

1-Month Intermittent Fasting Plan

Fasting Schedule

Week	Fasting Window	Eating Window	Notes
Week 1	14 hours	10 AM – 8 PM	Gentle start, adjust gradually
Week 2	16 hours	12 PM – 8 PM	Standard 16/8 routine
Week 3	16 hours	12 PM – 8 PM	Incorporate workouts
Week 4	18 hours (2 days OMAD)	1 PM – 7 PM	Boost metabolism

Weekly Meal Planner

Day	Breakfast	Lunch	Dinner
Monday	Greek yogurt + berries	Grilled chicken salad	Baked salmon + broccoli
Tuesday	Eggs + avocado toast	Tofu stir-fry	Quinoa + lentils
Wednesday	Protein smoothie	Chickpea bowl	Omelet with spinach
Thursday	Cottage cheese + fruit	Chicken wrap	Lentil soup + salad
Friday	Boiled eggs + toast	Veggie quinoa	Grilled fish + rice
Saturday	Smoothie bowl	Pasta with veggies	Egg curry + rice
Sunday	Chia pudding	Paneer salad	Vegetable stew + bread

Easy Healthy Recipes

Grilled Chicken Salad

Ingredients:

- - Chicken breast
- - Lettuce
- - Cherry tomatoes
- - Cucumber
- - Olive oil
- - Lemon juice

Instructions:

Grill the chicken. Toss with chopped veggies. Drizzle olive oil and lemon juice.

Protein Smoothie

Ingredients:

- - Almond milk
- - Banana
- - Protein powder
- - Spinach
- - Chia seeds

Instructions:

Blend all ingredients until smooth. Serve chilled.

Lentil Soup

Ingredients:

- - Lentils
- - Carrots
- - Onion
- - Garlic
- - Cumin
- - Vegetable broth

Instructions:

Sauté veggies. Add broth and lentils. Simmer until cooked. Blend if desired.

Progress Tracker

Week	Weight	Waist (inches)	Energy Levels (1-10)	Mood Notes
Week 1				
Week 2				
Week 3				
Week 4				