

INTERMITTENT FASTING MEAL PLAN - 16:8 EXAMPLE - LATE

BY ETERNALOAK.COM

Lunch - 12 PM

Afternoon Tea - 4 PM

Dinner - 7:30 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