

# 20:4 VEGAN INTERMITTENT FASTING MEAL PLAN

BY ETERNALOAK.COM

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	Breakfast	Lunch	Dinner - 6 PM
Monday	Fast	Fast	10 minute Chickpea Curry
Tuesday	Fast	Fast	Black Bean Plantain Enchilada Bake
Wednesday	Fast	Fast	10 minute Chickpea Curry
Thursday	Fast	Fast	Black Bean Plantain Enchilada Bake
Friday	Fast	Fast	10 minute Chickpea Curry
Saturday	Fast	Fast	Vegan Taco Salad Bowl
Sunday	Fast	Fast	Vegan Taco Salad Bowl