

INTERMITTENT FASTING

24 DAY CHALLENGE

DAY 1

BREAKFAST

Avocado and egg toast

LUNCH

Tuna salad with quinoa

DINNER

Grilled chicken with steamed veggies

FASTING

Water, black coffee, green tea, lemon water



DAY 2

BREAKFAST

Greek yogurt with mixed berries

LUNCH

Turkey wrap with whole-grain tortilla

DINNER

Baked salmon with a side of broccoli

FASTING

Water, black coffee, green tea, lemon water



DAY 3

BREAKFAST

Banana and almond butter smoothie

LUNCH

Grilled chicken salad

DINNER

Quinoa stuffed bell peppers

FASTING

Water, black coffee, green tea, lemon water



DAY 4

BREAKFAST

Oatmeal topped with nuts and berries

LUNCH

Whole-grain pasta salad with tuna

DINNER

Baked trout with sweet potato

FASTING

Water, black coffee, green tea, lemon water



DAY 5

BREAKFAST

Scrambled eggs with spinach and feta cheese

LUNCH

Lentil soup with whole-grain bread

DINNER

Grilled turkey with mixed vegetables

FASTING

Water, black coffee, green tea, lemon water



DAY 6

BREAKFAST

Greek yogurt with mixed fruit and chia seeds

LUNCH

Grilled chicken quinoa salad

DINNER

Baked cod with roasted Brussels sprouts

FASTING

Water, black coffee, green tea, lemon water



DAY 7

BREAKFAST

Whole grain toast with avocado and poached eggs

LUNCH

Quinoa and black bean salad

DINNER

Baked chicken breast with steamed broccoli

FASTING

Water, black coffee, green tea, lemon water



DAY 8

BREAKFAST

Oatmeal with mixed berries and nuts

LUNCH

Baked salmon salad

DINNER

Turkey stir-fry with veggies

FASTING

Hydrate during Water, black coffee, green tea, lemon water



DAY 9

BREAKFAST

Scrambled eggs with avocado and whole-grain toast

LUNCH

Greek salad with grilled chicken

DINNER

Baked cod with sweet potato

FASTING

Water, black coffee, green tea, lemon water



DAY 10

BREAKFAST

Greek yogurt with chia seeds and mixed fruit

LUNCH

Tuna wrap with whole-grain tortilla

DINNER

Grilled turkey with mixed vegetables

FASTING

Water, black coffee, green tea, lemon water



DAY 11

BREAKFAST

Whole grain toast with almond butter and banana

LUNCH

Quinoa salad with grilled chicken

DINNER

Baked salmon with steamed asparagus

FASTING

Water, black coffee, green tea, lemon water



DAY 12

BREAKFAST

Oatmeal topped with mixed berries and almonds

LUNCH

Lentil soup with whole-grain bread

DINNER

Turkey stir-fry with colorful veggies

FASTING

Water, black coffee, green tea, lemon water



Weekly Ad Intermittent Fasting Update

Michael Hoelscher



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