

# Intermittent Fasting Weight Loss Diet Plan



Follow a  
fasting window  
that suits you



Start from  
**14:10**

14 hours of  
fasting with an  
eating window of  
10 hours



Then move to  
**16:8, 19:5  
or 20:4**

## BREAKFAST



Idli or dosa



A glass of  
ragi/boots porridge



A bowl of upma  
with vegetables

## LUNCH



-2 mixed whole grain  
chapatis, 1 bowl  
gravy / a bowl of  
chicken or fish



Mixed vegetable  
salad



2 eggs



brown rice/  
millet kichdi

## DINNER



Light food  
like vegetable or  
chicken soup



Steamed vegetables,  
stir fry

## SNACKS



Nuts



Fruit



Flax seeds

## HANDY TIPS TO FOLLOW:



Abstain from  
drinking or eating  
during fasting  
window



Drink plenty of  
water, at least  
2-3 liters



Maintain  
portion control  
when you eat



Eat dinner before  
8, 7 or 6 p.m.,  
depending on  
the window

# Weight Loss Plan Usa Store Hours

**Barbara Wexler**

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