breast16oz russet potato1tbs butter1 cup green beansNutrition:785 calories65g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein158g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner: 8oz haddock360g rice1 cup broccoli1 orange1tbs olive oilNutrition:991 calories54g protein106g carbs13g fat Dinner juice40g almondsNutrition:1072 calories66g protein138g carbs28g fat Lunch: 2 scoops protein powder12oz almond milk100g oats32g peanut butter1 medium bananaNutrition:966 calories67g protein111g carbs30g fat Dinner: 6oz tilapia12oz sweet potato1 cup green beans1tbs butter1.5 cups frozen yogurtNutrition:947 calories45g protein136g carbs22g fat Sunday:Daily nutrition breakdown:2980 calories, 174g protein, 389g carbs, 85g fat Breakfast: 1 can tuna290g white rice8oz orange juice1tbs olive oilNutrition:738 calories38g protein115g carbs15g fat Lunch: 1.5 scoops protein powder12oz almond milk100g oats40g peanut butter1 medium apple2 chocolate rice cakesNutrition:1050 calories57g protein133g carbs35g fat Dinner: 8oz top round steak3 servings of pasta sauce1 cup broccoli2tbs butterNutrition:1192 calories77g protein141g carbs35g fat Your 7-Day 16/8 Intermittent Fasting Meal Plan For Fat LossFollowing a 16/8 intermittent fasting meal plan but focusing on losing fat instead of building muscle? Adjust your daily macros to meet your specific cutting goals, and follow this plan. Monday: Daily nutrition breakdown: 2128 calories, 173g protein, 223g fat, 62g fat Breakfast: 7oz chicken breast6oz sweet potato1 medium banana. 5tbs butterNutrition: 568 calories63g protein61g carbs8g fat Lunch: 2 scoops protein powder12oz almond milk2 cups multigrain Cheerios32g of peanut butterNutrition:689 calories57g protein66g carbs25g fat Dinner: 7oz 93% lean ground beef290g white riceLarge mixed green salad1.5 servings of salad dressingNutrition:872 calories53g protein96g carbs29g fat Tuesday:Daily nutrition breakdown:2141 calories, 170g protein, 225g carbs, 60g fat Breakfast: 8oz chicken thighs145g white rice1 medium banana1 cup broccoliNutrition:671 calories51g protein53g carbs2g fat Lunch: 10oz cod8oz russet potato1 cup green beansNutrition:984 calories52g protein96g carbs38g fat Wednesday:Daily nutrition breakdown:2127 calories, 179g protein, 219g carbs, 61g fat Breakfast: 6 whole eggs1 whole grain bagel1tbs strawberry jam16g peanut butterNutrition:820 calories44g fat Lunch: 9oz chicken breast8oz russet potato1.5 cups green beansNutrition:596 calories86g protein61g carbs3g fat Dinner: 8oz haddock290g rice1 cup broccoli1tbs olive oilNutrition:711 calories48g protein94g carbs15g fat Thursday: Daily nutrition breakdown:2102 calories, 173g protein, 223g carbs, 59g fat Breakfast: 8oz pork loin290g white rice40g almondsNutrition:910 calories63g protein100g carbs28g fat Lunch: 2 scoops protein powder12oz almond milk60g oats32g peanut butterNutrition:697 calories61g protein58g carbs27g fat Dinner: 8oz tilapia10oz sweet potato1 cup green beansNutrition:494 calories49g protein65g carbs4g fat Friday:Daily nutrition:433 calories31g protein45g carbs15g fat Lunch: 2 scoops protein powder12oz almond milk80g oats32g peanut butterNutrition:773 calories63g protein71g carbs28g fat Dinner: 10oz top round steak2 servings pasta1 cup pasta sauce1 cup broccoliNutrition:919 calories83g protein100g carbs20g fat Saturday:Daily nutrition breakdown:2125 calories, 175g protein, 224g carbs, 59g fat Breakfast: 2 scoops protein powder150g low-fat Greek Yogurt80g oats32g peanut butterNutrition:655 calories74g protein84g carbs12g fat Lunch: 6oz chicken breast8oz sweet potato1 cup broccoli1.5tbs butterNutrition:655 calories74g protein90g carbs12g fat Sunday:Daily nutrition breakdown:2106 calories, 178g protein, 220g carbs, 59g fat Breakfast: 6 whole eggs3 cups multigrain Cheerios8oz almond milkNutrition:756 calories86g protein65g carbs17g fat Dinner: 8oz haddock220g white rice1.5 cups green beans tbs butterNutrition:561 calories48g protein80g carbs7g fat Meal Prep Tips For These 16/8 Intermittent fasting journey. 