

31-DAYS Intermittent Fasting Meal Plan



... as it
... If this is
... then it's perfect.
If not, arm yourself with a paper
towel and be ready to wipe.

In the photo of the Raspberry &
Vanilla Lollipops, the ice cream
was poured directly into the
cups after being made, and

These Raspberry & Vanilla Lollipops are still in shot
glasses, showing frost, to indicate they were frozen.

©3.5, ISO 125, 100mm, Macro L

Food & Drink of the Day, S...

GROCERY LIST WEEK 1

Quinoa	Baby spinach	Garlic
Portobello mushrooms	Vegetable stock	Olive oil
Oregano	Asparagus	Cherry tomatoes
Shrimp	Parsley	Mint
Red onions	Avocados	Plum tomatoes
Dill	Red bell pepper	Shallots
Sweet onions	Feta cheese	Yellow bell pepper
Almonds	Kalamata olives	Carrots
Cucumber	Plain greek yogurt	Balsamic vinegar
Red lentils	Balsamic vinegar	Chicken breasts
Basil	Celery	Bay leaves
Firm white fish fillet	Cayenne pepper	Corn starch
Butter	Deli ham	Spinach
Eggs	Pesto sauce	Whole-wheat tortillas
Cherry/grape tomatoes	Pesto sauce	Whole-wheat tortillas
Eggs	Brown rice	Berries
Nuts	Celery	Carrots

MEAL PLAN WEEK 1

	BREAKFAST	MEAL 1	MEAL 2	MEAL 3	SNACKS
	6:00 AM	12:00 PM	4:00 PM	8:00 PM	IN B/W MEALS
DAY 1	Coffee/tea without sugar	Quinoa salad	Spinach & tomato salad	Shrimp salad	½ cup raspberries 1 large bell pepper, sliced
DAY 2	Coffee/tea without sugar	Breakfast muffins	Mediterranean vegetable salad	Grilled chicken	Celery filled with tahini paste
DAY 3	Coffee/tea without sugar	Mediterranean breakfast wraps	Red lentil soup	Shrimp salad	2-3 medium carrots
DAY 4	Coffee/tea without sugar	Quinoa salad	Spinach & tomato salad	Garlic butter fish	A medium apple A handful of nuts
DAY 5	Coffee/tea without sugar	Mediterranean breakfast wraps	Mediterranean vegetable salad	Mediterranean brown rice	A bowl of berries
DAY 6	Coffee/tea without sugar	Breakfast muffins	Red lentil soup	Grilled chicken	A bowl of berries
DAY 7	Coffee/tea without sugar	Mediterranean breakfast wraps	Spinach & tomato salad	Garlic butter fish	2-3 medium carrots

GROCERY LIST WEEK 2

Brown rice	Strawberries	Yellow bell pepper
Whole wheat penne pasta	Olive oil	Basil leaves
Capers	Bulgur	Garlic
Cucumber	Kalamata olives	Poppy seeds
Oregano	Chicken breasts	Balsamic vinegar
Honey	Tomatoes	Grape tomatoes
Cherry tomatoes	Flat leaf parsley	Feta cheese
Red bell pepper	Hearts of palm canned	Pine nuts
Baby spinach	Red onions	Vegetable oil
Parmesan cheese	Lemons	Red vinegar
Nectarines	Rotisserie chicken	Shelled edamame
Chickpeas unsalted canned	English cucumbers	Arugula
Avocado oil	Carrots	Sweet potatoes
Yellow onions	Red pepper flakes	Ginger
Paprika	Vegetable broth	Watercress
Pistachios	Yogurt	Whole-wheat baguette
Red potatoes	Red wine vinegar	Dijon-mustard
Romaine lettuce	Bacon	Tahini
Canned tuna in water	Orange	

MEAL PLAN WEEK 2

	BREAKFAST	MEAL 1	MEAL 2	MEAL 3	SNACKS
	6:00 AM	12:00 PM	4:00 PM	8:00 PM	IN B/W MEALS
DAY 8	Coffee/tea without sugar	Basil & strawberry salad	Chicken salad with baby spinach	Mediterranean brown rice	10 dry-roasted unsalted almonds ½ cup nonfat plain Greek yogurt
DAY 9	Coffee/tea without sugar	Bulgur salad	Pasta salad	Chicken and cucumber salad	½ cup nonfat plain Greek yogurt
DAY 10	Coffee/tea without sugar	Basil & strawberry salad	Chicken salad with baby spinach	Sweet potato soup	1 large pear
DAY 11	Coffee/tea without sugar	Whole-grain salad	Hearts of palm salad	Mediterranean brown rice	1 large apple ½ cup nonfat plain Greek yogurt
DAY 12	Coffee/tea without sugar	Bulgur salad	Pasta salad	Tuna salad with tahini	2 medium carrots, sliced 1 large pear
DAY 13	Coffee/tea without sugar	Basil & strawberry salad	Chicken salad with baby spinach	Sweet potato soup	A handful of nuts 1 medium apple
DAY 14	Coffee/tea without sugar	Whole-grain salad	Hearts of palm salad	Chicken and cucumber salad	A bowl of berries

