

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

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