

7-Day Intermittent Fasting Meal Plan



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How To Read Your Meal Plan

YOUR GROCERY LIST

This meal plan includes a full grocery list, which outlines the ingredients you will need to follow this meal plan.

Take some time to go through the shopping list and check off any items you already have before heading out to the grocery store. You should be able to find all ingredients on the list at your local grocery store, so ideally, there are no additional trips to the health food store required.

SERVINGS + PREP TIME

Every recipe within this meal plan gives you the total number of servings and total cooking time. This way, you know how many servings the recipe creates, and how long it will take you to make it.

MEAL PREP

You will be preparing one serving of each meal unless a recipe calls for two or more servings. In this case, prepare the meal according to the meal plan, divide it into two even portions, eat one, and keep the other portion in an airtight container in the fridge or freezer.

LEFTOVER MEALS

There are some meals on the plan that are shaded out. This indicates a leftover meal, which means you will have already cooked that meal the previous day. If a meal calls for two or more servings, it means you will be meal prepping for the next day. Leftover meals are a great way to save you valuable time in the kitchen!

7-Day Intermittent Fasting Meal Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal One	Egg Cups with Smoked Salmon	Egg Cups with Smoked Salmon	Sunbutter Oatmeal with Strawberries	Sunbutter Oatmeal with Strawberries	Sunbutter Oatmeal with Strawberries	Egg Cups with Smoked Salmon	Egg Cups with Smoked Salmon
Meal Two	Avocado Protein Smoothie	Avocado Protein Smoothie	Coconut Carrot Bake	Coconut Carrot Bake	Coconut Carrot Bake	Avocado Protein Smoothie	Avocado Protein Smoothie
Meal Three	Coconut Carrot Bake	Coconut Carrot Bake	Brownie Protein Bliss Balls	Brownie Protein Bliss Balls	Brownie Protein Bliss Balls	Coconut Carrot Bake	Coconut Carrot Bake
Meal Four	Lemon Cod with White Beans & Rocket	Lemon Cod with White Beans & Rocket	Easy Buffalo Chicken Salad with Avocado	Easy Buffalo Chicken Salad with Avocado	Easy Buffalo Chicken Salad with Avocado	Spicy Shrimp Pesto Zoodles	Spicy Shrimp Pesto Zoodles

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Fruits

- 3 Avocado
- 3 1/2 Banana
- 1/2 Lemon
- 2 1/2 tbsps Lemon Juice
- 3/4 cup Strawberries

Breakfast

- 2 2/3 tbsps Pumpkin Seed Butter

Seeds, Nuts & Spices

- 2 tbsps Almonds
- 1/8 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 1 1/4 tpsps Chili Powder
- 1/2 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1 1/2 tbsps Hemp Seeds
- 1/3 cup Pumpkin Seeds
- 1 1/4 tpsps Sea Salt
- 1/2 tsp Sea Salt & Black Pepper

Frozen

- 4 cups Frozen Pineapple

Vegetables

- 6 1/2 cups Baby Spinach
- 1 cup Basil Leaves
- 7 Carrot
- 2 1/16 cups Cherry Tomatoes
- 2 tbsps Chives
- 2 Garlic Clove
- 3 stalks Parsley
- 3/4 cup Red Onion
- 2 1/2 cups Rocket
- 12 leaves Romaine
- 1 tsp Thyme
- 2 Zucchini

Boxed & Canned

- 1 cup Black Beans
- 2 cups Canned Coconut Milk
- 1 1/3 cup Chicken Broth
- 1 1/2 cups Corn
- 1 cup White Navy Beans

Baking

- 2/3 tsp Baking Soda
- 1 1/2 tbsps Cocoa Powder
- 1/3 cup Coconut Flour
- 1 1/2 cups Oats
- 2 2/3 tbsps Pitted Dates
- 2/3 cup Raisins
- 3/4 tsp Raw Honey
- 2/3 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 12 ozs Chicken Breast
- 2 Cod Fillet
- 8 ozs Shrimp
- 10 ozs Smoked Salmon

