



5 DAY INTERMITTENT FASTING PLAN

Your guided meal plan

12PM

4PM

8PM

MON.

Two scrambled eggs, 2 slices of wholemeal toast. Grilled tomatoes and sauteed spinach.

3 oatcakes with cottage cheese.

Lemon & herb chicken breast, served with carrots, broad beans & broccoli.

TUES.

Chicken teriyaki wrap with side salad.

Protein smoothie with blueberries

Roast salmon fillet, 3 new potatoes, peas and mangetout.

WED.

Tinned sardines on sourdough with side salad.

Greek yoghurt with peaches

Spaghetti bolognese

THUR.

Celery, broccoli and stilton soup Wholemeal roll.

Roast pepper hummus & vege crudites.

Beef casserole with broccoli carrots and peas

FRI.

Porridge with summer berries and seeds.

Banana and a handful of cashew nuts

Pan-fried seabass with sweetcorn, mangetout and peas