

The Warrior Diet Plan

Patient Information
Name:
Date of Birth:
Referring Physician's Name:
Additional Notes:

What to Eat (20-hour Fasting Phase)	What to Eat (4 hours Eating Window)	What to Avoid or Limit
<ul style="list-style-type: none"> • Non-Caloric Beverage: Water, Coffee, Tea • Small Amounts of Dairy Products • Small Amounts of Hard-Boiled Eggs • Small amounts of Raw Fruits • Small Amounts of Raw Vegetables 	<ul style="list-style-type: none"> • Fruits • Vegetables • Grains/Legumes • Nuts/Seeds/Healthy Fats • Proteins • Desserts (e.g. Dark chocolate, Fruit, or Honey)* <p>*Note: Is only considered an option in the third phase.</p>	<ul style="list-style-type: none"> • Processed Food • Refined Carbohydrates • Alcohol • Artificial Sweeteners

Military Diet Plan

FIRST PHASE or FIRST WEEK

Date:	
20-Hour Fasting Period	
Time:	
4-Hour Eating Window	
Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

SECOND PHASE or SECOND WEEK

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

THIRD PHASE or THIRD WEEK

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Date:	
20-Hour Fasting Period Time:	
4-Hour Eating Window Time:	
Notes:	

Source:

Inhc, A. C. A. (2021, February 18). *What is the Warrior diet?* Verywell Fit. <https://www.verywellfit.com/the-warrior-diet-4684768>

Rd, J. K. M. (2018, July 3). *The Warrior Diet: Review and Beginner's guide.* Healthline. <https://www.healthline.com/nutrition/warrior-diet-guide>

Thurrott, S. (2022, July 26). *What is the Warrior diet?* <http://EverydayHealth.com> . <https://www.everydayhealth.com/diet-nutrition/what-is-the-warrior-diet-the-intermittent-fasting-plan-reviewed/>