

16/8 INTERMITTENT FASTING 7 DAY MEAL PLAN

	Breakfast	Lunch	Dinner	Snack
Monday	Grilled chicken breast with roasted sweet potato & broccoli	Greek yogurt & berries	Baked salmon with lemon & asparagus	Handful of mixed nuts
Tuesday	Quinoa salad with mixed greens & grilled chicken	Apple slices with almond butter	Beef stir-fry with mixed vegetables & brown rice	Small bowl of berries
Wednesday	Tuna salad with mixed greens & avocado	Carrot sticks with hummus	Grilled chicken with a side of roasted Brussels sprouts & cauliflower	Small bowl of grapes
Thursday	Grilled shrimp with a side of mixed vegetables & quinoa	Hard-boiled egg with cucumber slices	Baked cod with steamed green beans	Handful of almonds
Friday	Mixed greens salad with grilled chicken & cherry tomatoes	Peach slices with cottage cheese	Beef chili with mixed veggies	Small bowl of blueberries
Saturday	Spinach salad with grilled salmon & avocado	Banana with almond butter	Baked chicken with roasted carrots	Handful of mixed nuts
Sunday	Grilled chicken breast with quinoa & mixed vegetables	Trail mix with dried fruits & nuts	Shrimp & vegetable stir-fry with brown rice	Small bowl of raspberries