

WEEKLY MEAL PLAN / VEGETARIAN INTERMITTENT FASTING 80-90KG 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, 200g black beans (cooked) and a zesty olive oil dressing with 100g of feta cheese chunks	150g yoghurt, 25g pumpkin seeds and berries or Awesome vegan protein shake	Lentil (50g raw, 150g cooked) and chick peas (250g cooked) curry made with lots of veggies, added 15g 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	40g peanut or almond butter on 2x oatcakes or Awesome vegan protein shake	Quinoa (40-60g raw) and 90g feta stuffed and roasted peppers served with roasted vegetables (bake in 1tbsp olive oil)
DAY 3	FASTING with drinking only black coffee or plain green/black tea + water	Lentil (50g raw, 150g cooked) and 25g pea protein chunky vegetable soup. With 2 slices of rye bread	Carrot and celery sticks dipped in 50g hummus or Awesome vegan protein shake	200g Tofu or quorn 'meat' and vegetable stir fry with desired seasoning (1tbsp 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	100g grilled haloumi cheese, mashed and spiced kidney beans (150g cooked), roasted mixed vegetables (cooked in minimal olive oil)

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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	50g 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	100g grilled halloumi and 40g hummus in 1 pitta bread with lots of mixed leaf salad inside, piece of fruit	35g almonds and handful berries or Awesome vegan protein shake	170g 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	3x BBQ tofu skewers (200g tofu) with homemade zesty coleslaw, fruit made ice lolly	2 celery sticks with 40g 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.