**BLPF Basic Rules of Nutrition**

* Eat often. Every 2-3 hours making 6 or more meals per day
* Eat a quality Protein source with each meal
* Eat the right type of carbohydrate each meal (follow the metabolic window)
* Eat healthy fats each meal with a concentration on omega 3
* Rotate between “Real food” meals and protein shakes

**Nutritional Rules for Intermittent Fasting**

* Create an eating window. 8 hours is the most popular. You can start with 12/12 and work your way down.
* Your workout should be at the beginning, end or middle of your eating window.
* There should be no eating or drinking calories outside your eating window.
	+ Water, black coffee, and tea are fine.
* Still attempt to get at least 5 meals in your eating window
* The contents of your meals should still follow the BLPF Basic Rules of Nutrition

**Incorporating Carb rotating into your plan**

* Start with 3 “low” days, 3 “medium” days and 1 “high” day.
* Low days will only have First class protein sources, Healthy fats (emphasis on omega 3) and unlimited vegetables (preferably dark green and cruciferous)
* Medium days will have first class protein sources in each meal, Healthy fats with at least 3 meals and Post training High Energy carbs (including Recovery). Still have low energy carbs (vegetables and fruits with your other meals)
* High days will include First class proteins with each meal, less healthy fat sources and High Energy carbs with at least ½ your meals. This is the day you would incorporate a cheat meal.