Condiments & Oils

- 2 3/4 tbsps Coconut Oil
- 3 tbsps Extra Virgin Olive Oil
- 1/2 cup Hot Sauce
- 2 2/3 tbsps Pitted Kalamata Olives
- 3 tbsps Sunflower Seed Butter

Cold

- 12 Egg
- 1 1/2 cups Egg Whites
- 3 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

Other

- 1/4 cup Chocolate Protein Powder
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Water

Egg Cups with Smoked Salmon

6 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with coconut oil.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Evenly divide spinach and 3/4 of the smoked salmon between muffin tins. Pour the egg mixture to fill the muffin tins.
4. Place in the oven and bake for 20 minutes.
5. When done, remove from the oven and plate. Top the egg cups with the remaining salmon and enjoy.

Notes

Leftovers

Refrigerate salmon and egg cups in separate airtight containers for up to three days.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 6 Egg
- 1 **tbsp** Chives (chopped)
- 1/4 **tsp** Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 5 **ozs** Smoked Salmon (divided, roughly chopped)

Sunbutter Oatmeal with Strawberries

6 ingredients · 5 minutes · 3 servings



Directions

1. Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
2. Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

Notes

Leftovers

Refrigerate oatmeal and strawberries in separate airtight containers for up to three days. Top with sunflower seed butter and hemp seeds when ready to serve.

Ingredients

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps Sunflower Seed Butter
- 1 1/2 tbsps Hemp Seeds
- 3/4 cup Strawberries (stems removed, chopped)

Avocado Protein Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to your blender. Blend on high until smooth. Pour into a glass and enjoy!

Notes

Leftovers

This smoothie is best enjoyed fresh.

No Pineapple

Use frozen mango instead.

Ingredients

3/4 cup Unsweetened Almond Milk

1 cup Baby Spinach

1 cup Frozen Pineapple

1/2 Avocado (peeled and pitted)

1 tbsp Vanilla Protein Powder (plant-based)

Coconut Carrot Bake

8 ingredients · 1 hour · 7 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
2. In a large mixing bowl, combine all the ingredients except for pumpkin seeds and stir until well combined. Transfer to the baking dish and spread evenly.
3. Place in the oven and bake for 50 minutes or until baked through.
4. Remove from the oven, sprinkle pumpkin seeds on top, and let cool slightly. Slice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for one week, or freeze in individual portions for longer.

Baking Dish Size

We used a 9 by 13-inch baking dish to make six servings.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 2 cups** Canned Coconut Milk
- 3 1/2** Banana (medium, ripe, mashed)
- 1/3 cup** Coconut Flour
- 2/3 tsp** Baking Soda
- 7** Carrot (medium, peeled and shredded)
- 2/3 cup** Unsweetened Shredded Coconut
- 2/3 cup** Raisins
- 1/3 cup** Pumpkin Seeds (to garnish)

Brownie Protein Bliss Balls

6 ingredients · 40 minutes · 3 servings



Directions

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and 1 tbsp cocoa powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet.
4. Add the remaining cocoa powder to a small plate. Roll each brownie ball in it until fully covered and place back on the baking sheet.
5. Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size

Nutrition information is calculated based on 3 balls per serving.

Storage

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

Ingredients

- 2 2/3 tbsps Pitted Dates (packed)
- 1 cup Black Beans (cooked)
- 1/4 cup Chocolate Protein Powder
- 2 2/3 tbsps Pumpkin Seed Butter
- 1/4 tsp Sea Salt
- 1 1/2 tbsps Cocoa Powder (divided)

Lemon Cod with White Beans & Rocket

11 ingredients · 20 minutes · 2 servings



Directions

1. Season the cod with sea salt and half the lemon juice.
2. Add the coconut oil to a skillet and heat over medium heat. Add the cod and cook for 4 minutes per side, until cooked through. Remove from the pan and transfer to a plate. Cover to keep the cod warm, and set aside.
3. Use the same pan and reduce the heat to medium-low. Add the garlic and cook for one minute, then add the thyme and cherry tomatoes. Cook for 2 to 3 minutes.
4. Add the chicken broth and beans, stir, and let simmer for 3 to 5 minutes.
5. Add the rocket, lemon juice, and olives and stir until the rocket is wilted.
6. Divide the bean and vegetable mix between plates and top with the cod. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Fillet Size

One fillet is equal to 231 grams or 8 ounces.

