

16:8 Intermittent Fasting

7 Day Meal Plan

DAY 1

First meal: 12 PM

- 2 boiled eggs
- $\frac{1}{2}$ avocado
- Breakfast salad with leafy greens and lemon
- 1 slice whole-wheat bread

Snack (optional)

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

Last meal end time: 8 PM

- 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
- $\frac{1}{2}$ 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
- $\frac{1}{2}$ 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

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