

20/4 INTERMITTENT FASTING MEAL PLAN - WEEK 1 DETOX

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	Breakfast	Lunch	Eat 5-9 PM
Monday	Fast	Fast	1.Salad 2.Black Bean Enchilada Bake
Tuesday	Fast	Fast	1.Salad 2.10 Min Chickpea Curry
Wednesday	Fast	Fast	1.Salad 2.Ultimate Vegan Burrito
Thursday	Fast	Fast	1.Salad 2.Mexican Lentil Soup
Friday	Fast	Fast	1.Salad 2.Ultimate Vegan Burrito
Saturday	Fast	Fast	1.Salad 2.10 Min Chickpea Curry
Sunday	Fast	Fast	1.Salad 2.Black Bean Enchilada Bake