

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

BY ETERNALOAK.COM

Breakfast - 12 N

Lunch - 4 PM

Dinner - 7:30 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