16/8 INTERMITTENT FASTING

WEEKLY MEAL PLAN

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MONDAY

- 8AM WARM LEMON HONEY WATER
- 11AM BREAKFAST 1/2 BAGEL/CHESS/EGG 11AM BREAKFAST GREEK YOGURT COFFEE/COCONUT CREAMER
- 3PM SNACK: KIND BAR
- 5PM DINNER: SAUTÉED CHICKEN BREAST 5PM DINNER: GRILLED SALMON WITH GREEN BEANS BROWN RICE
- 7PM FASTING

WEDNESDAY

- 8AM WARM LEMON HONEY WATER
- 11AM BREAKFAST OATMEAL/ALMOND BUTTER COFFEE/COCONUT CREAMER
- 3PM SNACK: NUTS
- DINNER: SAUTÉED EGG/TOMATOES BROWN RICE
- 7PM FASTING

FRIDAY

- SAM WARM LEMON HONEY WATER
- 11AM BREAKFAST TRIPLE BERRY SMOOTHIES COFFEE/COCONUT CREAMER
- 3PM SNACK: NUTS
- 5PM DINNER: SAUTÉED CHICKEN WITH CAULIFLOWER RICE & MUSHROOM
- 7PM FASTING

SUNDAY

- SAM WARM LEMON HONEY WATER
- 9AM COFFEE WITH COCONUT MILK
- 11AM BREAKFAST SKIP
- 3PM SNACK: NUTS
- 5PM DINNER: SOBA NOODLE WITH GROUND PORK AND SPINACH
- 7PM FASTING

TUESDAY

- 8AM WARM LEMON HONEY WATER
- COFFEE/COCONUT CREAMER
- 3PM SNACK: APPLE SLICES
- STEAMED BROCCOLL BROWN RICE
- 7PM FASTING

THURSDAY

- 8AM WARM LEMON HONEY WATER
- 1 1 AM BREAKFAST AVOCADO TOAST/EGG COFFEE/COCONUT CREAMER
- 3PM SNACK: STRAWBERRY/BANANA SMOOTHIE
- 5PM DINNER: TERIYAKI CHICKEN STEAMED BROCCOLI BROWN RICE
- 7PM FASTING

SATURDAY

- 8AM WARM LEMON HONEY WATER
- 11AM BREAKFAST WHOLE WHEAT PANCAKE COFFEE/COCONUT CREAMER
- 3PM SNACK: BLUEBERRIES
- 5PM DINNER: DINE OUT
 - 7PM FASTING

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