

# INTERMITTENT FASTING MEAL PLAN - 16:8 EXAMPLE - EARLY

BY ETERNALOAK.COM

**Breakfast - 8 AM**

**Lunch - 12 PM**

**Dinner - 3:30 PM**

**Monday**

**Quesadilla**

**Soup and  
Sandwich**

**Protein, Rice,  
Veggies**

**Tuesday**

**Breakfast  
Burrito**

**Chicken Salad**

**Protein,  
Mushrooms,  
Veggies**

**Wednesday**

**Overnight  
Oats**

**Soup and  
Sandwich**

**Eggplant  
Curry Bowls**

**Thursday**

**Omelette**

**2 Wraps**

**Squash  
Spaghetti  
Bowls**

**Friday**

**Eggs and  
Veggies**

**Chili**

**Protein, Mac n  
Cheese,  
Veggies**

**Saturday**

**Breakfast  
Burrito**

**Protein, Rice,  
Veggies**

**Chicken Salad**

**Sunday**

**Protein  
Pancakes**

**Soup and  
Sandwich**

**Chili**