

WEEKLY MEAL PLAN / VEGETARIAN INTERMITTENT FASTING 50-60KG INDIVIDUAL

| MEAL | BREAKFAST | LUNCH | SNACK (IF NEEDED) | DINNER |
|--------------|--|--|---|--|
| DAY 1 | FASTING with drinking only black coffee or plain green/black tea + water | Cucumber chunks, grated carrot, tomatoes, peppers, 150g black beans (cooked) and a zesty olive oil dressing with 90g of feta cheese chunks | 100g yoghurt, 20g pumpkin seeds and berries or Awesome vegan protein shake | Lentil (50g raw, 150g cooked) and chick peas (150-200g cooked) curry made with lots of veggies, added pea protein |
| DAY 2 | FASTING with drinking only black coffee or plain green/black tea + water | Mixed bean (200g cooked) and quinoa 50g raw) salad with mixed peppers, tomatoes and lettuce + 1tbsp olive oil and spices of choice | 20g peanut or almond butter on 2x oatcakes or Awesome vegan protein shake | Quinoa (40-60g raw) and 50g feta stuffed and roasted peppers served with roasted vegetables (bake in 1 tbsp olive oil) |
| DAY 3 | FASTING with drinking only black coffee or plain green/black tea + water | Lentil (50g raw, 150g cooked) and 20g pea protein chunky vegetable soup. With 2 slices of rye bread | Carrot and celery sticks dipped in 30-40g hummus or Awesome vegan protein shake | 150g Tofu or Quorn 'meat' and vegetable stir fry with desired seasoning (1 tbsp sesame oil) |
| DAY 4 | FASTING with drinking only black coffee or plain green/black tea + water | Black bean burgers – 120g black beans, ¼ onion, ½ egg, 130g white potato, 30g carrots. Shred potatoes and mix all ingredients' together, heat a little oil and fry | 9 Bar (found in major supermarkets) or Awesome vegan protein shake | 80g grilled haloumi cheese, mashed and spiced kidney beans (150g cooked), roasted mixed vegetables (cooked in minimal olive oil) |

WEEKLY MEAL PLAN / VEGETARIAN INTERMITTENT FASTING 50-60KG INDIVIDUAL

| MEAL | BREAKFAST | LUNCH | SNACK (IF NEEDED) | DINNER |
|--------------|--|--|--|--|
| DAY 5 | FASTING with drinking only black coffee or plain green/black tea + water | Salad: ½ avocado, cherry tomatoes, spinach, 200g cooked chickpeas, dress with 1tbsp olive oil & balsamic vinegar | 30g Quark on 2 rice cakes with berries on top or Awesome vegan protein shake | Tofu walnut burgers – (150g tofu, 20g walnuts, ½ egg) served with mixed roasted vegetables, season well |
| DAY 6 | FASTING with drinking only black coffee or plain green/black tea + water | 80g grilled halloumi and 30g hummus in 1 pitta bread with lots of mixed leaf salad inside, piece of fruit | 25g almonds and handful berries or Awesome vegan protein shake | 150g oven baked Quorn or tofu steak with garlic and ½ fresh lemon, serve with 250g sweet potato wedges and green salad |
| DAY 7 | FASTING with drinking only black coffee or plain green/black tea + water | 2x BBQ tofu skewers with homemade zesty coleslaw, fruit made ice lolly | 2 celery sticks with 30g nut butter spread down the middle or Awesome vegan protein shake with fruit | Homemade soy or Quorn mince cottage pie with green vegetables and topped with mashed sweet/white potato |

Remember this is an example, portion sizes are an average and need to be adjusted for your personal needs, goals and appetite. Snacks and meals are there to be manipulated as you choose. You can eat smaller and more often or more and less often, there is not a perfect mix.