GROCERY LIST WEEK 3

Tomatoes	Extra-virgin olive oil	Mozzarella cheese
Persian cucumbers	English cucumbers	Dry white wine
Basil leaves	Red bell pepper	Red onions
Spinach	Balsamic vinegar	Yellow bell peppers
Avocados	Heavy cream	Tomatoes
Tahini	Sweet onions	Parsley
Cannellini beans canned	Tuna in water canned	Green bell pepper
Kosher salt	Canned garbanzo beans	Kalamata olives
Cilantro	Boneless chicken breasts	Chickpeas canned
Feta cheese	Chicken cutlets	Rice tortillas
Cherry tomatoes	Baby spinach	Orange
Lentils canned	Golden raisins	Sherry vinegar
Waffle-mix	Curry powder	Baby arugula
Greek yogurt	Almonds roasted	Ground coriander
Mayonnaise	Dried tarragon	Dijon mustard
Leafy greens	Ribeye or sirloin steak	Zucchini
Eggs	Whole-milk	Deli ham
Scallions	Cheddar cheese	Drained anchovy fillets
Cream cheese	Asparagus	Parmesan

Peanut oil	Curry powder	Chicken thigh fillets
Red chilli	Peanut butter	Coconut milk
Soy sauce	Salted peanuts	Lebanese cucumber
Apples	Nuts	

MEAL PLAN WEEK 3

	BREAKFAST	MEAL 1	MEAL 2	MEAL 3	SNACKS
	6:00 AM	12:00 PM	4:00 PM	8:00 PM	IN B/W MEALS
DAY 15	Coffee/tea without sugar	Avocado salad	Vegetable bean salad	Chicken skillet	Peanut butter cookies
DAY 16	Coffee/tea without sugar	Lentil waffles	Grilled asparagus	Tuna salad with tahini	Microwave brownies
DAY 17	Coffee/tea without sugar	Avocado salad	Chicken tortilla wraps	Steak salad	Flax coconut bread
DAY 18	Coffee/tea without sugar	Egg casserole	Grilled asparagus	Zoodle salad	A bowl of berries
DAY 19	Coffee/tea without sugar	Lentil waffles	Grilled asparagus	Tuna salad with tahini	Flax coconut bread
DAY 20	Coffee/tea without sugar	Avocado salad	Chicken tortilla wraps	Steak salad	A bowl of berries
DAY 21	Coffee/tea without sugar	Egg casserole	Vegetable bean salad	Chicken skillet	A handful of nuts A medium apple

GROCERY LIST WEEK 4

Peanut oil	Soy sauce	Coriander
Eggs	Garlic	Zucchini
Light thickened cream	Roquefort cheese	Cherry tomatoes
Lebanese cucumbers	Avocados	Ranch dressing
Chicken thigh fillets	Extra virgin olive oil	Romaine lettuce
Kombu	Red onions	Ground cumin
Watercress	Dried shiitake mushrooms	Red chili
Massel chicken liquid stock	Bacon	Bonito flakes
Coconut milk	Corn cob	Chicken breasts
Tofu organic silken	Salted peanuts	Tomatoes
Grape tomatoes	Bok choy	Scallions
Miso paste white	Boneless chicken thighs	Romaine lettuce
Cilantro	Greek yogurt	Jalapeno
8oz pork/veal/turkey	85% lean ground beef	Heavy cream
Taco seasoning	Onions	Walnuts
Parmesan cheese	Cayenne pepper	Balsamic vinegar
Honey	Unsalted chickpeas canned	Arugula
Figs	Carrots	Goat cheese
Bananas	Vanilla extract	Unsweetened almond milk

Sour cream

Dill

Raspberries

Chicken breasts

Cream cheese

Mozzarella cheese

Red pepper flakes

Italian seasoning

Cheddar cheese

Ranch seasoning mix

Bacon crumbles

Cauliflower

Eggs

Mayonnaise

Scallions

Mustard

Pecans

White distilled vinegar

Sweet potatoes

MEAL PLAN WEEK 4

	BREAKFAST	MEAL 1	MEAL 2	MEAL 3	SNACKS
	6:00 AM	12:00 PM	4:00 PM	8:00 PM	IN B/W MEALS
DAY 22	Coffee/tea without sugar	Cobb salad	Avocado soup	Zoodle salad	½ cup raspberries 1 large bell pepper, sliced
DAY 23	Coffee/tea without sugar	Arugula salad	Chicken lettuce wraps	Miso soup	Celery filled with tahini paste
DAY 24	Coffee/tea without sugar	Avocado smoothie	Avocado soup	Baked Italian meatballs	2-3 medium carrots
DAY 25	Coffee/tea without sugar	Arugula salad	Cucumber salad	Zoodle salad	A medium apple A handful of nuts
DAY 26	Coffee/tea without sugar	Cobb salad	Chicken lettuce wraps	Miso soup	A bowl of berries
DAY 27	Coffee/tea without sugar	Avocado smoothie	Avocado soup	Baked Italian meatballs	A medium apple A handful of nuts
DAY 28	Coffee/tea without sugar	Arugula salad	Cucumber salad	Miso soup	2-3 medium carrots
DAY 29	Coffee/tea without sugar	Cauliflower salad	Chicken spinach soup	Chicken casserole	Celery filled with tahini paste
DAY 30	Coffee/tea without sugar	Devilled eggs	Grilled sweet potatoes	Chicken spinach soup	½ cup raspberries 1 large bell pepper, sliced
DAY 31	Coffee/tea without sugar	Cauliflower salad	Grilled sweet potatoes	Chicken casserole	Celery filled with tahini paste

