Intermittent Fasting Menu

Week 1	20/4 or 16/8 Fast from _____to _____ Eat from _____to _____				
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Intermittent Fasting Menu

Week 2	20/4 or 16/8 Fast from _____to _____ Eat from _____to _____					
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Intermittent Fasting Menu

Week 3	20/4 or 16/8 Fast from _____to _____ Eat from _____to _____				
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					