

BODYBUILDING CUTTING PHASE 16:8 VEGAN INTERMITTENT FASTING MEAL PLAN

BY ETERNALOAK.COM

GET RECIPES @ [HTTPS://WWW.PETA.ORG/LIVING/FOOD/LOW-FAT-VEGAN-RECIPES](https://www.peta.org/living/food/low-fat-vegan-recipes)

	Breakfast	Lunch - 12 noon	Dinner - 7:30 PM
Monday	Fast	2 Servings - Low Fat Vegan Bean Enchiladas (814 calories)	2 Servings - Soy-Free Buffalo Wrap with Chickpea Tofu (872 calories)
Tuesday	Fast	2 Servings - Macro Buddha Bowl (984 calories)	2 Servings - Eggplant and Chickpea Curry (966 calories)
Wednesday	Fast	2 Servings - Low Fat Vegan Bean Enchiladas (814 calories)	2 Servings - Soy-Free Buffalo Wrap with Chickpea Tofu (872 calories)
Thursday	Fast	2 Servings - Macro Buddha Bowl (984 calories)	2 Servings - Eggplant and Chickpea Curry (966 calories)
Friday	Fast	2 Servings - Low Fat Vegan Bean Enchiladas (814 calories)	2 Servings - Soy-Free Buffalo Wrap with Chickpea Tofu (872 calories)
Saturday	Fast	2 Servings - Macro Buddha Bowl (984 calories)	2 Servings - Eggplant and Chickpea Curry (966 calories)
Sunday	Fast	2 Servings - Low Fat Vegan Bean Enchiladas (814 calories)	2 Servings - Soy-Free Buffalo Wrap with Chickpea Tofu (872 calories)