

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

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**American Veterinary Medical
Association**

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