1. Cook Food Ahead of Time:Preparing meals can save time and stress during the week. You can cook and portion out meals for the week and store them in the refrigerator or freezer for later use. We've got some great high protein meal prep recipes for you to check out. Or, you can just cook the basics. As you will notice, chicken and rice are staples of this meal plan. Both foods work well to cook in advance. This extra step will help you stay on track and avoid impulsive, unhealthy food choices. 2. Mix up your flavors: Eating healthy doesn't need to be bland. Experiment with different herbs, spices, and low calories sauces to add flavor to your meals. If you're growing tired of standard salmon for supper, try switching things up by preparing asalmon poke bowl meal. Or, if beans are a dish you normally serve as a side, consider making them the star of lunch or dinner by making alentil soup meal. You can continue using the same food staples, but just breathe some new life into them from time to time. Changing the seasoning or marinade can make even similar meals taste entirely different. When you enjoy your meals, you are more likely to eat them consistently. 3. Have Calorie-Free Drinks On Hand: After the first week, hunger during fasting will decrease. However, you may still experience some desire to eat before your eating window from time to time. When this happens, sip on calorie-free drinks such as coffee, tea, diet soda, and flavored water. Most of the time, this is enough to take the edge off. The key is not getting caught without any on hand. Tips For Successfully Following A 16/8 Intermittent Fasting Meal PlanFollowing a 16/8 intermittent fasting meal plan can be great for long-term adherence, as there's a good chance you'll feel consistently full during your feeding window. To make sure you are successful following it, here are a few more great tips. 1) Choose The Right Fasting Schedule: The key is to make the fasting period as easy as possible. To do so, pick an 8-hour window that works for your lifestyle and schedule. For example, if you're not hungry in the morning, start eating at noon and stop by 8 pm. On the other hand, if you love breakfast but eat an early dinner, an eating window of 9 to 5 might work well for you. 2) Stay Hydrated:During fasting, drink plenty of water and other non-caloric beverages like tea or black coffee. Not only will this prevent dehydration, but drinks with caffeine will also help keep hunger at bay. If you plan to workout while fasting or enjoy fasted cardio, throw some electrolytes in with your water. 3) Stay Busy While Fasting: I'm sure you have heard the expression, time flies when you are having fun. Well, the same can be said for staying busy. Use the fasting period to focus on work or another activity. Avoid sitting around thinking about food. What To Do After Following These Meal PlansAfter following the 7-day intermittent fasting meal plan, you can mix and match different foods based on your preference. The key is maintaining the same eating window with the same calorie and macronutrient breakdown. In addition, including a supplement that supports cutting can give your fat loss a big boost, while preserving lean muscle. This is a great thing to layer on when your results start to slow. As long as you stay within your eating window and macros goals, you can even experiment with some newrecipes, like these protein cookies or protein pancakes. How Long Should You Follow An Intermittent Fasting Meal PlanThe duration of an intermittent fasting meal plan can vary, depending on your goals and preferences. Fasting can be a sustainable lifestyle change for some people, while others may prefer to use it as a short-term method to achieve specific weight loss goals. Either way can work well. FAQsIf