

# INTERMITTENT FASTING

## 7 – DAY MEAL PLAN

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### 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 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

8:30 am: Skip breakfast

12:00 pm: Turkey chili

3:00 pm: Organic edamamae

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 rice

8:00 pm: Begin fasting

### Day 2

8:00 am: Black coffee

8:30am: 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 Salmon

3:00 Pm: Dark chocolate bark

7:00 pm: Chicken tortilla soup

8:00 pm: Begin fasting

# Intermittent Fasting This Week

**Deborah C. Saltman M.D., PH.D**



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