

BODYBUILDING BULK PHASE 16:8 VEGAN INTERMITTENT FASTING MEAL PLAN

BY ETERNALOAK.COM

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	Breakfast	Lunch - 12 noon	Dinner - 7:30 PM
Monday	Fast	Easy Vegan Chili Sin Carne	Mongolian Seitan
Tuesday	Fast	Teriyaki Tofu Stir Fry	Easy Vegan Samosa Pot-Pie
Wednesday	Fast	Easy Vegan Chili Sin Carne	Mongolian Seitan
Thursday	Fast	Teriyaki Tofu Stir Fry	Easy Vegan Samosa Pot-Pie
Friday	Fast	Easy Vegan Chili Sin Carne	Mongolian Seitan
Saturday	Fast	Mexican Lentil Soup	Easy Vegan Samosa Pot-Pie
Sunday	Fast	Mexican Lentil Soup	Mongolian Seitan