

# 20/4 INTERMITTENT FASTING MEAL PLAN - WEEK 3 CARB CYCLING

BY ETERNALOAK.COM

GET RECIPES @ [GATHERINGDREAMS.COM/VEGAN-MEAL-PREP-IDEAS/](https://www.gatheringdreams.com/vegan-meal-prep-ideas/)  
GET RECIPES @ [STACEYHOMEMAKER.COM/LOW-CARB-VEGAN-RECIPES/](https://www.staceyhomemaker.com/low-carb-vegan-recipes/)

	Breakfast	Lunch	Eat 5-9 PM
Monday	Fast	Fast	<ol style="list-style-type: none"><li>1. Salad</li><li>2. Black Bean Enchilada Bake</li></ol>
Tuesday	Fast	Fast	<ol style="list-style-type: none"><li>1. Salad</li><li>2. Zucchini Noodles Pesto</li><li>3. Protein Shake</li></ol>
Wednesday	Fast	Fast	<ol style="list-style-type: none"><li>1. Salad</li><li>2. Ultimate Vegan Burrito</li></ol>
Thursday	Fast	Fast	<ol style="list-style-type: none"><li>1. Salad</li><li>2. Tofu Tacos</li><li>3. Protein Shake</li></ol>
Friday	Fast	Fast	<ol style="list-style-type: none"><li>1. Salad</li><li>2. Ultimate Vegan Burrito</li></ol>
Saturday	Fast	Fast	<ol style="list-style-type: none"><li>1. Salad</li><li>2. Roasted Brussel Sprouts</li><li>3. Protein Shake</li></ol>
Sunday	Fast	Fast	<ol style="list-style-type: none"><li>1. Salad</li><li>2. Black Bean Enchilada Bake</li></ol>