

Sample 7-Day Meal Plan – 36-hour Fasting Protocol

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Lunch	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
Dinner	FAST DAY Water Green Tea + No desert	Asian grilled pork belly Baby bok choy stir- fry + no desert	FAST DAY Water Green Tea + No desert	Indian chicken curry Cauliflower Green salad + no desert	FAST DAY Water Green tea + Seasonal fruits	Peppered steak Asparagus + No desert	FAST DAY Water Green tea + No desert