

20/4 INTERMITTENT FASTING MEAL PLAN - WEEK 2 LOW CARB

BY ETERNALOAK.COM

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	Breakfast	Lunch	Eat 5-9 PM
Monday	Fast	Fast	<ol style="list-style-type: none">1. Salad2. Tofu Stir Fry3. Protein Shake
Tuesday	Fast	Fast	<ol style="list-style-type: none">1. Salad2. Zucchini Noodles Pesto3. Protein Shake
Wednesday	Fast	Fast	<ol style="list-style-type: none">1. Salad2. Tofu Stir Fry3. Protein Shake
Thursday	Fast	Fast	<ol style="list-style-type: none">1. Salad2. Tofu Tacos3. Protein Shake
Friday	Fast	Fast	<ol style="list-style-type: none">1. Salad2. Tofu Stir Fry3. Protein Shake
Saturday	Fast	Fast	<ol style="list-style-type: none">1. Salad2. Roasted Brussel Sprouts3. Protein Shake
Sunday	Fast	Fast	<ol style="list-style-type: none">1. Salad2. Tofu Stir Fry3. Protein Shake