Ingredients

- 2 Cod Fillet
- 1/8 tsp Sea Salt
- 1 tbsp Coconut Oil
- 1 Garlic Clove (minced)
- 1 tsp Thyme (fresh, minced)
- 1/3 cup Cherry Tomatoes (halved)
- 1/3 cup Chicken Broth
- 1 cup White Navy Beans
- 2 1/2 cups Rocket
- 1 tbsp Lemon Juice
- 2 2/3 tbsps Pitted Kalamata Olives

Easy Buffalo Chicken Salad with Avocado

14 ingredients · 35 minutes · 3 servings



Directions

1. Season the chicken with salt and pepper.
2. Make the salad dressing by combining the yogurt, lemon juice, raw honey, parsley, and salt in a small bowl. Stir until well combined.
3. Heat the coconut oil in a pan over medium heat and add the chicken. Cook for 7 to 8 minutes or until cooked through while occasionally stirring.
4. Remove from heat. Add the cooked chicken to a bowl and stir in the hot sauce.
5. Divide the romaine into bowls and top with corn, tomatoes, avocado, and onion. Add the cooked chicken and drizzle the yogurt dressing over top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the dressing in a separate container.

No Coconut Yogurt

Use cashew yogurt instead.

Ingredients

- 12 ozs** Chicken Breast (skinless and boneless, cubed)
- 1/3 tsp** Sea Salt (divided, to taste)
- 1/8 tsp** Black Pepper (to taste)
- 1/2 cup** Unsweetened Coconut Yogurt
- 1/2** Lemon (freshly squeezed)
- 3/4 tsp** Raw Honey
- 3 stalks** Parsley (freshly, diced)
- 2 1/4 tsps** Coconut Oil
- 1/2 cup** Hot Sauce (or Honey-Mustard Sauce)
- 12 leaves** Romaine (chopped)
- 1 1/2 cups** Corn (from a cob or canned, drained)
- 1 1/2 cups** Cherry Tomatoes (quartered)
- 3/4 cup** Red Onion (sliced)
- 1** Avocado (cubed)

Spicy Shrimp Pesto Zoodles

15 ingredients · 25 minutes · 2 servings



Directions

1. Prepare the zucchini noodles and set aside.
2. In a large mixing bowl add the shrimp, chili powder, garlic powder, thyme, half the sea salt, cayenne and 2 tbsp olive oil. Stir to coat the shrimp evenly. Set aside.
3. To the bowl of a food processor, add the basil, spinach, almonds, water, garlic, lemon juice, remaining olive oil and remaining sea salt. Turn the food processor on and blend until mostly smooth, scraping down the sides of the bowl if needed. Set aside.
4. Heat a large pan over medium-high heat. Add the seasoned shrimp to the pan, being sure to scrape all the spices and oil into the pan with the shrimp. Depending on the size of your shrimp cook 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove from pan.
5. In the same pan that the shrimp were cooked, add the zucchini noodles and cook for about 1 minute, or just until warmed through.
6. Transfer the warm zoodles to the bowl with the pesto and toss the noodles until fully covered.
7. Divide the pesto zucchini noodles into bowls then top with cooked shrimp and cherry tomatoes. Enjoy!

Notes

Leftovers

This recipe is best served immediately. Store leftovers in separate airtight containers in the fridge for the next day.

Less Watery

To help prevent watery zucchini noodles, remove any noodles that contain fragments of the zucchini seeds. Using smaller-sized zucchini are best to keep seed fragments and water content low.

Ingredients

- 2 Zucchini (small, spiralize into noodles using a julienne knife)
- 8 ozs Shrimp (peeled, deveined)
- 1 1/4 tps Chili Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Dried Thyme
- 1/2 tsp Sea Salt (divided)
- 1/16 tsp Cayenne Pepper
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 cup Basil Leaves
- 1/2 cup Baby Spinach
- 2 tbsps Almonds
- 1 tbsp Water
- 1 Garlic Clove
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Cherry Tomatoes (halved)