you still have unanswered 16/8 intermittent fasting meal plan questions, we'll answer them here. How much weight can I lose with 16/8 intermittent fasting in a week? How much weight you lose with a 16/8 intermittent fasting schedule depends on how big of a calorie deficit you have. If weight loss is your goal, set your diet to lose 1-2 pounds weekly. What should be the first meal for 16/8 intermittent fasting? With a 16/8 intermittent fasting? macronutrient goals. If your feeding window starts at noon, but you enjoy breakfast, feel free to have typical breakfast foods, like this high protein oatmeal recipe, as your first meal. Should you do 16/8 intermittent fasting 7 days a week? With a 16/8 intermittent fasting Plans: Final TakeawaysThere you have it! Your comprehensive guide to 16/8 intermittent fasting along with a 7-day meal plan to build muscle and lose fat. Incorporating this eating pattern and meal plan into your lifestyle has the potential to improve your nutritional consistency and results. However, it's crucial to remember fasting isn't magic. The rules of nutrition still apply. You must still be mindful of your calorie and macronutrient goals to see the best results and avoid weight gain (in the form of fat). That said, if you try intermittent fasting, be patient, stay consistent, and track your progress. Do that, and the body you want will be here before you know it. If you're interested in checking out more great meal plans, take a look at our articles on the 7 Day Carnivore Diet Meal Planand the 7 Day Bodybuilding Carb Cycling Meal Plan. References: Barnosky AR, Hoddy KK, Unterman TG, Varady KA. Intermittent fasting vs. daily calorie restriction for type 2 diabetes prevention: a review of human findings. Transl Res. 2014 Oct. doi 10.1016/j.trsl.2014.05.013. Epub 2014 Jun 12. PMID: 24993615.Gabel K, Hoddy KK, Haggerty N, Song J, Kroeger CM, Trepanowski JF, Panda S, Varady KA. Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. Nutr Healthy Aging. 2018 Jun 15. doi: 10.3233/NHA-170036. PMID: 24993615.Gabel K, Hoddy KK, Haggerty N, Song J, Kroeger CM, Trepanowski JF, Panda S, Varady KA. Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. Nutr Healthy Aging. 2018 Jun 15. doi: 10.3233/NHA-170036. PMID: 24993615.Gabel K, Hoddy KK, Haggerty N, Song J, Kroeger CM, Trepanowski JF, Panda S, Varady KA. Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. Nutr Healthy Aging. 2018 Jun 15. doi: 10.3233/NHA-170036. PMID: 24993615.Gabel K, Hoddy KK, Haggerty N, Song J, Kroeger CM, Trepanowski JF, Panda S, Varady KA. Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. Nutr Healthy Aging. 2018 Jun 15. doi: 10.3233/NHA-170036. PMID: 24993615.Gabel K, Hoddy KK, Haggerty N, Song J, Kroeger CM, Trepanowski JF, Panda S, Varady KA. Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. Nutr Healthy Aging. 2018 Jun 15. doi: 10.3233/NHA-170036. PMID: 24993615.Gabel K, Hoddy KK, Haggerty N, Song J, Kroeger CM, Trepanowski JF, Panda S, Varady KA. Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. Nutr Healthy Aging. 2018 Jun 15. doi: 10.3233/NHA-170036. PMID: 24993615.Gabel K, Hoddy KK, Haggerty H, Song J, Kroeger CM, Trepanowski JF, Panda S, Varady KA. Effects of 8-hour time restricted feeding on body weight adults: A pilot study. A pilot study. A pilot study. A pilot study adults 29951594; PMCID: PMC6004924.Morton RW, Murphy KT, McKellar SR, Schoenfeld BJ, Henselmans M, Helms E, Aragon AA, Devries MC, Banfield L, Krieger JW, Phillips SM. A systematic review, meta-analysis, and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. Br J Sports Med doi: 10.1136/bjsports-2017-097608. Epub 2017 Jul 11.

Can you eat whatever you want on the 16 8 diet. 16-8 diet. What can you eat on a 16 8 fast diet. Diet 16/8 what to eat. What foods can you eat on the 16 8 diet. Can you eat what you want on 16 8 diet. What can you eat and drink on the 16 8 diet.