

INTERMITTENT FASTING MEAL PLAN - 16:8 EXAMPLE - 2 BIG MEALS - EARLY

BY ETERNALOAK.COM

	Breakfast - 8 AM	Lunch - 12 PM	Dinner - 3:30 PM
Monday	Quesadilla	Skip	Protein, Rice, Veggies
Tuesday	Breakfast Burrito	Skip	Protein, Mushrooms, Veggies
Wednesday	Overnight Oats	Skip	Eggplant Curry Bowls
Thursday	Omelette	Skip	Squash Spaghetti Bowls
Friday	Eggs and Veggies	Skip	Protein, Mac n Cheese, Veggies
Saturday	Breakfast Burrito	Skip	Chicken Salad
Sunday	Protein Pancakes	Skip	Chili