

7-Day Meal Plan with Intermittent Fasting



Day 1

Brunch: Teriyaki Zucchini Noodles

Dinner: Buttered Cod in Skillet



Day 2

Brunch: Triple Berry Spinach Salad with Candied Pecans

Dinner: Miso Soup

Day 3

Brunch: Chicken Spring Roll Jars

Dinner: Honey Garlic Shrimp

Day 4

Brunch: Carnitas Burrito Bowls

Dinner: Roasted Lemon Butter Shrimp with Asparagus



Day 5

Brunch: Crispy Fish Tacos

Dinner: Chicken and Broccoli Stir-Fry

Day 6

Brunch: Smokey Green Bean Turkey Skillet

Dinner: Blackened Salmon with Avocado Salsa



Day 7

Brunch: Cumin Spiced Beef Lettuce Wraps

Dinner: Turkey Meatball and Kale Soup