

**BONUS
DOWNLOAD**

INTERMITTENT FASTING AND MEAL *SCHEDULES*

Tips for Sticking to Your
Intermittent Fasting Plan

WITH WENDY NICHOLSON

Intermittent Fasting and Meal Schedules



Tips and strategies...

When starting intermittent fasting, you can find some helpful tools to keep track of your fasting and meal times.

There are free mobile apps that you can download to help you with this.

I used this app for the first three months of my intermittent fasting journey and found it very helpful.

The following pages can be used to do meal planning based on the One-Meal-A-Day (OMAD) or 2-Meals-A-Day (2MAD) choices.

Deciding on when you will eat and for how long is just as important as when you won't eat.

So **think about the fasting AND the meal schedules together.**

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

- **See EXAMPLE on page 3**
- Print off the following page(s):
 - ➔ -- **To print in colour, select page 4**
 - ➔ -- **To print in grayscale, select page 5**
- Fill in the time and what you eat in the 3 sections, and leave a section blank if you are fasting
- Keep this on your fridge or in your kitchen so it is easy to use

EXAMPLE

Write the time and what you ate in the boxes, up to 3 meals per day.

Intermittent Fasting Schedule

WEEK _____

	BREAKFAST	LUNCH	DINNER
MONDAY	<u>8 am</u> Eggs, Sausage Fruit, Yogurt Coffee	<u>12:30 pm</u> Fish, salad veggies Club Soda	<u>6:30 pm</u> Roast, soup Salad, veggies, fruit
TUESDAY	<u>8 am</u> Eggs, Bacon Fruit, nuts, Yogurt, Coffee	<u>2:00 pm</u> Chicken, soup potatoes cooked veggies	
WEDNESDAY		<u>12:30 pm</u> Roast, soup Salad, veggies, fruit	
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

If you decide to only eat 2 or 1 meal, leave the other sections blank

Intermittent Fasting Schedule

WEEK _____

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Intermittent Fasting Schedule

WEEK _____

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			