



Intermittent Fasting Meal Plan

REDUCE INFLAMMATION,
IMPROVE WEIGHT CONTROL,
BETTER YOUR MOOD, AND
SIMPLIFY YOUR LIFE.



Week 1

SUNDAY

- B** Chicken Sausage Hash
- S** 1/4 Cup Hummus with 1 Cup Carrots
- D** Beef Burger Bowl (double recipe and save half for tomorrow)

MONDAY

- B** Roasted Carrot Salad w/ Chicken
- S** 1 Cup Edamame
- D** Beef Burger Bowl

TUESDAY

- B** Stuffed Pepper with Egg & Mushroom
- S** 1/4 Cup Hummus with 1 Cup Carrots
- D** Curried Turkey Meatballs (save half for tomorrow)

WEDNESDAY

- B** Roasted Carrot Salad w/ Chicken
- S** 1 Apple with 1 Tbsp Almond Butter
- D** Curried Turkey Meatballs

THURSDAY

- B** Stuffed Pepper with Egg & Mushroom
- S** 1 Apple with 1 Tbsp Almond Butter
- D** Quick & Easy Steak Stew w/ Potatoes (save half for tomorrow)

FRIDAY

- B** Chicken Sausage Hash
- S** 1 Cup Edamame
- D** Quick & Easy Steak Stew w/ Potatoes

SATURDAY

- B** Cauliflower Avocado "Toast"
- S** 1 Orange with 2 oz Sugar Free Beef Jerky
- D** Honey Lemon Salmon Kabobs

SHOPPING LIST

PRODUCE

- 3 sweet potatoes
- 4 cups (268 g) kale
- 1 large head romaine lettuce
- 4 cups (80 g) arugula or rocket
- 1 cup (25 g) mixed salad greens
- 2 cups (492 g) baby carrots
- 5 large carrots
- 1 tomato
- 2 cups (310 g) edamame
- 1 red bell pepper
- 2 yellow onions
- 1/2 cup (43 g) sliced mushrooms
- 1 bulb garlic
- 1 large head broccoli
- 1 russet potato
- 1 head cauliflower
- 2 avocados
- 1/4 cup (70 g) pomegranate arils
- 1-2 lemons
- 4 red apples
- 1 orange
- 1 bundle fresh basil
- 1 bundle fresh dill

MEAT, POULTRY, DAIRY

- 2 oz (57 g) cheddar cheese
- 5 eggs
- 2 oz (57 g) mozzarella
- 1 1/2 cups (360 g) low fat Greek yogurt
- 2 1/2 chicken breasts, boneless and skinless
- 12 oz (350 g) organic chicken sausage
- 12 oz (336 g) ground turkey
- 16 oz (454 g) steak
- 10 oz (284 g) ground beef
- 6 oz (170 g) salmon
- 2 oz (57 g) beef jerky, sugar free
- Ghee

GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (130 g) canned chickpeas
- 1/2 cup (124 g) hummus
- 1/2 cup (23 g) sunflower seeds
- 1/4 cup (30 g) almond flour
- Almond butter
- 1 cup (160 g) egg noodles
- 1/2 cup (93 g) jasmine rice

MISCELLANEOUS

- Salt
- Pepper
- Curry powder
- Bay leaf
- Everything bagel seasoning
- Avocado oil mayonnaise
- Olive oil
- Honey
- Pickled onions
- Ketchup (no sugar added)
- 3/4 cup (180 g) canned crushed tomatoes
- Yellow mustard
- 1 cup (240 g) chicken or bone broth
- 1/4 cup (60 g) canned coconut milk
- Coconut aminos



How to Meal Prep Week 1

- Grill or roast two chicken breasts, along with carrots, on Sunday evening or Monday morning for the Roasted Carrot Salad with Chicken to be had for lunch on Monday and Wednesday.
- Option to bake the Stuffed Pepper with Egg & Mushroom on Monday and Wednesday evenings to have for break-fast on Tuesday and Thursday.
- Option to cook the meatballs for the Curried Turkey Meatball recipe at the start of the week and store them in the freezer.
- Option to cook the Quick and Easy Steak Stew With Potatoes recipe at the start of the week and store it in the freezer.
- Be sure to save half of the dinner meals for Sunday, Tuesday, and Thursday to have leftovers the following evening.

