

16:8 VEGAN INTERMITTENT FASTING MEAL PLAN

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	Breakfast	Lunch - 12 noon	Dinner - 7:30 PM
Monday	Fast	Ultimate Vegan Breakfast Burrito	10 minute Chickpea Curry
Tuesday	Fast	Protein Smoothie Pack	Black Bean Plantain Enchilada Bake
Wednesday	Fast	Ultimate Vegan Breakfast Burrito	10 minute Chickpea Curry
Thursday	Fast	Protein Smoothie Pack	Black Bean Plantain Enchilada Bake
Friday	Fast	Ultimate Vegan Breakfast Burrito	10 minute Chickpea Curry
Saturday	Fast	Mexican Lentil Soup	Vegan Taco Salad Bowl
Sunday	Fast	Mexican Lentil Soup	Vegan Taco Salad Bowl