

INTERMITTENT FASTING

7-DAY MEAL PLAN

Day 1

8:00 am: Lemon water
8:30 am: Skip breakfast
12:00 pm: Avocado chicken salad
3:00 pm: Nuts
7:00 pm: Macadamia basil pesto pasta
8:00 pm: Begin fasting

Day 3

8:00 am: Black coffee
8:30 am: Skip breakfast
12:00 pm: Tuna avocado salad wrap
3:00 pm: Hummus & raw veggie sticks
7:00 pm: Asian fried "noodles"
8:00 pm: Begin fasting

Day 5

8:00 am: Lemon water
8:30 am: Skip breakfast
12:00 pm: Turkey Chili
3:00 pm: Organic edamamæe
7:00 pm: Grilled chicken salad
8:00 pm: Begin fasting

Day 7

8:00 am: Black coffee
8:30 am: Skip breakfast
12:00 pm: Sprouts, chicken, quinoa Buddah bowl
3:00 pm: Greek yogurt
7:00 pm: Teriyaki chicken with cauliflower rice
8:00 pm: Begin fasting

Day 2

8:00 am: Black coffee
8:30 am: Skip breakfast
12:00 pm: Vegan chickpea salad
3:00 pm: Fruit of your choice
7:00 pm: Mexican tempeh
8:00 pm: Begin fasting

Day 4

8:00 am: Apple cider vinegar drink
8:30 am: Skip breakfast
12:00 pm: Broccoli tofu salad
3:00 pm: Dark chocolate
7:00 pm: Salmon kale salad
8:00 pm: Begin fasting

Day 6

8:00 am: Lemon water
8:30 am: Skip breakfast
12:00 pm: Grilled salmon salad
3:00 pm: Dark chocolate bark
7:00 pm: Chicken tortilla soup
8:00 pm: Begin fasting



Lowes Intermittent Fasting Update

Michael Hoelscher



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