

16:8 INTERMITTENT FASTING 7 DAY MEAL PLAN

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