

Intermittent Fasting Weekly Plan Sheet

Daily Summary (The way I like to eat EVERY DAY)

Morning:

Wake up and have 1 to 2 cups of black coffee. This will power you through the morning. Focus on work and getting things done, don't brood about food. Use the time effectively.

Noon:

On your lunch break, go for a 30-60 minute brisk walk.

Afternoon:

After your walk you'll probably be quite content for another couple hours, but if not, have some water or a small piece of fruit. I like to drink zero calorie lime seltzer water. It kind of tastes like sprite and keeps me content.

Afternoon 2-4pm:

Have your first meal. I like a bigger meal but do what works for you. For me, this meal keeps me content until before bed. I choose not to eat a lot of carbs because it will bloat me up and make me tired, so I keep it to fats, proteins, and veggies.

Evening:

I'm usually fine until bed time, but if you are doing smaller meals you may want to eat again. Have one of your meals or another piece of fruit.

Night:

Last meal of the day. Gauge the amount of food you eat based on your other meals. Since I eat a large meal around 3pm, I only need something small like a couple cups of cottage cheese or some eggs and toast.

By eating this way every day, what happens is that the first meal is very satisfying and large, so you get nice and full and happy, but it's only about 50-60% of your daily calories, so it's super easy to keep on your diet.

One Week Of Meal Ideas

Sunday

- **Large meal:**

Slow cooker flank steak with carrots, onions, and butter.

- **Small meal:**

3-4 eggs in butter and a piece of toast.

- **Pro tip:**

I LOVE using my slow cooker. I just throw a bunch of healthy food in it at night and have a nice large first meal the next day.

Monday

- **Large meal:**

Baked chicken casserole, load it with your favorite ingredients. Noodles, cream sauce, veggies. My first meal is my favorite, don't hold back. That's the power of intermittent fasting.

- **Small meal:**

A small container of cottage cheese, the kind that equals about 2 cups worth.

- **Pro tip:**

Go full-fat with your dairy. None of this fat-free crap, that stuff is processed and, in my opinion, toxic. You'll have plenty of calories left to go full fat anyway. You'll already be eating less so you don't need to buy low fat items. Eat the food you like.

Tuesday

- **Large meal:**

Ground beef, pasta sauce, broccoli, and avocado. This is one of those meals I love because of the easy clean up. Render the beef in a pan and add broccoli. The broccoli will steam to the perfect texture. Serve it on a plate and add pasta sauce and some raw avocado.

- **Small meal:**

Sometimes I just like to graze so I'll just munch on some mixed nuts. Nuts are great and very nutrient dense. Don't go overboard but you can usually snack on them later in the day until bed time and you'll still be under your calorie goal.

Wednesday

- **Large meal:**

Cheeseburger and fries. No need to explain. I like sweet potato fries personally.

- **Small meal:**

Cheese quesidillas. This one I learned from Greg O'Gallagher over at kinobody.com. You buy those small corn quesidillas that are 100 calories for two, put a serving of shredded cheese in it and fry it on a pan with a little butter. Sometimes I just microwave them to save time, and if you have extra calories, add some sour cream too! (Full fat, remember?)

Thursday

- **Large meal:**

Another slow cooker feast. Try this one, throw a sweet potato, carrots, and onions in the bottom with some olive oil. Then lay some boneless, skinless chicken thighs over the top. Prepare it in the morning or during lunch and put it on high for 4-5 hours. When it's done the chicken will shred up nicely and if you want you can add barbecue sauce or even serve it in some tacos or a burrito.

- **Small meal:**

Satisfy your cravings one of these nights with some junk food like a bag of chips. A whole bag! As long as your first meal wasn't MASSIVE, you'll probably have the calories left. I don't eat a lot of junk but sometimes it's nice to munch some barbecue chips.

Friday

- **Large meal:**

Crispy italian sausage, with onions and peppers. I like it by itself but if you like, throw it on a roll with some mustard.

- **Small meal:**

Nachos! Measure out a reasonable serving that matches your remaining calories and add cheese, salsa, and maybe some sour cream.

Saturday

- **Large meal:**

At the end of the week I like to eat out. My meal of choice: BURRITO! I live in Texas right now and the burrito scene is madness. I'll get a nice big pork, cheese, rice, guacamole, cheese, and sour cream burrito.

- **Small meal:**

Scrambled eggs with butter. Eggs are great, cook em' however you like.

Grocery list:

- 1 dozen eggs
- butter
- corn tortillas
- nacho chips
- italian sausage
- onions
- peppers
- broccoli
- pasta sauce
- ground beef
- flank steak
- chicken breast
- chicken thighs
- carrots
- sweet potatoes
- olive oil
- salsa
- sour cream
- shredded cheese
- coffee
- flavored seltzer water
- bag of apples or other small fruit
- barbecue chips
- mixed nuts
- avocado
- cottage cheese
- cassarole ingredients of your choice

Final thoughts:

These are just some things I like. I eat a lot of the same things over and over because I know the calorie contents and it makes it easier. Shopping, cooking, eating, it all becomes effortless. I eat what I like, and because I'm doing intermittent fasting, the amount of food doesn't really matter (don't go crazy of course.)