DAILY AVERAGES

Calories: 1,225

Carbohydrate: 87 grams, Protein: 90 grams, Fat: 60 grams



Week 2

SUNDAY

B Mexican Breakfast Bake (half recipe and freeze half for Friday)

S 1 Tbsp Almond Butter with 3 Stalks Celery

D Teriyaki Beef & Broccoli (save half for tomorrow)

MONDAY

B Anti-Inflammatory Shrimp Salad

S 1 Tbsp Almond Butter with 1 Apple

D Teriyaki Beef & Broccoli

TUESDAY

B White Bean Chicken Chili (half recipe and save half for Thursday)

S 1/4 cup Hummus with 1/2 Cucumber, Sliced

D Spaghetti Squash Bowls (save half for tomorrow)

WEDNESDAY

B Anti-Inflammatory Shrimp Salad

S 1 Individual Package Roasted Seaweed Snacks

D Spaghetti Squash Bowls

THURSDAY

B White Bean Chicken Chili

S 1/4 Cup Dry Roasted Mixed Nuts

D Stuffed Chicken and Rice (save half for tomorrow)

FRIDAY

B Mexican Breakfast Bake

S 1/4 Cup Dry Roasted Mixed Nuts

D Stuffed Chicken and Rice

SATURDAY

B Sweet Potato-Smoked Salmon Eggs Benedict

S 1 Cup Low Fat Cottage Cheese with 1/4 Cup Blueberries

D Sheet Pan Chicken & Root Veggies (half recipe)

SHOPPING LIST

PRODUCE

- 2 onions
- 3 stalks celery
- 1 bulb garlic
- 2 heads broccoli
- 1 thumb ginger root
- 2 red beets
- 2 golden/yellow beets
- 6 1/2 cups (130 g) arugula or rocket
- 9 1/2 cups (285 g) baby spinach
- 3 large carrots
- 1 bundle fresh cilantro
- 2/3 cup (110 g) canned corn
- 1 spaghetti squash
- 1 bundle fresh dill
- 1 cucumber
- 1 1/4 cup (120 g) button mushrooms
- 1 cup (150 g) cherry tomatoes
- 3 sweet potatoes
- 1/4 cup (70 g) pomegranate arils
- 1 lemon
- 1 lime
- 1 red apple
- 1 avocado
- 1/4 cup (37 g) blueberries
- 1 jar marinated artichoke hearts
- 1 jar kalamata olives

MEAT, POULTRY, DAIRY

- 8 eggs
- 2 oz (57 g) feta cheese
- 5 tbsp (25 g) parmesan cheese
- 2 oz (57 g) mozzarella cheese
- 1 cup (226 g) low fat cottage cheese
- 6 oz (170 g) shrimp/prawns
- 8 oz (227 g) ribeye steak
- 2 1/2 oz (70 g) smoked salmon
- 16 oz ground turkey
- 4 chicken breasts, skinless and boneless
- 3 chicken thighs (433 g), skinless and boneless
- 6 oz (175 g) chorizo sausage

GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (100 g) canned black beans
- 2/3 cup (175 g) canned white beans
- 1/4 cup (64 g) hummus
- Almond butter
- Sesame seeds
- 1/4 cup (31 g) walnuts
- 1/2 cup (68 g) dry roasted mixed nuts
- Hemp hearts
- 1 cup (170 g) jasmine rice

MISCELLANEOUS

- Salt
- Pepper
- Paprika
- Cumin
- Dried oregano
- Italian seasoning
- Crushed red pepper flakes
- Garlic powder
- Olive oil
- Avocado oil
- 1/2 cup (122 g) tomato sauce
- Teriyaki sauce (no sugar added)
- 2 cups (480 g) chicken or bone broth
- 1 package roasted seaweed snack



How to Meal Prep Week 2

- Roast beets and cook shrimp for the the Anti-Inflammatory Shrimp Salad on Sunday and Tuesday evening to be had for break-fast on Monday and Wednesday.
- Cook White Bean Chili recipe at the start of the week and store in the freezer to be had for break-fast on Tuesday and Thursday.
- Option to pre-cook the rice for the Stuffed Chicken and Rice recipe to be had on Thursday and Friday and store in the freezer.
- Be sure to save half of dinner meals for Sunday, Tuesday, and Thursday to be had for leftovers the following evening.

