

4:3 DIET INTERMITTENT FASTING MEAL PLAN

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	Breakfast	Lunch	Dinner - 6 PM
Monday	Fast	Fast	Fast
Tuesday	90-Second Pumpkin Pie Breakfast Quinoa	Black Bean Plantain Enchilada Bake	10 minute Chickpea Curry
Wednesday	Fast	Fast	Fast
Thursday	90-Second Pumpkin Pie Breakfast Quinoa	Black Bean Plantain Enchilada Bake	10 minute Chickpea Curry
Friday	Fast	Fast	Fast
Saturday	Grain-free granola + berry coconut chia parfaits	Fresh Spring Rolls with Peanut Ginger Sauce	Vegan Taco Salad Bowl
Sunday	Grain-free granola + berry coconut chia parfaits	Fresh Spring Rolls with Peanut Ginger Sauce	Vegan Taco Salad Bowl