

Sample 7-Day Meal Plan – 24-hour Fasting Protocol

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	FAST DAY Water Tea/Coffee	Western Omelette Green apple	FAST DAY Water Tea/Coffee	All-Bran Buds with milk Mixed berries	FAST DAY Water Tea/Coffee	Two eggs Breakfast sausage/bacon Strawberries	FAST DAY Water Tea/Coffee
Lunch	FAST DAY Water Tea 1 cup of vegetable broth	Arugula salad with walnuts, slices of pear, goat cheese	FAST DAY Water Tea 1 cup of chicken broth	Ginger chicken lettuce cups Stir-fried vegetables	FAST DAY Water Tea 1 cup of beef broth	Baby spinach and lentil salad	FAST DAY Water Tea 1 cup of vegetable broth
Dinner	Herbed chicken Green beans Mixed berries for dessert	Asian grilled pork belly Baby bok choy stir-fry No dessert	Halibut pan-fried in butter and coconut oil No dessert	Indian chicken curry Cauliflower Green salad No dessert	Baked catfish Sautéed broccoli with garlic and olive oil Seasonal fruits for desert	Peppered steak Asparagus	Grilled chicken salad Dark chocolate for dessert