DAILY AVERAGES

Calories: 1,200

Carbohydrate: 86 grams, Protein: 89 grams, Fat: 58 grams



Week 3

SUNDAY

- B** Turkey Breakfast Sausage, Sweet Potatoes and Spinach (freeze half for Friday)
- S** 1 Cup Full Fat Greek Yogurt with 1/4 Cup Blueberries
- D** Broccoli Salad with BBQ Chicken (save half for tomorrow)

MONDAY

- B** Chicken Salad Lunch Combo
- S** 1/4 Cup Dry Roasted Mixed Nuts
- D** Broccoli Salad with BBQ Chicken

TUESDAY

- B** Nutty Cottage Cheese Berry Bowl
- S** 1/4 Cup Dry Roasted Mixed Nuts
- D** Shrimp Tacos with Cabbage Slaw

WEDNESDAY

- B** Chicken Salad Lunch Combo
- S** 2 Hard Boiled Eggs
- D** Shrimp Tacos with Cabbage Slaw

THURSDAY

- B** Nutty Cottage Cheese Berry Bowl
- S** 2 Hard Boiled Eggs with an Apple
- D** Chicken Lentil Soup (half recipe and save half for tomorrow)

FRIDAY

- B** Turkey Breakfast Sausage, Sweet Potatoes and Spinach
- S** 1/2 Small Avocado with 1 Slice Sourdough Bread (gluten free)
- D** Chicken Lentil Soup

SATURDAY

- B** Egg Frittata With Potatoes and Spinach (half recipe)
- S** 1/2 Small Avocado with 1 Slice Sourdough Bread (gluten free)
- D** Wild Salmon with Dill Roasted Potatoes

SHOPPING LIST

PRODUCE

- 2 sweet potatoes
- 2 cups (42 g) baby spinach
- 4 cups (80 g) arugula or rocket
- 2 cups (45 g) mixed salad greens
- 3 large carrots
- 1 small head cabbage
- 1 head broccoli
- 1 stalk green onion
- 1 red onion
- 1 yellow onion
- 2 stalks celery
- 3 cloves garlic
- 1 russet potato
- 4 -5 small red potatoes
- 3/4 cup (110 g) blueberries
- 2 red apples
- 1/3 cup (50 g) grapes
- 1 cup (123 g) raspberries
- 1 banana
- 2 avocados
- 1 lemon
- 1 bundle fresh dill

MEAT, POULTRY, DAIRY

- 1 1/4 cup (300 g) full fat Greek yogurt
- 1 1/2 cups (565 g) low fat cottage cheese
- 8 eggs
- Grated parmesan (optional)
- 16 oz (448 g) ground turkey
- 2 chicken breasts, boneless and skinless
- 8 oz (226 g) chicken thighs, boneless and skinless
- 10 oz (280 g) canned or shredded chicken
- 10 oz (284 g) shrimp or prawns
- 5 oz (142 g) wild salmon

GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (96 g) dried lentils
- 1/4 cup (31 g) chopped walnuts
- 1/2 cup macadamia nuts
- 2 1/4 cup (540 g) almond milk
- 1/2 cup (68 g) dry roasted mixed nuts
- Almond butter
- 1/4 cup (16 g) pumpkin seeds
- 4 taco tortillas
- Hemp hearts

MISCELLANEOUS

- Salt
- Pepper
- Dried sage
- Dried thyme
- Garlic powder
- Dried oregano
- Paprika
- Crushed red pepper flakes
- Dried dill
- Dried rosemary
- Avocado oil
- Olive oil
- 1/2 cup (120 g) canned crushed tomatoes
- 3 cups (618 g) chicken or bone broth
- Avocado oil mayonnaise
- 1 oz (30 g) unsweetened dried cranberries
- BBQ sauce, no sugar added
- 2 packs of matcha tea powder
- 1 small sourdough loaf (gluten free option)

How to Meal Prep Week 3

- Freeze half of the Turkey Breakfast Sausage, Sweet Potatoes and Spinach recipe on Sunday and store in the freezer for Friday.
- Make four hard boiled eggs at the start of the week to be had for snack on Wednesday and Thursday.
- Option to pre-cook Chicken Lentil Soup early in the week and store in the freezer to be had for dinner on Thursday and Friday.
- Be sure to save half of dinner meals for Sunday and Thursday to be had for leftovers the following evening.

