

# 16:8 Intermittent Fasting

## 7 Day Meal Plan

### First meal: 12 PM

### Snack (optional)

### Last meal end time: 8 PM

DAY 1

- 2 boiled eggs
- ½ avocado
- Breakfast salad with leafy greens and lemon
- 1 slice whole wheat bread

- 10–12 raw almonds
- 2 dried figs
- 1 cup green tea



- 8 tbsp. roasted vegetables
- 4 tbsp. brown rice
- Salad (You can add lemon, apple cider vinegar and olive oil to your salad.)

DAY 2

- Oatmeal Bowl:
- 4 tbsp. oatmeal
  - 1 cup milk
- Toppings:
- 1 tbsp. unsweetened peanut butter
  - 1 apple or 1 banana

- 1 handful pumpkin seeds
- 2 dried apricots
- 1 cup green tea



- 180 g grilled chicken breast
- 4 tbsp. quinoa
- Salad (You can add lemon, apple cider vinegar and olive oil to your salad.)

DAY 3

- Omelette with 2 eggs and cheese
- Salad with leafy greens



- 1 cup coffee
- 1 banana
- 4–5 walnuts

- Vegetable soup
- 150 g red meat
- 4 tbsp. buckwheat



DAY 4

- 2 boiled eggs
- ½ avocado
- Breakfast salad with leafy greens and lemon
- 1 slice whole-wheat bread

- 10 hazelnuts
- 1 cup fennel tea

- Grilled salmon with potatoes
- Salad



DAY 5

- Oatmeal Bowl:
- 4 tbsp. oatmeal
  - 1 cup of milk
- Toppings:
- 1 tbsp. of unsweetened peanut butter
  - 1 apple or 1 banana



- 1 apple
- 5–6 raw cashews

- 4 meatballs (160 g total)
- 4 tbsp. pasta
- Salad (You can add lemon, apple cider vinegar and olive oil to your salad.)



DAY 6

- Omelette with 2 eggs and cheese
- 1 slice whole wheat bread
- Salad with leafy greens and carrot



- 2 squares dark chocolate
- 1 cup coffee

- 180 g grilled chicken breast
- 4 tbsp. brown rice
- Green salad with squeezed lemon and olive oil dressing

DAY 7

- 2 boiled eggs
- ½ avocado
- Breakfast salad with leafy greens and lemon
- 1 slice whole wheat bread



- 10 raw almonds
- 1 cup mint tea

- 1 bowl vegetable soup
- 1 plate legumes (chickpeas/lentils/beans)
- Green salad with squeezed lemon and olive oil dressing



\*tbsp. = tablespoon  
\*tsp. = teaspoon

# Intermittent Fasting Sat Practice Update

**Roger Ball**



## **Intermittent Fasting Sat Practice Update:**

*131 Method* Chalene Johnson, 2019-04-16 Chalene Johnson New York Times best selling author and award winning entrepreneur who's built and sold several multimillion dollar lifestyle companies offers a revolutionary fitness program with proven success based on her successful online program of the same name. Diets are dumb. You aren't. Your personalized plan for gut health, wellness, and weight loss. You're smart. You're sick of gimmicks and trendy diets that leave you with frustration and a slower metabolism. The 131 Method gets to the root of the problem: gut health, and delivers a personalized solution to wellness, hormone balance, and permanent weight loss based on the Nobel Prize winning science of autophagy and diet phasing. Finally, a science-based solution that's actually doable. Following her own health scare, health and wellness expert Chalene Johnson set out to understand the science and individuality of metabolism. Working with renowned researchers, doctors, and registered dietitians, she developed a simplified 3-phase plan for health-promoting weight loss. This proven methodology was tested with more than 25,000 individuals. Now she distills the essentials of her hugely successful online program into the 131 Method book: 1. Objective set by you, 3 Weeks of Diet Phasing, and 1 Week to Fast and Refuel. 131 Method guides you through Chalene's three-phase, 12-week solution, helping you personalize every step of the way. You'll lose weight without slowing your metabolism. Improve gut health and boost immunity. Fix cravings and reset hormones. Discover 100 delicious, easy recipes. The 131 Method isn't a one-size-fits-all diet; it's how to eat a diet that works. You'll get everything you need to change your thinking, transform your body, and improve your life for good.

**The God Matrix: Decoding the Divine Blueprint for Reality, Faith, and Society** Roger Ball, 2025-09-01 FROM THE INTRODUCTION Welcome to the God Matrix. This book is not a single linear argument but a collection of expeditions into the deepest questions of human existence. Each chapter stands as an independent essay or book, a focused expedition into the essential questions of human experience: the proof of God, the purpose of mankind, the reality of moral failure, and the complex landscape of faith, society, and personal transformation. Together, however, they weave a larger tapestry, revealing the profound and often hidden architecture of the divine order in which we live, move, and have our being. The title *The God Matrix* is chosen with care. It does not suggest a false illusion but rather the opposite: the foundational gridwork of reality itself, the operating system authored by God. These essays are attempts to interface with that system to understand its source code of love, logic, justice, and grace. From the logical proof of a Creator to the practical guidance for raising a family, each piece examines a different point of connection between our finite experience and infinite truth. You will find here essays of theology, psychology, and apologetics designed to equip your intellect with answers to timeless and timely challenges. You will encounter essays of philosophy intended to provoke a mindshift and rewire your perception of the world. And you will discover essays of spiritual guidance and personal calling, offering wisdom for the journey of vocation, relationship, and spiritual growth. Some of these essays will comfort you. Others will confront you. My ask is not that you agree with every word but that you engage with every idea. Read them in

order or jump to the question that burns most urgently in your soul Approach them not as a passive recipient but as an active participant in a conversation that has been ongoing since the dawn of creation The aim is that within these pages you will find the tools to decode the divine signals in your life better understand the heart of God and ultimately see the world as it truly is a reality sustained by and forever connected to the mind of its Maker This is an invitation to reorient your perception embrace transformative truth and step into the larger story of everything Chapter titles include Does God Exist Why Did God Create Mankind What Is My Calling Knowing God s Will for Your Vocation Knowing God s Will Don t Just Do Something Know the Truth Can Same Sex Attraction Be Overcome Masturbation Sin or Natural Function Do You Have a Soul Mate How to Destroy Any Society American Bloodlust The Violent Psychological Conditioning of Today s Young People Cutting Why Do People Self injure Nurturing the Divine Within Raising Healthy Children Through Structure Love and Spiritual Awareness Mindshifts Rewire Your Reality A Philosophical and Spiritual Guide to Transforming Your Thought Life Why Do Good People Go to Hell Does Suicide Damn the Soul Moral Failure and God s Purposes Can Christians Drink Demons Nature Activity and Existence What Are Your Spiritual Gifts Tithing and Sabbath Keeping What Does the Bible Really Teach The Death Penalty Divine Mandate or Human Cruelty Assurance Can I Know That I m Saved Fasting Ancient Practice for Modern Lives Explore the Faith A Glossary of Christian Words Beliefs and Practice

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