DAILY AVERAGES

Calories: 1,236

Carbohydrate: 85 grams, Protein: 85 grams, Fat: 65 grams



Week 4

SUNDAY

- B** Roasted Veggie & Quinoa Breakfast Bowl
- S** 1 Cup Non-Fat Greek Yogurt with an Apple
- D** Spicy Turkey & Brussels (save half for tomorrow)

MONDAY

- B** Spinach Artichoke Chicken Salad (save half for Wednesday)
- S** 1 Cup Non-Fat Greek Yogurt with 1 Tbsp Mixed Nuts
- D** Spicy Turkey & Brussels

TUESDAY

- B** Nutty Cottage Cheese Berry Bowl
- S** 1 Orange with 1/4 Cup Dry Roasted Mixed Nuts
- D** Butter Chicken With Basmati Rice (save half for tomorrow)

WEDNESDAY

- B** Spinach Artichoke Chicken Salad
- S** 1 Orange with 1/4 Cup Dry Roasted Mixed Nuts
- D** Butter Chicken With Basmati Rice

THURSDAY

- B** Nutty Cottage Cheese Berry Bowl
- S** 1 Pear with 1 oz Sugar Free Beef Jerky
- D** Quick & Easy Steak Stew w/ Potatoes (save half for tomorrow)

FRIDAY

- B** Roasted Veggie & Quinoa Breakfast Bowl
- S** 1 Pear with 1 oz Sugar Free Beef Jerky
- D** Quick & Easy Steak Stew w/ Potatoes

SATURDAY

- B** Caribbean Inspired Bacalao "Cod" Salad (half recipe)
- S** 1 Cup Low Fat Cottage Cheese with 1/4 Cup Raspberries
- D** Sheet Pan Chicken & Root Veggies (half recipe)

SHOPPING LIST

PRODUCE

- 3 sweet potatoes
- 1 red beet
- 5 large carrots
- 2 cups (492 g) baby carrots
- 1 large bulb garlic
- 3 cups (264 g) brussels sprouts
- 2 yellow onions
- 1 red onion
- 2 1/2 cups (53 g) baby spinach
- 2 stalks celery
- 1/4 cup (66 g) tomato paste
- 1 thumb ginger root
- 1 russet potato
- 1 small jar roasted red tomatoes
- 1 small jar marinated artichoke hearts
- 1 jar spanish olives
- 1 red apple
- 1/2 cup (74 g) blueberries
- 1/4 cup (31 g) raspberries
- 1 banana
- 2 oranges
- 2 pears
- 1 cantaloupe
- 1 avocado
- 1 bundle fresh dill

MEAT, POULTRY, DAIRY

- 6 eggs
- 2 1/4 cups (540 g) non fat Greek yogurt
- 3 oz (85 g) feta cheese
- 2 oz (57 g) mozzarella cheese
- 4 1/2 cups (1020 g) low fat cottage cheese
- 2 oz (57 g) beef jerky, sugar free
- 8 oz (227 g) cod
- 12 oz (342 g) ground turkey
- 4 chicken breasts, boneless and skinless
- 3 chicken thighs (184 g), boneless and skinless
- 16 oz (454 g) steak
- 12 oz chicken (for shredding)

GRAINS, BEANS, NUTS, LEGUMES

- 2/3 cup (91 g) dry roast3ed mixed nuts
- Almond butter
- 1/4 cup (16 g) pumpkin seeds
- 1/4 cup (45 g) basmati rice
- 1 cup quinoa

MISCELLANEOUS

- Salt
- Pepper
- Crushed red pepper flakes
- Paprika
- Garlic powder
- Onion Powder
- Turmeric
- Cumin
- Curry powder
- Bay leaf
- Olive oil
- Avocado oil
- 1/4 cup (66 g) tomato paste
- 3/4 cup (180 g) crushed canned tomatoes
- Red wine vinegar
- 1/2 cup (120 g) chicken broth
- 1/2 cup (200 g) light coconut milk

How to Meal Prep Week 4

- Option to double the Roasted Veggie & Quinoa Breakfast Bowl recipe on Sunday and store half in the freeze to be had on Friday.
- Freeze, or store in the refrigerator, half of the Spinach Artichoke Chicken Salad recipe for Monday to be had again on Wednesday.
- Option to cook Butter Chicken With Basmati Rice at the start of the week and store in the freezer to be had for dinner on Tuesday and Wednesday.
- Option to cook Quick & Easy Steak Stew W/ Potatoes recipe at the start of the week and store in the freezer to be had for dinner on Thursday and Friday.
- Be sure to save half of dinner meals for Sunday, Tuesday, and Thursday to be had for leftovers the following evening.

DAILY AVERAGES

Calories: 1,249

Carbohydrate: 90 grams, Protein: 105 grams, Fat: 55 grams

